

**Recreation & Leisure  
Lesson Plan—Emerging  
Horseshoes**

**Instructional Area:**  Leisure  Community  Home Living / Daily Living  
**Ability Level:**  Emerging  Developing  Mastery

**Topic / Skill Outcome:**

- Horseshoes

**Learning Area(s):**

- Physical Education / Recreation & Leisure
- Math and Science
- Social Studies
- Personal Resource Management
- Communication
- Literacy
- Vocational

**Purpose of Lesson / Objective:**

1. Improve students knowledge and skills in the area of Horseshoes while allowing for practice and demonstration of how to perform the skills necessary to play horseshoe outside with adaptations as well as playing a regulation game

**Materials / Equipment / Environment:**

- You will need 1 set of each of the following for each team of 2 players:
- 2 of one color rubber horseshoes and 2 of a different color horseshoes
- 1 upright stake or similar target a set distance from a start line

**Group Size:** 2-8    **Time Required:** 30 minutes per session (flexible)

**Lesson Procedure:**

1. Beginning lesson: Show how to grasp the horseshoe
2. Students may need assistance to throw
3. Demonstrate how to throw the shoe underhand at the target
4. Allow everyone to throw at the target 5 feet, 10 feet, 20 feet and 30 feet away at least 10 times
5. Keep track of how many points are scored for the next 10 throws  
Points: Ringer = 3 Points, Leaner = 2 points, 6 inches or less away = 1 point

**Carry Over / Related Activities:**

- Any type of target throwing or adapted game that combines throwing at or near a target for points
- Research horseshoes and provide opportunities to watch other tournaments or others play the sport

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**Supporting Activities / Possible Adaptations:**

- If throwing underhand is difficult the students you may want to try a different means
- Possibilities may include throwing overhand, using different objects to throw such as Frisbees, hackey sacks, beanbags, or other balls or target
- A sling-shot or catapult system could also be used

**Strategies for Participation:**

- Tournaments/Contests
- Partners
- Use a calculator to add/keep scores

**Student Reaction / Evaluation:**

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