

## Dressage Mounted Lesson Plan

**TITLE: *RHYTHM***

**OBJECTIVES**

**Long Term Goal:** To be aware of the importance of rhythm in riding

**Short Term Goal:** To learn what rhythm and why it is important in a test

**EQUIPMENT NEEDED:**

CD player, music for each child (they can bring their own)

**AGE & RATING OF STUDENTS:**

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)
Intro/ Welcome	<b>Game or Method:</b> Ask the kids about the music they brought for their ride. Why they chose it and what gait does it best suit.	<b>Teacher's goal:</b> Get the kids talking about different kids or music and the different rhythms and tempo	(Est. 5 min)
Warm-up	<b>Game or Method:</b> Play music and have the kids guess what gait it would be best for (rhythm) Then play some examples of the same rhythm but different tempo. Have them ride to it as a group.	<b>Mental/Physical Prep</b> Explain that rhythm is the repetitious beat one- two of the trot) and tempo is the speed of the repetition.	(Est. 15 min)
Feedback	<b>Question/Sharing</b> Ask the kids if they understand the difference between rhythm and tempo and how they can improve their rides.	<b>Teacher's Assessment</b> Make sure they have an idea of the concept and repeat if they do not.	(Est. 15 min)
Transition	<b>Practice or one time around to get idea of lesson, relax</b> Have the ponies go out one at a time and perform a simple exercise. Have the others watch for the rhythm and count the beats.	<b>Cement for lesson</b> Explain that a horse with good rhythm will be relaxed and be able to perform the test with more ease and better accuracy.	(Est. 1 min)
Lesson	<b>Game/Method to teach Goal:</b> Play the music that each child brought to ride to. Have them think of a ride that best suites the music. Ask the other to evaluate if the rhythm matched or not. Then you can change and have others try different music and see if they match up better.	<b>Achieve Goal</b> Understand the importance of rhythm.	(Est. 20 min)
Conclusion/ Feedback	<b>Slow paced game/activity while teacher &amp; students ask/answer questions</b> Play the music brought in again. Then play a game of musical chairs. The pony closest to the out gate will come to the center and dismount. You will be there and ask them about the lesson.	<b>Check for understanding and/ feedback for next lesson</b> Have them tell you why they think rhythm is important. Do 'they think they would like to try a musical freestyle some day!	(Est. 2 min)

Last updated 4/16/07