

## Dressage C Level Mounted Lesson Plan

### TITLE: *MOCK DRESSAGE SPECIALTY RATING*

#### OBJECTIVES

Long Term Goal: Help prepare the students for upper Level Rating

Short Term Goal: To have the students go through a shorten version of a Dressage Rating.

#### EQUIPMENT NEEDED

A flat arena, 6 Cavaletti

<b>What</b> (Phases)	<b>How</b> (Exercises, system, games)	<b>Why</b> (Goal Setting)	<b>Time</b> (Estimates)
<i>Intro/ Welcome</i>	Introduce your self and have the students tell about the tack that they are using that day. Ask them about their horse's conformation. Good and Bad faults.	<i>Teachers Goals</i> Let them know they are responsible for knowing the tack they use and why and to be aware of conformation faults that may effect their horse.	(Est. 2 min)
<i>Warm-up</i>	Have them warm up their horses and demonstrate a clear warm up plan. Discuss the warm up with each student, What was good and what could be better. Go back and fix where they can.	<i>Mental/Physical Prep:</i> Tell them they have to be aware of what their horse is doing and be able to talk to the examiner about their ride Then be able to try to fix it.	(Est. 2 min)
<i>Feedback</i>	<i>Question/Sharing:</i> Have the students tell you what was hard about the process and where do they think they need to work to improve their performance.	<i>Teacher's Assessment:</i> Get an idea of each student's strength and weakness. That can be something they work throughout the year.	(Est. 1 min)
<i>Transition</i>	<i>Practice or one time around to get idea of lesson/game, relax</i> Have each child switch horses and do a warm up they feel will help the horse they are on.	<i>Cement for lesson:</i> Discuss their findings	(Est. 4 min)
<i>Lesson</i>	Go back to their own horse and ride a test. Any test is fine. Just one they are comfortable with. After each ride discuss the performance and what they could do to make it better. Have each student ride a series of Cavaletti/ground pole. Discuss the performance.	<i>Achieve Goal:</i> Have them get use to the discussion and to riding other horses.	(Est. 3 min)
<i>Conclusion/ Feedback</i>	Have the students take the horse in the open and hack as a group.	<i>Check for understanding and/ feedback for next lesson:</i> Explain that this is how a Dressage rating may go. Have them tell you how they thought they did.	(Est. 3 min)