

Dressage Mounted Lesson Plan

TITLE: *STRAIGHT LINES*

OBJECTIVES

Long Term Goal: Learn to ride straight lines, control horse and work on Trans.

Short Term Goal: Ride a straight line and stop and pick up the object on the pole

EQUIPMENT NEEDED:

An area that has a flat straight section, a jump standard and a prize.

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: Pass the object the kids will pick up (or something similar) Have them say the name of their favorite Dressage Rider or instructor.	Teacher's goal: To get the kids to know more about dressage riders and instructors. They can then try to ride as they do. To have them pass the object from one to the other. Make sure your ponies will get along.	(Est. 5 min)
Warm-up	Game or Method: Have the kids get into a ride with two lines. Have them walk towards each other and hand off a tennis ball or baton. This will get them used to passing and picking up the object. It will also help them work on going straight.	Mental/Physical Prep Start at the walk and allow the horses to warm up and the passing of the object lets the kids get their balance and practice steering. You can do trot if they are ready. (Make sure horses and ponies are getting along.)	(Est. 15 min)
Feedback	Question/Sharing Ask the kids to tell you what was difficult or easy and what they learned.	Teacher's Assessment See if any kids are having trouble with the hand off idea and adjust if necessary.	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Explain they will do the same game but one at a time	Cement for lesson Tell them that the centerline work is the first exercise in the test. But that it can be like a game to practice.	(Est. 1 min)
Lesson	Game/Method to teach Goal: Have the kids come down the centerline. Stop at X and pick up your prize. Then they can proceed to the end of the arena. Turn right or left at the end. You can walk at first then trot as they become more confident.	Achieve Goal Have the kids come in straight and stop, pick up the prize and continue. They learn to ride to a spot and stop and continue in a straight line.	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer questions The instructor stands at C. The child enters at A walks straight on centerline to instructor and tells what was hard and what was easy and fun. The instructor then can give the child the prize.	Check for understanding and feedback for next lesson Make sure that the kids know that the centerline is an important part of the test they will do. Learning to go straight will help them in all their riding.	(Est. 2 min)

Last updated 4/16/07