

Lesson Plan Template

Instructor:

Date:

Measurable Objective of Lesson: (riding skill, action, measurement, conditions)

SKILLS: 1- Walk-Halt-Walk; 2. Direct Reining; 3. Opening/Leading Rein; 4. Neck Rein; 5. Indirect Rein; 6- Rein Back / Backing; 7-Half Halt; 8 - Two Point/Half Seat; 9- Posting at the Walk; 10 - Walk Trot Walk Transitions; 11 - Bending / Lateral Flexion; 12- Two Point at the Trot; 13 - Posting Trot; 14 - Direct Reining Trot; 15 - Opening Rein Trot; 16 - Neck Reining Trot; 17 - Indirect Rein Trot; 18 - Posting Diagonals; 19 - Turn on the Forehand; 20 - Leg Yield at the Walk; 21 - Transitions within the Gait; 22 - Turn on the Haunches; 23- Side Pass; 24 - Sitting Trot; 25- Transition within the Trot - sitting; 26- Canter; 27 - Leg Yield at the Trot; 28 - Leg Yield on a Circle - Walk and Trot; 29 - Canter: Simple Changes of Lead; 30 - Flying Lead Changes; 31- Walk - Canter - Walk Transitions; 32- Shoulder Four Walk; 33 - Shoulder Four Trot; 34 - Shoulder In - Walk; 35 - Shoulder In - Trot; 36 - Haunches In - Walk/Travers; 37 - Haunches In - Trot; 38 - Haunches Out - Walk/Renvers; 39 - Haunches Out - Trot; 40- Turn back on the Rail; 41 - Pivot; 42 Roll Back; 43 - Half Pass; 44- Counter Canter; 45 - Quadrille - Synchronised Dance on Horseback

Teacher Preparation/ Equipment Needed:

| Rider | Horse | Tack | Lead | SW 1 | SW 2 | Goal |
|-------|-------|------|------|------|------|------|
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Tack: Western -W/KW; English- E/KE; Sidepull - SP; Bridle & bit - B; Rainbow Rein-RR; Other Rein-OR; Kieki Stirrup- KS; Bareback=BB/BBP

Ring set-up

| | | | | | | | | | | | | | | |
|---|--|---|--|--|--|--|---|--|--|--|--|---|--|---|
| | | K | | | | | E | | | | | H | | |
| | | | | | | | | | | | | | | |
| C | | | | | | | | | | | | | | A |
| | | | | | | | | | | | | | | |
| | | F | | | | | B | | | | | M | | |

Equipment: B = Barrel; C = Cone; K = Cavaletti; J = Jump;

Items needed:

Lesson Content/Procedure: (Include lesson sequence. How will you conduct the lesson? What will be included?)

1. **Safety check** (*helmet: 2 finger at chin strap, 2 fingers above brow, strap buttons just under ear; tack: lead rope and crop, bridle/side pull, saddle position, girth tightness*)
2. **Mounting** (order and type of mount) *based on disability/needs (who needs more warm up, who get fatigued fast)*

3. Safety check (*post mount: saddle position, girth, bridle, posture and alignment of rider from front side and back*)

4. Warm-up: *W-H-W; ankle circles, to physically cognitively and emotionally warm up rider*

5. Riding skill explanation [as reflected in objective, note:

a) What (riding skill)

b) How (rationale for riding skill and aids)

c) Why (task analysis of skill - address all learning styles)

6. Safety check

7. Practice skill (Where): *specific praise with why's; keep them grouped up; specific feedback presented as a "love sandwich", - posture and alignment*

8. Progression (if time allows) **make skill more challenging/fun**

9. Wrap-up (review + social interactions verbalize life goals)

10. Dismount (order and type of dismount)

Summary and Evaluation: (Reflect on your teaching - what went well and what would you change?)

Use back of sheet if needed.