

Dressage C Level Mounted Lesson Plan

TITLE: *CORNERS*

OBJECTIVES

Long Term Goal: To be able to use your corners to properly set up your horse for the movements to come.

Short Term Goal: Introduce the concept of using the whole ring to prepare the horse for straight lines and diagonals.

EQUIPMENT NEEDED

A flat arena and at least two corners set up. You can use a dressage ring or jump poles and blocks

What (Phases)	How (Exercises, system, games)	Why (Goal Setting)	Time (Estimates)
<i>Intro/ Welcome</i>	<i>Game or Method:</i> Introduce your self and ask the students if they can name a movement in dressage that a good or bad corner would affect.	<i>Teacher's Goals:</i> See if they have an understanding of why a corner is an important part of their daily work out and the test.	(Est. 2 min)
<i>Warm-up</i>	<i>Game or Method:</i> Have the kids warm their horses up. Have them use the corners that you set up. Ask them to pay attention to how the horse uses the corners. Do the fall in or out. Do the loose impulsion.	<i>Mental/Physical Prep:</i> Have them discuss with you what they felt and ask what they think they can do better to improve the corner.	(Est. 2 min)
<i>Feedback</i>	<i>Question/Sharing</i> Ask if they can think of exercises such as leg yield that may help them get into their corners more correctly.	<i>Teacher's Assessment:</i> Make sure they understand that you can both straighten and bend a horse with your leg.	(Est. 1 min)
<i>Transition</i>	 Ask the students to discuss the aids used to ride a correct corner and how the riders position can effect the horses balance	<i>Cement for lesson:</i> Explain that a corner is a great way to achieve balance, to practice your half halts and improve engagement and there are four of them to use each time you go around the ring.	(Est. 4 min)

<p><i>Lesson</i></p>	<p><i>Game/Method to teach Goal:</i></p> <p>Ask each rider to take a turn riding the corner. Explain that the corner is not a right angle turn but a smooth and gentle turn. They do not want to disrupt the horse's rhythm or balance. Have each rider tell you what they thought was right or wrong about their corners. Then ask them to perform a movement after the corner and see how a good corner helped them with the following exercise.</p>	<p><i>Achieve Goal:</i></p> <p>Ask the students if they could feel the difference between the first attempt and the last. Did thinking about the corner help them with the next movement. Did the corner help them maintain balance and rhythm in their horses?</p>	<p>(Est. 3 min)</p>
<p><i>Conclusion/ Feedback</i></p>	<p><i>Slow paced game/activity while teacher & students ask/answer questions:</i></p> <p>Have the students tell you what they thought of the lesson. Is it something they had worked on before and would they continue to work on this at home.</p>	<p><i>Check for understanding and/ feedback for next lesson:</i></p> <p>Tell them to watch a really good Grand Prix rider and watch how they use their corners. It is something you will work on your whole riding career.</p>	<p>(Est. 3 min)</p>