



Lesson Planning

EFFECTIVE & EFFICIENT

Effective and Efficient

- ▶ **Effective:**
 - ▶ Addressing rider goals
 - ▶ Progressing rider skills
 - ▶ Engaging
 - ▶ Fun

Efficient

Efficient (when teaching 10 to 15 lessons a week):

- ▶ Should take no more than 1 hour/maybe 2 before the week begins
- ▶ Then refine for the what's, how's and why's for each lesson

Role of the TR Instructor

- ▶ **Exercise 1:** To translate therapy goals to riding skills that address those goals.
- ▶ To establish customized long term and short term riding goals.
- ▶ **Exercise 2:** To plan lessons that encourage appropriate progression of skills, with objectives that address the rider's goals.
- ▶ To plan effective lessons that accommodate each individual's learning style and pace.
- ▶ Keep the lessons fun and fresh, create an environment conducive to learning.

Role of the TR Instructor

1. To translate therapy goals to riding skills that address those goals.

Examples:

- ▶ Improved core strength
- ▶ Improved fine/gross motor skills
- ▶ Improved attention span
- ▶ Improved social skills/peer interaction
- ▶ Improved communication
- ▶ Improved independence/self-esteem

Setting goals & objectives

Therapy Goal: Improved Core Strength

Riding skills: Transitions – w/h/w, w/t/w. etc.

Circles & serpentines

Hills & uneven surfaces

2-pt. – w/t/c

Upper trunk work – steering without reins

Balanced seat – bareback pad

Setting goals & objectives

Therapy Goal: Improved fine/gross motor skills

Riding skills:

- Grasping reins
- Mount/dismount correctly
- Effective reining
- Effective leg cues
- Verbal cues
- Transitions
- Even weight distribution in stirrups (2-pt)
- Maintaining position through turns & multi-step patterns

Setting goals & objectives

Therapy goal: Improved Attention Span

Riding Skills: Transitions

Numbered multi-step course

Serpentines

Figure 8's

Posting

2-pt.

Dressage test

Follow the Leader – riders taking turns leading

Setting goals & objectives

Therapy Goal: Improved Peer Interaction

Riding Skills: Passing (Leap Frog)

Drill Team

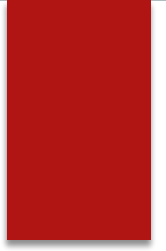
Pair riding

Relay races

Trail etiquette

Arena etiquette

Lesson Planning



Lesson Planning

Three primary parts to every lesson:

- ▶ 1. **Warm-up or prep** – preparing the rider/s to be successful in the objective riding skill.
- ▶ 2. Teaching **the objective riding skill** - What/How/Why.
- ▶ 3. **An activity** that allows the rider/s to practice the objective riding skill.

Lesson Plans – 2-Point

Warm-up	Riding Skill	Activity
Ankle rolls Ballet toes Reach to horse's ears Standing position Push-ups off horse's neck Squats	2-Point	Non-jump jump course Jockey races 2-pt. challenge Gait changes while in 2-pt. Ring figures while in 2-pt.

Lesson Plans – W/H/W Transitions

Warm-up

Horse ear to pocket stretch
Deep breathing
Without stirrups
Shoulder shrugs
Trunk twists
Hands on hips
Leg lifts
Scissor legs
Leg out and in

Riding Skill

Walk-halt -walk transitions

Activity

Red light/green light
Treasure hunt
Precision halts (cones, poles, halt box)
Take out/put in
Mail box
Loose reins/no rein transitions
Simon Says
Duck/duck/goose
Tag

Lesson Planning – Posting Trot

Warm-up

ID foot falls
(walk & trot)
Squats
Post at walk
2-pt. with arms
crossed
Sit trot to find
rhythm
Post without
stirrups
“Drag heels in
dirt” image
Back pockets
touch the saddle

Riding Skill

Posting trot

Activity

Transitions at trot
(sit/2-pt./post)
Lift over poles
Figure 8
Sustained posting
(progressive number of
strides)
Circles
Count the strides
Ride-a-buck

Semester Plan

▶ Rider/s Name/s	Horse	Semester	Day/Time
▶ _____			
▶ _____			
▶ _____			

Objective Rider Goal: _____ Objective Riding Skill: _____

List 10 appropriate objectives/activities, then sort them by level of challenge.

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- ▶ ***Questions??***
 - ▶ ***Ideas to add???***

