

Tot to Trot



At SJD Equestrian, we are happy to welcome 3 to 6 year old children into our TOT TO TROT program.

Building confidence and trust, improving balance and coordination are some of the outcomes we can achieve through equestrian sport.

All wrapped up with some fun, games and of course PONIES!

Tot to Trot

Week One

Goals	Exercise	Outcomes
Safely move around a horse or pony	Observe and Pat	Build Confidence
Understand basic behavior	Feed a treat	Respect for animals
Lead a pony or horse	Leading through obstacle course	Body awareness

Week Two

Goals	Exercise	Outcomes
Apply basic grooming	Curry and Brush	Build Trust
Know simple parts of the horse	Parts of the head	Build Knowledge
Mount and Dismount	Mounting with assistance Dismounting with assistance	Gaining Confidence

Week Three

Goals	Exercise	Outcomes
Be able to identify equipment	Game (Tack relay race)	Acquiring Knowledge
Mount and Dismount	Up and down	Improve coordination
Sit in balanced position	Simon Says	Balance and Posture

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Week Four

Goals	Exercise	Outcome
Learn care in the stable	Feed and Muck	Understand needs
Basic use of reins and stirrups	Walk\Halt assisted	Balance and coordination
Walk pony independently	Walk/Halt mounted	Motor skill development
Know and use voice commands	Voice commands mounted	Voice control/awareness

Week Five

Goals	Exercise	Outcome
Safety in a Group	Spacing and Looking	Understanding horse behaviour
Introduce the Trot	Trotting mounted	Building Confidence
Basic Riding Terms	Changing the Rein	Awareness and Coordination

Week Six

Horse Show & Graduation