# Editable electronic lesson plans for 20x60m arenas

It is a good idea to show riders a diagram of the exercises you have planned especially as most people are visual learners. This includes warm up and cool down exercises.

You could draw the diagram in front of the riders on a whiteboard at the start of a lesson or you could bring with your pre-prepared diagrams/posters/images. Pre-prepared diagrams have the added advantage of encouraging you to think through the exercises beforehand so you can plan necessary equipment.

Below are two examples of lesson plans developed on our interactive diagram, which you can edit for your own purposes.

* Move or re-size items by clicking and dragging.
* Use Ctrl+c to copy.
* Use Ctrl+v to paste.

Alternatively, android phone users can try an app called ‘Dressage Lite for horse riders’, whilst iPhone users can try the apps ‘Learn A Dressage Test Board’ or ‘Dressage freestyle light’ to sketch diagrams.

See also the blank arena diagrams and arena movements diagrams in 20x60 and 20x40 metre arenas at: <http://www.dressage.net.au/dnlinks3.html>

**Example 1: A warm up exercise using witches hats**

2m

6m

4m

8m

Check straight line

Working trot

I

10m

10m

C

X

8m

10m

10m

2m

R

4m

M

6m

E

B

V

P

FC

KC

A

S

H

Witches’ Hat

L

**Example 2: Teaching how to ride a 20m circle accurately**

2m

6m

4m

8m

I

10m

10m

C

X

8m

10m

10m

2m

R

4m

M

6m

E

B

V

P

FC

KC

A

S

H

**Blank diagram**

2m

6m

4m

8m

I

10m

10m

C

X

8m

10m

10m

2m

R

4m

M

6m

E

B

V

P

FC

KC

A

S

H

L