

Dressage Mounted Lesson Plan

TITLE: *CIRCLES*

OBJECTIVES

Long Term Goal: To help with skills, such as turning, controlling speed and visualizing figures

Short Term Goal: To ride a 20 meter circle

EQUIPMENT NEEDED:

4 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: Today be your favorite Dressage rider or Instructor. Tell about the level you ride your horse and some of the movements in your level. | Teacher's goal: Know more about dressage riders and the different levels they can compete in. Also know the level they themselves will be competing. | (Est. 5 min) |
| Warm-up | Game or Method: Play a game of follow the leader. Talk about using the ring and the different ways to change direction and the terms they may see on a Dressage test. You can go first at walk then trot some figures. Change leaders from time to time to give everyone a chance. | Mental/Physical Prep Get the kid more comfortable with the ring and thinking about how to use it to circle and change directions. They are to work on riding like their favorite Dressage rider. So think about position. | (Est. 15 min) |
| Feedback | Question/Sharing How is riding in the ring different then in the open or even a different size ring. | Teacher's Assessment Watch how they can steer to stay on the rail and regulate the pace of the horses to stay in the ride. | (Est. 15 min) |
| Transition | Practice or one time around to get idea of lesson, relax Talk about the circle. Why is it a good exercise for horse and rider Have them walk over a pole to get ready for the lesson you have planned | Cement for lesson Explain that the circle is one of the movements that you see most often in their test | (Est. 1 min) |

| What (Phases) | How (Exercises, system, games) | Why (Goal Setting) | Time (Estimates can be adjusted) |
|-------------------------|--|---|--|
| Lesson | <p>Game/Method to teach Goal</p> <p>: Circles are an important part of the test! Place pole on a circle at the top, bottom and sides of your circle. Place a standard to the outside of the start pole. (you determine that) Have the kids go around over the poles. They need to stay in the middle, to the right or left. Always staying in the same place over all four poles. This will show you can have a round circle that is larger 20 meters or smaller 15meters but it is still round. The other kids can call out to the rider as they near the start pole to do the larger or smaller circle. They can do this at the trot as well.</p> | <p>Achieve Goal</p> <p>This is to try to the kids thinking about riding a round circle. To get them to steer and ride the same size all the way around. Tell them they have as many as 4 circles in their test, so it makes up a large portion of the score.</p> | (Est. 20 min) |
| Conclusion/ Feedback | <p>Slow paced game/activity while teacher & students ask/answer questions</p> <p>Take away to poles and have them walk the circles again. Have them tell you if they thought it was round.</p> | <p>Check for understanding and feedback for next lesson</p> <p>See if they can feel when a circle is round. Ask them to practice this week at home.</p> | (Est. 2 min) |

Last updated 4/16/07