

Lesson plan template



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 provides an example of the key elements that you will need to incorporate into your own lesson plans. To help you get started, the area diagrams at the end show how you might sketch the exercise to help you trial your plan or even show riders at the point of lesson delivery.

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

Sequence	Duration	Activity	Note
Introduction		My name is:	
		Riders names are:	
		My Topic is:	
		The purpose of this lesson is:	
Safety Check	_____ mins	Emergency Stop: Halt until further notice.	
		Safety of Area: Check surface and area eg: gates closed.	
		Medical check: "Is there any condition or problem that might affect your learning throughout the lesson?"	
Gear Check		Gear check: Ask for information about horse and rider combinatino	Check helmet fit and girth tightness
Equipment Needed		eg: witches hats, measuring tape, small white board, etc	

Explanation	_____ mins	Why (i.e. purpose of lesson):	Could you use a diagram?
		Where:	
		How:	
		When:	

Lesson plan template

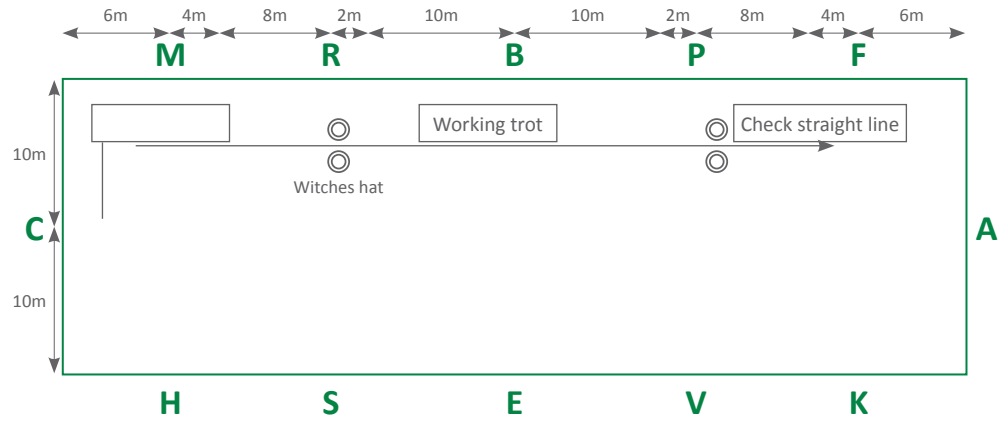


Sequence	Duration	Activity	Note
Demonstration	_____ mins	What do you need? E.g. white board and marker, laminated pictures, bridle etc.	Remember that if you use a demonstration rider, they won't see your demonstration.
Warm up	_____ mins	"We will prepare our horse for the lesson with the following warm 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	_____ mins	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.	

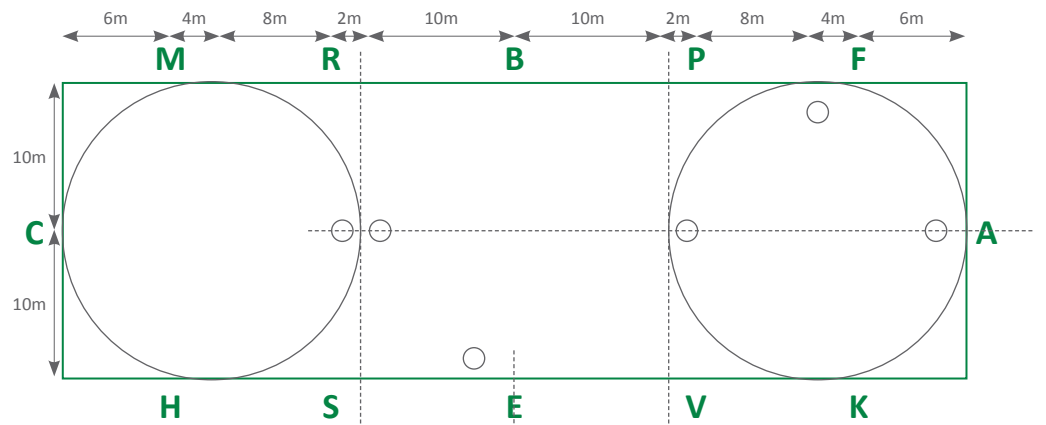
Sequence	Duration	Activity
Summary Feedback & Questions	_____ mins	Ask a mix of open and closed questions to each rider to assess their understanding, eg: 1. _____ 2. _____ 3. _____
		Summarise the lesson (tell the riders what you've taught them).
		Positive feedback and homework suggestions.
		Ask if they have any questions or feedback for you.
Evaluation		Thank the riders and dismiss them safely!
		Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.

Arenas - Flat lesson

Warm up



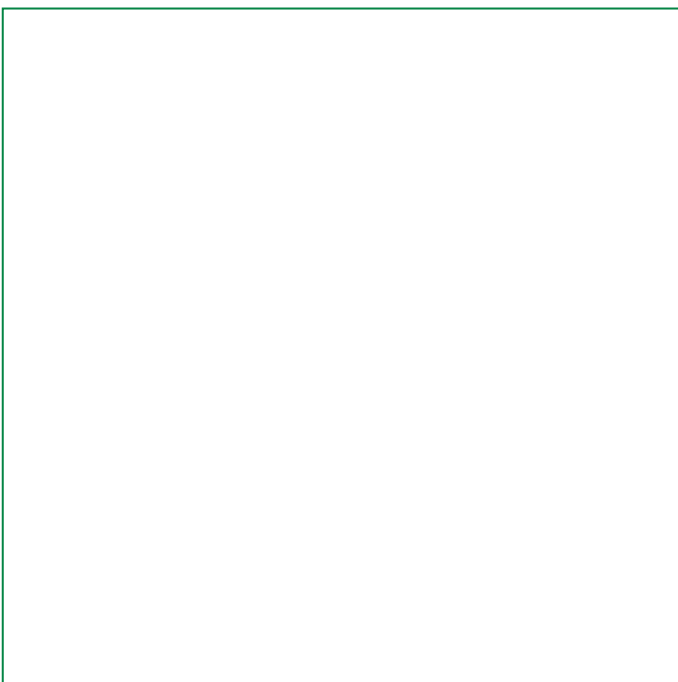
Activity Execution



Example arena lessons

Arenas - Jump / Mounted Game / Ground Work lessons

Warm up



Activity Execution

