

## Scenario for the Lesson for Project Implementation

Level: Grade IV

Topic No.20: Hobby Horse

If I can't have a real, live horse and engage in horseback riding, can hobby horse be considered a sport discipline, a healthy hobby, a form of healthy pastime, or even training with my favorite toy?

### General aim:

Student:

- will learn another way, form of active and healthy pastime

### Operational objectives:

Student:

- will learn a form of leisure activity - hobby horse
- will indicate the benefits this form of entertainment brings to the young person's body

**Method:** lecture, demonstration, practical exercises

**Form:** Individual

**Teaching aids:** film, hobby horse accessories - horse, obstacles

## Lesson Plan

### I. Introduction

Establishing that hobby horse can be a new hobby and leading to the conclusion that it is a good, all-round, physically enhancing way to spend leisure time.

Concepts: **Hobby horse** - one of the latest trends, even sports disciplines, which has its roots in chilly Finland. It was there almost a decade ago that a system of sports activity resembling Olympic equestrianism but available to every enthusiast developed. Today, Hobby Horse evolves and continues to grow, gaining popularity worldwide.

Lecturer: *And now a few interesting facts about hobby horsing, encouraging to explore this new hobby.*

### Hobby Horsing - History and Fun Facts

The use of a horse dummy in the folklore of various cultures has been known for a long time. Similarly, horseback riding. However, these two dimensions can be combined into one - this is what was done in Finland around 2011. Hobby horsing is a new sports discipline that has warmly been embraced in Scandinavian countries and now conquers Europe, North America, and the whole world. This discipline consists of riding a dummy horse. The stick horse can have different shapes and sizes. Unlike traditional horseback riding, there is no need to use live animals here. Nevertheless, this often marks the beginning of a future adventure with real horses. However, the stick horse allows for a wide range of physical activities. The lower part should be placed between the legs and held firmly while moving in a way that closely resembles horseback riding. The whole game is developmental and promotes maintaining good physical condition, getting to know interesting people with similar interests, but also has a competitive character. Hobby Horse Poland competitions are organized in several disciplines - jumping over obstacles, dressage, and eventing.

Official and unofficial competitions in this discipline are organized by independent groups, clubs, and sports committees, and the achievements of players are evaluated by a panel of judges. Points are awarded for the way individual obstacles are overcome and equestrian feats, and the method of assessment depends on the competition regulations.

The discipline in which the stick horse and the rider play the most important role, in many ways resembles classical horseback riding.

## II. Main Part

### 1. Cognitive Phase

**Lecturer:** Watch the movie, then complete the table by dragging the information to the appropriate places in the table.

**Movie:** Hobby horse, or horseback riding a little differently - competition during the Poznań Cavaliada.

After watching the movie: find elements appropriate for the given field of sport for horseback riding and hobby horse.

<https://www.youtube.com/watch?v=cH47rM7ITxl>

Equestrian Competitions Hobby Horse Competitions

| Equestrian events | Hobby horse competitions |
|-------------------|--------------------------|
|                   |                          |

Equipment needed for hobby horse:

- horse head puppet



- horse riding obstacles



- other pieces of equipment



Formulating a conclusion regarding common features and elements of equestrian and hobby horse equipment.

Complete the sentence by choosing the appropriate words. (develops, physical fitness, jumping ability, speed, halter, tie, reins and others.

The Hobby Horse, like horseback riding, ..... overall ..... and improves elements such as ....., ....., and endurance. Additionally, it allows for getting to know stable and horse equipment, such as ....., ....., ....., ....."

### III. Final part

As part of PE classes, set up obstacles for Hobby Horses on the playground or gymnasium and, after warming up and establishing the rules, conduct a class show jumping competition.