Planning is an important aspect of coaching; it will make the lesson more enjoyable and will ensure maximum use of the time available. The lesson plan template below can be amended to suit your own purposes and sequence durations.

Please use this template in association with the lesson planning diagrams.

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| **Lesson goal:** |  |
| **Skill level of riders:**Eg. D/D\* riders |  |
| **Lesson length:**Eg. 30 mins (adapt to age of riders) |
| **Sequence** | **Duration**  | **Activity** | **Note** |
| Introduction | \_\_\_mins | My Name is:My Topic is:The purpose of this lesson is: |  |
| Safety Check | Emergency Stop: Halt until further notice.Safety of Area: Check Surface and area eg: gates closed. |  |
| Gear CheckEquipment Needed | Medical check: “Is there is any condition or problem that might affect your learning throughout this lesson?”Gear check - Ask for information about horse and rider combinationEg. Witches hats, measuring tape, small white board, etc. | Check helmet fit and Girth tightness. |
| Explanation | \_\_\_mins | Why (ie. purpose of lesson)WhereHow When  |  Could you use a diagram? |

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| **Sequence** | **Time** | **Activity** | **Note** |
| Demonstration | \_\_\_mins | What do you need? E.g. white board and marker, laminated pictures, bridle etc. | Remember that if you use a demonstration rider, they won’t see your demonstration. |
| Warm up | \_\_\_mins | “We will prepare our horse for the lesson with the following warm up (make it relevant to the topic if possible, if not explain the safety element of what you are doing)” | Could you use a diagram? |
| Activity Execution | \_\_\_mins | “We will show progression in this task by (refer to the stages of training)” | Could you use a diagram? |
| Re- Execution |  | Have another related exercise ready for the riders to progress towards |  |
| Cool Down | \_\_\_mins or after lesson | Explain how and where they will do a cool down. |  |

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| **Sequence** | **Time** | **Activity** |
| Summary Feedback & Questions | \_\_\_mins | Ask a mix of open and closed questions to each rider to assess their understanding, eg: 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summarise the lesson (tell the riders what you’ve taught them).Positive feedback and homework suggestions.Ask if they have any questions or feedback for you.Thank the riders and dismiss them safely! |
| Evaluation |  | Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced. |