

Dressage Unmounted Lesson Plan

TITLE: *FREESTYLES*

OBJECTIVES

Long Term Goal: Get the kids thinking about doing freestyles

Short Term Goal: Prepare for the Rhythm mounted lesson

EQUIPMENT NEEDED:

CD player and as way to show DVD's or Video, Have score sheets to look at.

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: Ask the kids if they have ever seen a Freestyle! Who did it and at what level Do you remember the music.	Teacher's goal: Get the kids interested in Freestyles Explain how music and riding are similar.	(Est. 5 min)
Warm-up	Game or Method Tell the kids what a freestyle is and at what rating they can do one in your region. Show them a score sheet and explain how they are scored.	Mental/Physical Prep Get the kids interested in trying one in their rally	(Est. 15 min)
Feedback	Question/Sharing Listen to the music that they brought to share	Teacher's Assessment Tell how that music maybe used in a freestyle	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Take one example of the music and work with the kids to come up with a piece of a ride. They can think of movements that might fit.	Cement for lesson Think about interpreting the music with a ride	(Est. 1 min)
Lesson	Game/Method to teach Goal Show the kids some freestyle. If you can get ones from a pervious rally that would show kids at their level doing the rides. Try to get some high level rides to show what they could do in the future. Local Dressage clubs may help you get them	Achieve Goal Show rides at their level and above to get them thinking about doing freestyles	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer questions Ask what they thought of each ride. Ask how their music compared to the music they saw in the rides.	Check for understanding and/ feedback for next lesson Ask if anyone would like to try a freestyle in the future	(Est. 2 min)

Last updated 4/16/07