

Riding Lesson Plan

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Level: <i>riding level</i>	Title: <i>what will you call this lesson?</i>	Riding Area: <i>what kind of arena or field is required</i>
Age Group:	Lesson Type & Duration: <i>Is this for a private or group lesson? (does it require more than one rider?) How long will it last?</i>	Equipment: <i>List cones, poles, barrels, dressage tests, jump cups, breakable pins, candy for prizes, hand outs etc. Anything you need for your lesson. Have it to the arena and set up before your students arrive</i>
Helpers: <i>do you need leaders, jump crew, horse holders, etc?</i>		

{ }Prep/Review: <i>If grooming and tack up is part of the lesson, list topics. If you want to go over something from the last lesson write it here. In the brackets, note how much time will be allowed</i> { }Warm up: <i>What warm up exercises will you have students do? In the brackets, note how much time will be given to warm up.</i>	{ }Method/Application: <i>How will you teach the lesson objective? Will you use grids? Courses? The Weaving Game? Practicing without stirrups? Turns on the forehand on corners? Ride their dressage test? This is where you list all of the things your riders will do during the lesson.</i> <i>Unless your students are spending a long time during prep, as new beginners may do, method/application should take up the bulk of the lesson time. This is where students are riding and working on the objective. In the brackets, note how much time you will devote to Method/Application in this lesson.</i>	{ }Cool Down: <i>This is when the riders and horses will wind down. Note if you will have students practice stretches and toe touches while you review the lesson and answer questions. Or note if you will have students walk quietly while you talk about home work and handouts. Be sure students realize the value of cool down for their horses. In the brackets, note how much time will be given to cool down</i>
{ }Lesson objective: <i>What is the purpose for your lesson? Note how much time will be allowed</i>		Review/Handouts/Homework: <i>another note to self box. List your review points, the hand outs you'll give to students, or something you would like to have them work on between lessons</i>
Key Points: <i>This is your "note to self" box. Are there special points you want to remember to emphasize to students? List them here.</i>		

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Age Group:	Lesson Type & Duration:	Equipment/Set up:
Helpers:		

{ }Prep/Review: { }Warm up:	{ }Method/application:	{ }Cool Down/Review:
{ }Lesson objective:		
Key Points:	Review/Handouts/Homework:	

Date/Time	Lesson Title	Class			Length		#
		G	P		60	30	
Age Range & Level	Instructor	Helpers					
Riding Area	Tools & Equipment						
Lesson Objective							
Warm Up							
New Material							
Cool Down							
Notes							

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