

Lesson Plan Form

This plan should be prepared for a one hour lesson.

Prepared by:

Date:

Stage of Rider: Initiation or Acquisition or Consolidation

Number of riders -

Rider Background:

Lesson Topic:

Immediate Goal:

Long Term Goal:

Key Elements: (Skills needed for the riders to manage a logical progression to reach the goal)

Equipment List:

Safety Considerations:

Lesson Segments and Timelines

Introduction: (minutes)

Warm Up: (minutes)

Explanation and demonstration: (minutes)

Progression/Activity #1: (minutes)

Goal/Key point:

Progression/Activity #2: (_ minutes)

Goal/Key point:

Progression/Activity #3: (_ minutes)

Goal/Key point:

Cool Down: (_ minutes)

Conclusion:

Please attach a diagram of your arena set up with measurements.