

Dressage Mounted Lesson Plan

TITLE: *TRANSITIONS*

OBJECTIVES

Long Term Goal: To improve the balance and acceptance of the bit

Short Term Goal: To get transitions that are smooth and accurate.

EQUIPMENT NEEDED:

Standards or games bending poles. A bag for each and a deck of Go Fish Cards

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: Have each child give their favorite Dressage movement. Any level	Teacher's goal: Show how the things that they have been working on can be the start to their favorite movements.	(Est. 5 min)
Warm-up	Game or Method: Play follow the leader. Use the whole ring to work on the lessons that were worked on in the past weeks. Straight lines and then circles. Change leaders from time to time. First at walk then Trot.	Mental/Physical Prep Get the kids thinking about the figures used in their rides and how they are put together.	(Est. 15 min)
Feedback	Question/Sharing Ask if anyone is having trouble with the previous lessons and what they are.	Teacher's Assessment Review any problem spots	(Est. 15 min)
Transition	Practice or one time around to get idea of lesson, relax Explain that we are working on transitions this week. Have the ride go around and do a transition at the standards you have set up. They will collect a card and if they have a match they get a prize.	Cement for lesson Tell the kids how transitions can make their ponies easier to ride and prepare them for the work they will do in the future.	(Est. 1 min)
Lesson	Game/Method to teach Goal: Have each child got around the ring and get a card from the bag that is attached. Each stop is a transition. Making the pony slow down or speed up. Sometimes they walk and sometimes they walk to the halt. You can determine the speed and how many times they go around your course. If they pass the bag they have to move on. This will encourage them to try making the transitions in the right spot. You can reward a smooth trans. With an extra card.	Achieve Goal Practice controlling the pony and making good transitions.	(Est. 20 min)
Conclusion/ Feedback	Slow paced game/activity while teacher & students ask/answer questions Have the student bring the cards they have to the teacher and tell them what they found to be difficult or easy about transitions. For every match give a prize.	Check for understanding and feedback for next lesson Explain how Trans are part of the test they will be doing and that the more you work on them the better the whole test will be. They improve your pony in every way.	(Est. 2 mi)

Last updated 4/16/07