

# Lesson Plan

Instructor:

Class Day/Time:

Date:

**Coaches: Read items in RED!!!**

## Objective of Lesson:

## Teacher Preparation/ Equipment Needed:

Items Needed

## Ring Set Up

## Lesson Content/Procedure:

1. *Safety check*
2. **Mounting**
  1. Rider/mount type
  2. Rider/mount type
  3. Rider/mount type
3. *Safety check*
4. **Warm up-**
  - Upper Body-**
  - Lower Body-**
5. **Skill Review**
  -
6. **Main riding skill explanation**
  - What –**
  - Why –**
  - How-**
  - Where-**
7. *Safety check*
8. **Practice**
  - Hands-**
  - Legs-**
  - Head-**
  - Core-**
9. **Progression (if time allows) –**
10. **Wrap up-**
11. **Dismount**
  1. Rider/dismount type
  2. Rider/dismount type
  3. Rider/dismount type

## Lesson Topic:

## Important Notes for Volunteers: