

Dressage Mounted Lesson Plan

TITLE: *BENDING*

OBJECTIVES

Long Term Goal: To make the horses more supple and relaxed

Short Term Goal: To help riders feel how the horse can bend

EQUIPMENT NEEDED:

6 ground poles

AGE & RATING OF STUDENTS:

Note Age generalities:

Age 4-7: Lateral motion, body position, spatial body awareness, lots of imagination;

Age 8-11: Group activities, socialization, one key concept, increase vocabulary;

Age 11-14: Relationship w/ teacher important. one-to-one, increase vocabulary level

What (Phases)	How (Exercises, system, games)	Why (Goal Setting)	Time (Estimates can be adjusted)
Intro/ Welcome	Game or Method: Have the kids name a piece of equipment that is specific to Dressage- Example- Drop noseband-dressage whip	Teacher's goal: Discuss the use and effect on the horse	(Est. 5 min)
Warm-up	Game or Method: Have the kids do a slow Quadrille warm up. Use the figures and lessons you have taught before. You can have them do some work in a single file line and some in a double ride formation.	Mental/Physical Prep Get them thinking about their control and watch their space in the ring or area you are working in.	(Est. 15 min)
Feedback	Question/Sharing Ask if they have been working on their home work (material covered in previous lesson plans) Are they having trouble?	Teacher's Assessment Address any problems	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Talk about how bending will improve your ponies. That by becoming more supple and relaxed they will be a better athlete. Have them go over pole on the straight line first to warm up. Get the ponies going forward.	Cement for lesson Explain that bending will make the whole ride easier for you and the pony. The more relaxed and supple he is the less effort it will take to do the job.	(Est. 1 min)
Lesson	Game/Method to teach Goal: Set the pole on the corners of your ring on the same side. Place three poles so the ponies are bending as the go through. For walk 2ft 8in from the center and for the trot 4ft. 3in. from the center. Have the kids do a figure eight thru the exercise. Go over the poles across the diagonal the over the next corner and then repeat. They can go as a group or individually.	Achieve Goal This will get the kids and ponies thinking about bending around the corners. The pole s makes it more fun.	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer questions Ask the kids if they could feel the ponies bend and use the hindquarters more as they went thru the exercise.	Check for understanding and feedback for next lesson Have the kids tell how this exercise may help them ride a better corner.	(Est. 2 min)

Last updated 4/16/07