

## Dressage Mounted Lesson Plan

### ***TITLE: CHANGES OF DIRECTION***

#### **OBJECTIVES**

**Long Term Goal:** To be able to change direction in a balanced and organized way

**Short Term Goal:** To learn the different ways to change direction in the ring

#### **EQUIPMENT NEEDED:**

An arena with 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

<b>What</b> (Phases)	<b>How</b> (Exercises, system, games)	<b>Why</b> (Goal Setting)	<b>Time</b> (Estimates can be adjusted)
Intro/ Welcome	<b>Game or Method:</b> To name 3 letters in a Dressage Arena that you can use to change direction	<b>Teacher's goal:</b> Help the kids to know and be aware of the letters in the dressage arena.	(Est. 5 min)
Warm-up	<b>Game or Method:</b> Have each child take a turn showing a change of direction at the walk. Example. Diagonal- half circle-change thru the center of the circle. They can trot as they become more familiar with the figures.	<b>Mental/Physical Prep</b> Work on keeping distance and using the ring.	(Est. 15 min)
Feedback	<b>Question/Sharing</b> What is hard about the change in direction	<b>Teacher's Assessment</b> See what figures the children have the most trouble understanding and go over that with them.	(Est. 15 min)
Transition	<b>Practice or one time around to get idea of lesson, relax</b> Practice follow the leader and explain the game will go like this.	<b>Cement for lesson</b> Explain that it is important to change direction so the pony gets worked evenly on both sides	(Est. 1 min)
Lesson	<b>Game/Method to teach Goal</b> Explain the game. They will play the Train Game. The engine will lead the train in several changes of direction. North south, east and west. Have markers that show these directions. (paper plates work) Tack them up on the ring so the kids can see them. The conductor (you) tells the group which direction to go. Then announces the new direction. The engine has to make a change of direction using the methods discussed above. Tell them if they make the changes to small or fast they will lose their other cars. If they wreck the train they lose their turn as engine. Change engines throughout.	<b>Achieve Goal</b> Get the kids to think about the changes of direction and to make them smooth and the right size.	(Est. 20 min)
Conclusion/ Feedback	<b>Slow paced game/activity while teacher &amp; students ask/answer questions</b> Have the train pull in to the station and each car name a change of direction they learned that day.	<b>Check for understanding and feedback for next lesson</b> Ask which change they like the most to do.	(Est. 2 min)

Last updated 4/16/07