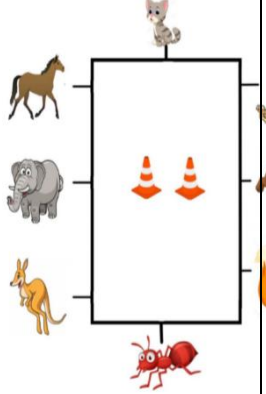


# Ready2Ride Lesson Plans

With thanks to Numurkah Pony Club

<b>Lesson Plan 20</b>		Rookie Dressage Test	
<b>Skill level of riders:</b>		E certificate level	
<b>Lesson length:</b> 35 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: Riding for first dressage test The purpose of this lesson is: participate in riding a dressage test	Gear – check areas of wear Rider – check boots and stirrup size, helmet, jewellery, uniform Horse – check saddle, bridle, other gear such as martingale, breast plate etc
Safety Check		Emergency Stop: Halt until further notice. Safety of Area: Check Surface and area eg: gates closed.	
Gear Check		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 combination	
Equipment Needed		Eg. 40X 20 arena with markers (letters or animals)	
Explanation	5 mins	Why? To show level of training of horse and rider and harmony achieved as a team.  Where? Ridden in a 40 x 20 arena with markers  How? Memorise or have test called and follow test directives and movements – practice the patterns of test on foot prior (lesson plan 19)	
Demonstration		Double check riders are familiar with test. The more confident riders could test ride first with the other riders watching on to help with their recall when their turn.	
Warm up	5 mins	"We will prepare our horse for the lesson with the following warm up" The group could use warm up time to walk the pattern of test and practice some halts and salutes prior to riding one at a time.	
Activity Execution	25mins (longer if more riders)	Each rider to have a chance to ride their test whilst other riders leave arena and wait with helpers. Tests could be called by helper with coach watching from C and providing positive and encouraging feedback on completion of test.	

Cool down & Feedback	5 mins	Proceed to cool down ponies. Ask a mix of open and closed questions to each rider to assess their understanding, eg: 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.

## Ungraded Riders Workout Activity

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