

Dressage Unmounted Lesson Plan

TITLE: *LEARNING YOUR TESTS*

OBJECTIVES

Long Term Goal: Learn how to prepare for a dressage test

Short Term Goal or: Have fun learning your test for the rally show

EQUIPMENT NEEDED:

A arena set up with letters or large room indoors with dressage letters

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: Hand out the dressage tests the kids will need or the rally	Teacher's goal: Tell them about the levels they will be learning and riding	(Est. 5 min)
Warm-up	Game or Methods Have the kids set up the ring with the letters in the right place	Mental/Physical Prep Make sure they know where the letters go in the arena.	(Est. 15 min)
Feedback	Question/Sharing Talk about the salute and how and why you do it at the beginning and end of the test	Teacher's Assessment Have them do it and make sure it is correct.	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Assign a judge for the first ride and tell them they judge will change each time Have the kids tell you where the judge sits Also have a reader for each ride. That will help the kids remember the test. Explain where the reader stands in the ring	Cement for lesson To get the kids familiar with the test and the people who are there to judge and read (if they have a reader)	(Est. 1 min)
Lesson	Game/Method to teach Goal: Have each child do their ride on foot. Have the judge write comments and the reader should be telling the rider where to go. You can do it twice and play music the second time. (no reader)	Achieve Goal Get the kids to know the ride and learn to use the letters and the ring.	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer questions Have small prizes for the rides (every one is first) and ask what they think will be the hardest part when they get on the ponies!	Check for understanding and feedback for next lessons Tell the kids to find some music they like to ride to and bring it to the next unmounted lesson.	(Est. 2 min)

Last updated 4/16/07