

## Eventing Unmounted Lesson Plan

### ***TITLE: YOUR FIRST EVENTING RALLY***

#### **OBJECTIVES**

**Long Term Goal:** Enter and compete in an Eventing Rally successfully

**Short Term Goal:** Students will experience the phases of an Eventing Rally so that they have an overview of what to expect and have an initial understanding of what to do after arrival at the rally.

#### **EQUIPMENT NEEDED:**

Sample Rally schedule (attached); helmets; sample walk/trot dressage test; bucket, scraper, large sponge for Vet Box; example diagram of a SJ course.

#### **AGE & RATING OF STUDENTS: D1-D2; Ages 8-11**

Note Age generalities:

Age 4-7: Lateral motion, body position, spatial body awareness, lots of imagination;

Age 8-11: Group activities, socialization, one key concept, increase vocabulary;

Age 11-14: Relationship w/ teacher important, one-to-one, increase vocabulary level

<b>What</b> (Phases)	<b>How</b> (Exercises, system, games)	<b>Why</b> (Goal Setting)	<b>Time</b> (Estimates can be adjusted)
<i>Intro/Welcome</i>	<b>Game or Method:</b> Have them introduce themselves as if presenting for a formal inspection, including vices (if any) of the horse. If group is 5 or less, they are a "team"; if larger... two teams, etc...	<b>Teacher's goal:</b> Find out what they already know about Eventing Rallies, learn their names, ratings, horse's names. See/Review what they'd be wearing for a formal inspection	(Est. 5 min)
<i>Warm-up</i>	<b>Game or Method:</b> Line up students with imaginary horses in hand. Let them know they've just unloaded their horse. What happens next? (Need to get horse safely in a stall after it has been prepared, then set up tack room and feed room, look over schedules) What are their solutions? (Tie horse to trailer, parent walks horse, friend walks horse, etc)	<b>Mental/Physical Prep:</b> Let them in on the plan that they will be a rider at an Eventing Rally and their horse (imaginary) is beside them. Start imagining with them what they need to do (sequence) This will be a teamwork sort of thought-process... let them talk together, then share out	(Est. 10 min)
<i>Feedback</i>	<b>Question/Sharing</b> What did they do with the horse while preparing the stall?	<b>Teacher's Assessment</b> Problem-solve through solution. Did helper's have proper footwear? What does stall preparation entail? Horse safe? Timeliness?	(Est. 5 min)
<i>Transition</i>	<b>Practice or one time around to get idea of lesson/game, relax</b> It is now the official start of the rally... What happens, what do you do?	<b>Cement for lesson</b> Hand out sample rally schedule	(Est. 2 min)

<i>Lesson</i>	<p><b>Game/Method to teach Goal:</b>  Pretend it is an overnight Rally: Opening: Barns set up, Briefing, Jog-out, helmet check, Phase 1-Dressage: Formal inspection, dressage test, turn-backs Phase 2-XC: Course walk for XC, safety check, warm-up, XC ride, Vet Box, turn-back Phase 3-SJ: Jog outs, safety check, course walk, warm-up, compete, turn-back, Closing: Awards, Stall stripping Pack up and go home.</p>	<p><b>Achieve Goal</b>  Have each student “do” jog-out by trotting out &amp; back, check helmets If time, each can walk/trot a dressage test (need test). Discuss what turn-back entails. For XC, discuss walking the course, demonstrate cooling horse and then they cool “horse” for vet box procedure. For SJ, have a sample course map. Either trace test &amp; discuss, or if time, “ride” a course.</p>	(Est. 20-25 min)
<i>Conclusion/ Feedback</i>	<p><b>Slow paced game/activity while teacher &amp; students ask/answer questions</b>  Award Ceremony: Student sit to side. Instructor reviews by asking questions about Eventing Rally sequence. Have students come up for a hand shake and congratulations as each responds correctly.</p>	<p><b>Check for understanding and/ feedback for next lesson</b>  Be sure that each student has opportunity to respond correctly. Instructor reviews/clarifies where needed</p>	(Est. 2-5 min)

Last updated 4/16/07