

Dressage Unmounted Lesson Plan

TITLE: *DRESSAGE QUIZ*

OBJECTIVES

Long Term Goal: Show them where they can find material to read about Dressage

Short Term Goal: Find out what the kids know about Dressage rules and equipment

EQUIPMENT NEEDED:

Bits and tack allowed in dressage. Rule Book and a small sized dressage ring (Breyer would be great)

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 is Dressage Quiz day. We are going to learn the rules and equipment allowed for that discipline.	Teacher's goal: To have the kids learn the rules and allowed equipment.	(Est. 5 min)
Warm-up	Game or Method: Have the kids tell what Dressage means to them. How can it help the horses and riders?	Mental/Physical Prep Get the kids thinking about dressage as a way to train their horses to be better athletes.	(Est. 15 min)
Feedback	Question/Sharing Discuss the answers given above	Teacher's Assessment Make sure they understand the importance of flat work	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Explain that they will be seeing and hearing about things related to Dressage	Cement for lesson Know the rules for each discipline.	(Est. 1 min)
Lesson	Game/Method to teach Goal: Have the kids go around to the tables and identify the items they see. They can have a classroom for the rules. They can practice setting up a ring. At each table has a qualified person there to help them and explain about each item they see.	Achieve Goal The get the kids familiar with the tack allowed, the clothes they can wear and the rules for dressage.	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer question Have the kids tell one thing that they learned and share it with the other kids.	Check for understanding and/ feedback for next lesson Make sure to go over the rules during the mounted lessons.	(Est. 2 min)

Last updated 4/16/07