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| **Lesson topic:** |  | | |
| **Skill level of riders:**  Eg. D/D\* riders |  | | |
| **Discipline:** |  | **Lesson length:**  Eg. 30 mins (for an exam) |  |

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| **Sequence** | **Duration** | **Activity** | **Note** |

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| **Introduction** | mins |  |  |
| **Safety Check** |  |  |
| **Medical Check/ Identification of special needs** |  |  |
| **Gear Check** |  |  |
| **Equipment Needed** |  |  |

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| **Explanation** | mins |  |  |

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| **Sequence** | **Duration** | **Activity** | **Note** |

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| **Demonstration** | mins |  |  |

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| **Warm up** | mins |  |  |

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| **Activity Execution** | mins |  |  |

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| --- | --- | --- | --- |
| **Re- Execution** | mins |  |  |

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| **Cool Down** | mins or after lesson |  |  |

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| --- | --- | --- |
| **Sequence** | **Duration** | **Activity** |

|  |  |  |
| --- | --- | --- |
| **Summary Feedback & Questions** | mins |  |
| **Evaluation** |  |

Arenas - Flat lesson

**M R B P F**

*Warm up* **C A**

**H S E V K**

**M R B P F**

*Activity Execution* **C A**

**H S E V K**

Arenas - Jump / Mounted Game / Ground Work lessons

*Warm up*

*Activity Execution*