# Our Clubs & Instruction

Curriculum - Instruction - Planning





**Building Character** Riding Instruction Dressage Games & Fun! Energetic **Terrific** 

What does Pony Club mean to you?

# What IS a RIC?



# RESPONSIBILITIES OF THE REGIONAL INSTRUCTOR COORDINATOR (RIC)

- A. The RIC must review instruction programs of the Registered Clubs and Riding Center Programs annually and provide a written summary for the Regional Supervisor (RS) in the RIC Annual Report.
- B. The RIC's responsibilities may include, but are not limited to, the following:
- 1. To provide support and assistance to the clubs and riding centers for their Instruction programs and to facilitate collaboration among clubs and riding centers on "best practices" and instructional activities.
- 2. To develop and oversee the regional calendar of instruction serving D-1 through A with the advice and consent of the RS.

### Regional Instructional Coordinator

- 3. To collaborate with clubs, riding centers and the regional council to support and provide programs for those members pursuing Specialty Ratings.
- 4. To develop and oversee the regional calendar of National tests with the advice and consent of the RS.
- 5. To organize an annual Standards and Ratings Clinic covering at a minimum the D-1 through the C-2 Standards of Proficiency for instructors, local level examiners and Participating Members and to maintain and publish a list of participants in the RIC Annual Report.
- 6. To recruit, develop and mentor new instructors and examiners within the region.
- 7. To develop, maintain and distribute a list of instructional resources to clubs, riding centers, members and organizers

### RIC Job Description, Contd.

### CLUB INSTRUCTIONAL COORDINATOR

- Contact Person
- Curriculum Planner
  - Committee/Individual/UL Member
  - Works with DC

### SHARED RESOURCES

- INSTRUCTORS
- EXAMINERS
- CAMP SCHEDULES
- WHAT WORKS!
- CALENDARS

WHAT I NEED FROM CLUBS!

# Building Your Club/Center Level Calendar

- Pony Club Curriculum
- Goal Setting
- Considerations
- Skills Needed
- Monthly Plan
- Implementation

### SUBJECT: TEACHING AND TESTING TO THE STANDARDS OF PROFICIENCY POLICY NO: 5020 EFFECTIVE DATE: 5/2/93 REVISED: 05/19/13

In order to provide Pony Club members with an instructional program that will enable them to become competent and able horsepeople and the opportunity to have their skills tested as they progress in their level of knowledge; the Board of Governors affirms the use of the Standards of Proficiency.

The policy of the Board of Governors is that <u>all Regions, Registered Clubs, Riding Center Programs and Horsemasters Groups shall teach and test to the Standards of Proficiency.</u>

- A. All Registered Clubs, Riding Center Programs and Horsemaster Groups shall use the Standards of Proficiency as the <u>syllabus</u> for their instructional programs.
- B. All Regions, Registered Clubs, Riding Center Programs and Horsemaster Groups shall <u>provide the opportunity for their members to have their levels of skill and knowledge tested using the Standards of Proficiency</u> for these testing opportunities, allowing each member to progress through the levels at their <u>own</u> pace.
- A. The District Commissioner, Center Administrator, Regional Supervisor, Regional Instruction Coordinator, Horsemaster Group Liaison and Horse Management Organizer shall have responsibility for this policy at the local and regional levels.
- B. The VP of Regional Administration and the VP of Instruction shall have oversight of this policy.



#### Pony Club Chart of Learning

2/2013

Highest Standard	A Traditional (must have H-A to test)	A Dressage Specialty (must have H-A to test)	A Show Jumping Specialty (must have H-A to test)	Horse Management Track
	H-A	H-A	H-A	11441
<b>^</b>	B Traditional	B Dressage Specialty	B Show Jumping Specialty	
1	H (if taking H-A before B riding)	H (if taking H-A before B riding)	H (if taking H-A before B riding)	
	C-3 Traditional (Eventing)	C-3 Dressage Specialty	C-3 Show Jumping Specialty	н-нм
	C+ (pass C-3 riding prior to H-B test)	C+ (pass C-3 riding prior to H-B test)	C+ (pass C-3 riding prior to H-B test)	(same test as H-A)
	If changing Riding Tracks at the C-3 and	d above members must move horize	ontally first	
National Testing Begins Here	Н-В	Н-В	Н-В	Н-В
	After the C-2 Traditional, a member may	1	1	<b>↑</b>
•	choose: Traditional (straight up ↑), Dressage or Show Jumping Specialty tracks	C-2 FL	C-2 HSE	C-2 HM
1	C-1 Traditional	C-1 FL	C-1 HSE	C-1 HM
	D-3 Traditional	D-3 FL	D-3 HSE	D-3 HM
	D-2 Traditional	D-2 FL	D-2 HSE	D-2 HM
	D-1	D-1	D-1	D-1
Club/Center	TRADITIONAL TRACK	FLAT TRACK	HUNTER SEAT EQUITATION	HORSE MANAGEMENT
Level Begins Here	(includes HM, Flat & Jumping)	(must pass HM at each level prior to advancing to next level)	(HSE) (includes HM and riding)	TRACK (HM)
DETAILS	HM should be completed first, then the flat and lastly the jumping.  If a C-2 and under member chooses to move from Traditional to Hunter Seat they may go HORIZONTALLY or DIAGONALLY but must realize position and terminology are different.	A member may go HORIZONTALLY to the Traditional or HSE but must complete all jumping sections of each of the lower levels.	Exception-A member may go from the HSE track to the Traditional track HORIZONTALLY if the member has demonstrated that they can do the cross country section of the previous level prior to the certification.      HM may be tested separate but all riding for HSE must be done together.	This HM only track begins at the D-2 level.  H-HM is highest level for HM only track











### Standards of Proficiency = Our Curriculum!

Standards of Proficiency



Check
Lists/Flowcharts

Test Sheet

It isn't just for certification

**Tracking Sheet** 

File Edit View Window Help























The United States Pony Clubs, Inc., establishes Standards of Proficiency within the framework of the international Pony Club movement as the educational curriculum for a program of instruction and evaluation of its members for certifications in three primary areas: Horse Management, On the Flat, and Over Fences.

FOR D-LEVEL CERTIFICATES

The D-Levels offer an introduction to the fun and challenge of riding, establishing a foundation of safety habits and knowledge of the daily care of a mount and related equipment. The D-level Horse Management focuses on acquiring the knowledge and skills related to care and ground handling of the mount. The D level-member may also learn and be evaluated on riding independently on the flat, with control, maintaining a reasonably secure position at the walk, trot and canter. In addition, the D-level members may choose to learn and be evaluated while riding their mounts over low fences. All D certificates are awarded at the club/center level.

The C-1 and C-2 Levels are for the Pony Club member learning to become an active horseman, to care independently for his/her mount and tack, and to understand the reasons for what he or she is doing with the mount while either mounted or unmounted. Similar to the D-level, the C-1 and C-2 levels focus on advancement and evaluation of Horse Management skills as well as show development towards a secure, independent seat and increasing control and confidence in all phases of riding, flat and/or jumping. The C-1 and C-2 certificates are awarded at the club/center level.

The H-B. C-3, B, H-HM/H/H-A and A Certifications are facilitated on a national basis and require a greater depth of knowledge and proficiency than the earlier certifications. Successful candidates are competent, all-around horsemen, active and contributing members of USPC, who participate in a variety of Pony Club activities. They are also thoughtful leaders who set an example for all. Each of the nationallevel certifications have a minimum age requirement.

The H-B Certification covers Horse Management knowledge and skills that demonstrate increasing awareness, education, and competence in the care and handling of horses and in teaching the same skills to others. It reflects the theory and study as well as the practical aspects of unmounted horse management that can be expected of a high school curriculum. The minimum age for the H-B certification is 13 years old.

The H-HM/H/H-A Certification requires the knowledge, experience and maturity to evaluate and care for a mount's needs efficiently and in a variety of circumstances, to competently ground train horses: and to teach riding and horse care to others. It reflects the theory and study as well as the practical aspects of unmounted horse management that can be expected of a college curriculum. The minimum age for the H-H-M/H/H-A certification is 16 years old.

At the national level, Pony Club members may choose to follow one or all of three riding tracks. They are: Traditional, Show Jumping or Dressage.



#### **Our Mission:**

The United States Pony Clubs, Inc., develops character, leadership, confidence and a sense of community in youth through a program that teaches the care of horses and ponies, riding and mounted sports.

#### **Our Core Values:**

orsemanship with respect to healthcare, nutrition, stable management, handling and riding a mount safely, correctly and with confidence

organized teamwork including cooperation, communication, responsibility, leadership, mentoring, teaching and fostering a supportive yet competitive environment

espect for the horse and self through horsemanship; for land through land conservation; and for others through service and teamwork

rvice by providing an opportunity for members, parents, and others to support the Pony Club program locally, regionally and nationally through volunteerism

ducation at an individual pace to achieve personal goals and expand knowledge through teaching others

Heights of Fences D Heights of Fences for to A\* for Traditional Show Jumping Levels:

Level

Specialty Levels:



Comment









Click on Comment and Share to create, mark-up ind send PDF files.









The candidate is a beginning-level horse manager, willing to learn the simple routine necessary for safe handling of quiet, welltrained horses. His or her knowledge will vary widely depending on age, educational level, and experience.

#### Turnout/Tack

- · Rider in safe and neat attire: collared shirt with long or short sleeves, long pants with shirt tucked in, short or tall riding boots or shoes that cover the ankle and have a boot heel. Pony Club pin. medical armband, and a properly fitted equestrian helmet, securely fastened, containing certification that it meets or exceeds the criteria established by a national or international safety body. is required to participate in any USPC activity (see USPC Policy 0125A). Long hair neatly up or back. Half-chaps, gloves, show coat and belt optional. No inappropriate jewelry.
- · Mount neatly brushed; hooves picked out (with assistance if needed); showing farrier care.
- Tack safe and neat (properly adjusted with assistance if necessary).

#### Conditioning

· Know one reason for cooling out mount after exercise.

#### Nutrition

· Know how to give water, grain, hay, and tidbit to a mount safely.

#### **Stable Management**

- Groom mount with brush and curry comb, pick out feet, with assistance.
- Tack up and untack mount, with assistance.
- Name 10 parts of saddle and bridle (any).
- · Know two reasons for cleaning tack.

#### Parts of Mount, Conformation & Lameness

- Name any 10 parts of the mount (such as mane, tail, leg, eye, etc.).
- · Know color and breed of own mount.

#### Foot & Shoeina

- · Give one reason to pick out hooves.
- · Tell whether your mount wears shoes or not.

#### Bandaging

· Not applicable.

#### THE D-1 STANDARD **Riding Expectations**

Candidate should ride in an enclosed area without lead line. demonstrating basic balanced position at the halt and walk, and control at the walk and trot.

#### Riding on the Flat

- Ride on flat using Riding Expectations.
- Mount and dismount, with assistance if necessary.
- · Pick up and hold reins correctly at halt.
- · Pick up stirrups at halt.
- · Shorten and lengthen reins correctly at the halt.
- Demonstrate basic correct position at the halt and walk.
- Ride at the walk and trot, with control, keeping mount on rail.
- · Demonstrate simple change of direction at the walk and trot.
- · Perform gradual transitions from walk to trot and walk to halt.

#### Riding Over Fences

- · Ride over fences using Riding Expectations.
- · Walk over poles on the ground in jumping position.
- · Discuss with Examiner the reason for different positions when riding on the flat and over fences.

#### Riding in the Open

Not applicable.

THE D-2 STANDARD









c.ymcdn.com/sites/www.ponyclub.org/resource/collection/10BCC1E3-EDBA-4817-8D68-57303C72582C/CL\_D-2\_FL.pdf

#### D-2 on the Flat Check List

RIDING EXPECTATIONS: Candidate should ride in an enclosed area without lead line, demonstrating control while maintaining a safe basic balanced position at the walk and trot, and should begin to develop the canter.

Riding on the Flat  Ride on flat using Riding Expectations.	Sign Off Notes
Mount and dismount independently (using mounting block if necessary).	
Shorten and lengthen reins at halt and walk.	
<ul> <li>Perform balancing and suppling exercises for rider at walk and halt and discuss 1 or 2 reasons for doing this.</li> </ul>	
Ride at the walk, performing simple turns and large circles.	
Ride without stirrups at the walk.	
Demonstrate emergency dismount at the walk.	
<ul> <li>Ride at the trot on correct diagonal, performing simple turns and large circles.</li> </ul>	
<ul> <li>Ride at the canter in both directions in an enclosed area and be aware of leads.</li> </ul>	
<ul> <li>Discuss how to pass others safely while riding in an enclosed area.</li> </ul>	
<ul> <li>Discuss performance with Examiner, indicating whether or not mount was on correct lead.</li> </ul>	
Riding Over Cavellitti and Ground Poles	
<ul> <li>Ride through a series of 4-6 cavalletti/ground poles at the trot (distances set appropriately for gait and horse stride; refer to "Grid and Jumping Exercises" chart in SOP for distances for trot poles)</li> </ul>	
Discuss performance.	
Riding in the Open	
<ul> <li>Ride safely and considerately, on a suitable mount, on public or private property, in a group, at the walk and trot.</li> </ul>	
Ride with control, up and down hills, at the walk and trot.	

Revised January 2012



### Flow of the Traditional Riding Standards

- D-1 Basic Balanced Position at Halt & Walk, Control at Trot
- **D-2** Basic Balanced Position Maintained at Halt, Walk, & Trot
- D-3 Ride in Basic Balanced Position, Halt, Walk, Trot, and Canter, Maintain Firm Base of Support
- C-1 Demonstrate BBP and use of natural aids, beginning riding mount freely forward
- C-2 Demonstrate Secure BBP, Progress towards Independent Seat & Coordinated Aids,
   Steady Light Feel
- C-3 Maintain BBP, secure base of support, demonstrate development of Independent Seat and Coordinated Aids, Steady Light Feel, Maintain Free Forward Movement.
- B Demonstrate Independent Seat and Effective Tactful Aids, demonstrate elements of the Training Triangle, explain application and reasons for aids use.

A Maintain RRD based upon the development of and independent seat and coordinated upon

File Edit View Window Help □ □ □ □ 8 / 21 □ □ □ 125% ▼ □ □ □ □ □ □

		70000		100	00	-	 -	 	
									7

Candidate's name

#### THE UNITED STATES PONY CLUBS, Inc. The Kentucky Horse Park • 4041 Iron Works Pike • Lexington, KY 40511 • (859) 254-PONY (7669) "D-3" ON THE FLAT TEST SHEET

	1	1	Ш	I,
-		h	u۱	ŀ
-	اب	Ц	A.	Ų,
	here.			

Region
"Guidelmes for Club/Center Certifications - D-1 through C-2" and the D-3 Standard didutes," "Testing information," and "Examiners." Examiner must have copy of the SC Exercises chart. Examinier comments must give specific reasons if a candidate does no previous Standard tests.  and in a basic balanced position with control at the walk, trot, and canter.
nde in a basic buildness position with control at the wain, that, and cames. adidate should be able to demonstrate simple skills without assistance, and to discu
ESDNM
SONM
ES
E

ES = Exceeds Standard	MS = Meets Standard	DNMS = Does Not Meet Standard
d States Pony Clubs, Inc., 2012		Revised January 1, 2











Comme









# The Planning Nightmare!

- How often to hold mounted?
- What about unmounted?
- Hey! My kids want to play games!!
- Supporting the UL members
- Making sure it is FUN!

What are the requirements?
Considerations?

\*\*Consistency = Constancy\*\*

\*\*NOTICE and REMINDERS\*\*



## STEP 1

# GOAL SETTING

## Personalize the Calendar!

Look at YOUR club. Think about YOUR members. What are THEIR goals? What is the next step?

Member Goals

Instructional Notebook

## Member Notebook

- Goal(s)
- Checklist for 2 next certification levels
- Certification sheet for next level
- Standards of Proficiency next 2 levels.

- Club Calendar
- Lesson notes
- Questions/notes for instructor
- Record book update page
- Resources

Member Name	D-1	D-2	D-3	C-1	C-2	н-в	C-3	В	H-A
Riding on the Flat									
Riding Over Fences									
Riding in the Open									
Turnout/Tack									
Horse Sports									
Conditioning									
Nutrition									
Stable Mgt.									
Colors/Parts of Mount									
Conformation/Lameness									
Travel/Trailer Safety									
Record Keeping									
Foot & Shoeing									

# Step 2

# CONSIDERATIONS

# Things To Think About...

- Is PC your member's primary source of instruction?
- Dates of club certification testings, dates of national testings

- Rally dates
- Are members riding year round?
- Are activities held at different facilities? What about XC?
- Challenges/logistics

# Example....

- 2 mounted meetings per month
- 1 flat 1 jumping
- Club certification testing June and September
- Rallies in ?????

- National certification testing in August
- 4 mounted lesson groups
  - o Group 1 D1-2s
  - Group 2 D3-C1
  - o Group 3 C2s
  - o Group 4 C3+

Step 3

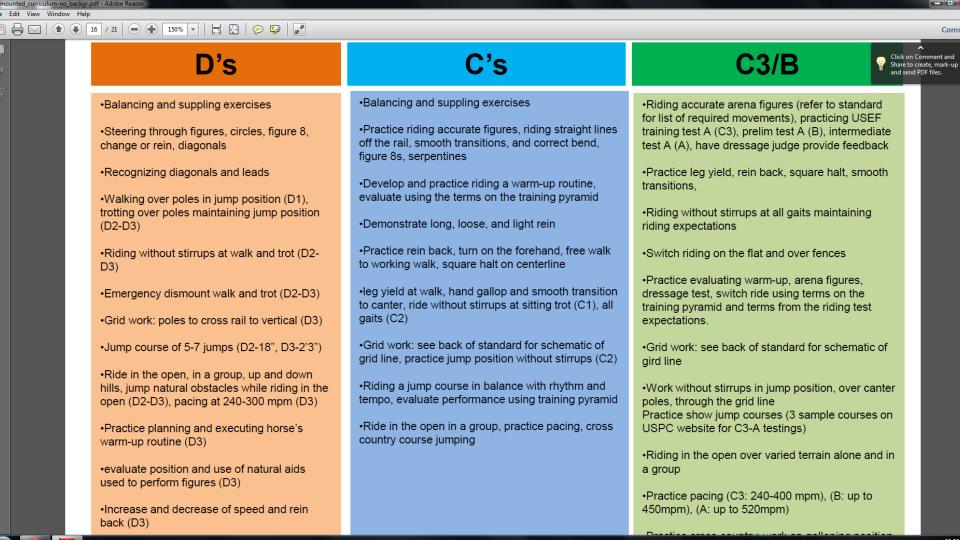
# SKILLS NEEDED

#### Activities that should be included in MOUNTED club instruction programs

D1-D3:
☐ Basic balanced position halt and walk (D1), trot (D2), and canter (D3) - Shoulder-hip-heel (can be line from knee to toe, hip can
be flexed with shoulder a bit forward),
line from elbow-hand-bit, heels down!
☐ Secure base (D2-D3): inner calf steady and secure on horse's side and within the balanced position
☐ Balancing and suppling exercises for riders
☐ Steering through accurate figures, circles, figure 8, change or rein, diagonals
☐ Recognizing correct posting diagonals and leads
☐ Walking over poles in jump position (D1), trotting over poles maintaining jump position (D2-D3),
cantering poles maintaining jump position (D3)
☐ Riding without stirrups at walk and trot (D2-D3)
☐ Emergency dismount walk and trot (D2-D3)
☐ Grid work: poles to cross rail to vertical (D3)
☐ Jump course of 5-7 jumps (D2-18", D3-2'3")
□ Ride in the open, in a group, up and down hills, jump natural obstacles while riding in the open (D2-D3), pacing at 240-300 mpm
(D3)
□ Practice planning and executing horse's warm-up routine (D3)
☐ Riders evaluate their position and use of natural aids used to perform figures (D3)
☐ Increase and decrease of speed and rein back (D3)
□ Bandaging!!!!

Courtesy of Asia Thayer, RIC Committee Chair

And more......



# Instruction by Members

First of all, are your members teaching? The best way to learn is to teach....

D2s should assist D1-2 during unmounted activities (Jr. PC for example) as tested on during D3 certification.

C1 should be doing safety check under supervision. As tested on during C2 certification.

C1s should assist D-1 or D-2 to prepare for turnout under direct supervision. C1 should be assisting in simple unmounted instructional programs for D-level Pony Club. The C1 should bring a letter to their certification, signed by the DC, stating that they have been doing this.

C2s should be preparing for their HB by producing written lesson plans for a 10-minute, unmounted lesson at D1-3 standards and be able to teach that lesson.



	Jan	Feb	Mar	April	May	June P Click on Co. Share to cream to get and send Pl	omment and eate, mark-up DF files.
Flat	Bal & supp exercises, Review RTE for each level	Riding figures, circles, change of rein, turns	Warm-up plan, evaluating warm- up, transitions, increase and decrease of speed	Rein back (D3), figures, evaluate aids used	Emergency dismount, ride without stirrups	Warm-up routine, figures, evaluate aids used, review RTE	
Jump	Jump position walk, trot, canter, Review RTE for each level	Jump position over pole courses, steering, walk, trot, canter	Grid work, work on secure base of support, balance in position	Jump course work, evaluating plan	Riding in the open, pacing, x-c	Review RTE, grid, jump course	

	July	Aug	Sept	Oct	Nov
Flat	Write your own dressage test including D flat skills, focus on riding accurate figures	Perform dressage test: figures, rein back, increase & decrease of speed, ride w/o stirrups, transitions	Evaluate warm-up routine, review RTE, discuss aids used for figures	Working on skills for the next standard	Bal & supp exercises, figures, goals for next year, introduce RTE for next certification level
Jump	Riding in the open, work on pacing	Grid work	Jump course work, evaluating plan	Grid work, balancing exercises and games	Jump course work, goals for next year, introduce RTE for next certification level



	Jan	Feb	Mar	April	May	June Click on C
Flat	Review RTE, bal & supp exercises, Riding accurate figures	Develop and practice warm-up routine, evaluate, training pyramid	Riding lines off rail, transitions, bend on figures, aids used	Rein back, turn on forehand, riding without stirrups	Square halt on centerline, free walk, leg yield	Review RTE, warm-up routine, review/practice skills
Jump	Review RTE, jump position over poles	Develop C grid line, practice balancing exercise over grid	Course work, height dependent on fitness level, evaluate using training pyramid	Riding out in the open, pacing, hand gallop, x-c	Grid followed by course work, to height for those doing a spring certification	Grid or course, dependent on strengths and weaknesses throughout spring

	July Aug Sept		Sept	Oct	Nov
Flat	Write your own dressage test including C flat skills, focus on riding accurate figures	Perform dressage test: figures, rein back, leg yield, centerline, ride w/o stirrups, turn on forehand	Evaluate warm-up routine, training pyramid, review/practice skills	Review RTE and Introduce/work on skills for next standard	Goals for next year, balance & supp exercise, figures
Jump	Riding in the open, x-c jumping	Grid work, practice balancing exercises over the grid	Jump course, evaluate plan	Introduce RTE for next certification level, grid work, balancing exercises	Jump course work, goals for next year

## What About non-PC Instructors?

### Local instructors

- We can't expect them to know what we are doing if we don't share!
- They don't want to be told what to do - or feel that we think that we know more.....
- Create notecards or 3x5 on a ring of what each member needs to do. Could be a winter camp activity to teach members about their next standard!

### Suggestions

- Remember! Our standards are the same as USDF, USEA, USHJA!
- Need to update instruction list that Theresa had created.
- Augment non-PC instruction with clinics/weekends with a visiting instructor.
- Make it easy on those trying to learn about Pony Club.
- What else can we do?

# The Final Step

# IMPLEMENTATION!

- Review plan with your instructor(s), Upper Level Members.
- Make sure that instructors have the tools that they need for the lessons they teach
  - Member goals
  - Standards & Test sheets
  - Grid & Show Jump courses for each level
  - Highlight riding test expectations
- REASSURE your instructors that you are not telling them HOW to teach, these are skills for them to fold into their lesson to ensure that your club is implementing the PC standards, skill sets, and program.
- For members unable to attend the lesson/meeting, remind the member of the topic of the day and suggest that they coer it outside PC. If they miss that lesson, they missed that instruction
- REMEMBER! This is a PLAN....and can be REVISED throughout the year if needed! Different needs weather plans CAN change!

### **NOTES FROM KEVIN!**

- Need to provide an education to retain members.
- Require mastery at each level before moving to the next.
- Use your checklists to plan your calendar
- TEACH what we TEST and TEST what we TEACH
- Lesson programs and club calendars should be CONSISTENT and CONSTANT
- Put your dates on the calendar; don't change them. Add, never delete. Otherwise people don't save the date anymore!
- Effective to have whole club active while parents meet....or train (need upper level or non-parent members to volunteer)
- Offer a year-round program
- Mentor teaching ~ Peer teaching
- MENTORS each new member has another member in the club to help guide them. D3 is a good place to start.
- Send members an unmounted question before each meeting that they come, prepared to answer.
- Social calendar for parents. Wine, food, community!
- CARDS for non-PC instructors can you help me with this?

## REFLECTION - SELF CHECK

What are we doing that I DO like? What are we doing that the members like? What are we doing that the parents like? Who is burned out? Tho could help more? What isn't going so well? Have we tried [Jr. PC, the badge program, mentor and peer teaching] Are we connecting with other clubs for ideas?



### **Discussion Time**

How often? Where? Clinics? Meetings? Lessons? Camps? Mix of locations? **Unmounted/Mounted?** 



What does YOUR calendar look like? What do you do well?



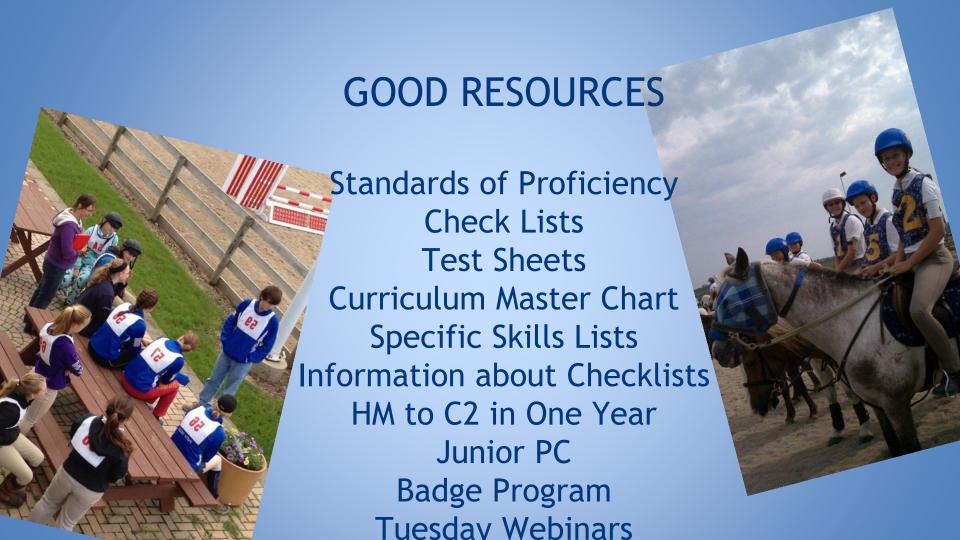
Parent-in-Charge

Punchcard for HM

Unmounted at Mounted



Mixing standards IDEAS!



# Share your calendar!

With your club....

On your webpage....

On your FaceBook page....

Remind - Remember - Remind...

With ME...

With other local clubs...

# THANK YOU!

**QUESTIONS & BRAINSTORM!**