

Lesson Plan 19		How to ride a dressage test (unmounted)	
Skill level of riders:		E certificate level	
Lesson length: 40 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: Riding your first dressage test The purpose of this lesson is: teach how to prepare for a dressage competition	
Explanation	5 mins	Why? When competing it is rider's responsibility to know the rules and know how to ride the test movements How? Explain rules and movements of test below (to be ridden in next session)	
Activity Execution	30 mins	Using PCV dressage and gear rule books (can be accessed through website) explain the important rules for riders for example: <ul style="list-style-type: none"> • What is an error of course? • What happens if rider leaves the arena before test is finished? • Explain how to salute for judge and when this occurs • Explain when tests can be called • Explain how long rider has to enter arena and how they know the count has begun • Explain gear check process and what they are or are not permitted to wear in a dressage test Next, head to arena and walk the test by foot to familiarise riders with the dressage markers and assist in their ability to recall the test. They can also practice their salute. Discuss the option of having the test called.	
Evaluation		Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.	

Ungraded Riders Workout Activity

Part 1 Enter	Starting at Ant enter in Walk heading towards Cones Halt between the Cones and salute the judges Walk off heading towards Cat
Part 2 Circle in Rising Trot	When you get to Cat track left At Horse start rising trot Rising trot to Elephant At Elephant circle left 20 metre circle in rising trot Continue rising trot down the straight to Kangaroo
Part 3 Change Rein	Walk when you reach Kangaroo Continue to Fox At Fox change the rein in walk heading towards Horse going between Cones At Horse continue you walking around Cat
Part 4 Rising Trot	Once you reach Cat begin rising trot Rising trot around to Fox Then back to walk at Fox
Part 5 Exit	Walk on to Ant At ANT turn up the centreline heading towards Cones Halt between the Cones and salute the judges Turn right or left and leave arena in walk exiting at Ant

