



TOT TO TROT



At SJD we are happy to welcome 3 to 6 year old children into our Tiny Tots 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!



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Week One

Goals

Safely move around a horse or pony
Feed a treat .
Understand basic behavior

Exercise

Observe and Pat
Parts of the head (page 1)
Game

Outcome

Build Confidence
Body awareness
Respect for animals

Week Two

Goals

Apply basic grooming
Know simple parts of the horse
Learn care in the stable
Test Knowledge

Exercise

Curry and Brush
Colouring page 2
Feed and Muck
Game(scavenger hunt)

Outcome

Build Trust
Build Knowledge
Understand needs

Week Three

Goals

Lead a pony or horse
Mount and Dismount

Be able to identify equipment

Exercise

Walking indoor with pony
Mounting with assistance
Dismounting with assistance
Game(Tack relay race)

Outcome

Building Trust
Gaining Confidence

Acquiring Knowledge



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Week Four

Goals

Lead Horse or Pony
Mount and Dismount
Sit in balanced position

Exercise

Leading through obstacle course
Up and down
Game (Simon Says)

Outcome

Understanding behavior
Improve coordination
Balance and Posture

Week Five

Goals

Basic use of reins and stirrups
Walk pony independently
Know and use voice commands
Exercises

Exercise

Walk\Halt assisted
Walk \Halt mounted
Voice commands mounted
Round the world!

Outcome

Balance and coordination
Motor Skill development
Voice control\awareness
Build Confidence

Week Six

Horse show and Graduation!



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