

Dressage Unmounted Lesson Plan

TITLE: *MAKE YOUR OWN TESTS*

OBJECTIVES

Long Term Goal: To understand what goes into making a dressage test

Short Term Goal: To be able to put movements they have learned into a test

EQUIPMENT NEEDED:

Two blank test sheets per child, level appropriate to group. Example of one completed test sheet, level appropriate to group. Printed list of movements for Training and First Levels.

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: Talk to the kids about how the tests are put together. Explain the different parts. Coefficients, Collective Marks and the section for remarks.	Teacher's goal: Get them familiar with the score sheets.	(Est. 5 min)
Warm-up	Game or Method: Go thru the scoring system and see if they can guess what each number means	Mental/Physical Prep Get them thinking about how a test is scored	(Est. 15 min)
Feedback	Question/Sharing Read them the correct scoring scale and see how close they were.	Teacher's Assessment Talk about penalties for a error of course and an error of test	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Talk about errors and penalties.	Cement for lesson Make sure you let them know that it is ok to make mistakes, we all do it.	(Est. 1 min)
Lesson	Game/Method to teach Goal: Ask the kids to write their own test that they will ride in a future lesson or at camp. Then ask them to write a test for one of the older pony clubbers to ride. Be able to show a list of required movements for the older rider. Camp would be a good place for that. Have the younger kids read there test to the older kids at the mounted meeting.	Achieve Goal Get an idea of what it is like to put together a test. Explain how it has to flow and be even from one side to the other. See if they did that on their tests.	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer questions Have the kids mark the tests with their name and the date. Collect them and hand them back out at camp or a lesson.	Check for understanding and/ feedback for next lesson Ask if they thought writing tests seemed hard. Your local dressage club may want to offer a class where the kids can ride their tests in front of a judge. Check it out!	(Est. 2 min)

Last updated 4/16/07