Week #1- Supported Riders

*(Student has a horse leader and 1-2 sidewalkers)*

**Main Skill(s):**

**Objective:**

 Subject + verb + skill + measurement + conditions

**Chat lap:**

**Warm-ups:**

Upper body

Lower body

How does it relate to main skill

**#1 Skill Review(s)**

What

How (task analysis)

Why (big and little whys)

Where

Review questions

**#2 Skill Review(s)**

What

How (task analysis)

Why (big and little whys)

Where

Review questions

**Main Skill**

What

How

Why

Where

Review questions

Simplifications

1 step down

2 steps down

Progressions

1 step up

2 steps up

**Game/Activity:**

**Cool down/ Wrap-up**:

Week #1- Emerging Independent

*(Student has a Horse Leader, Spotter, and/or varied leader support)*

**Main Skill(s):**

**Objective:**

 Subject + verb + skill + measurement + conditions

**Chat lap:**

**Warm-ups:**

Upper body

Lower body

How does it relate to main skill

**#1 Skill Review(s)**

What

How (task analysis)

Why (big and little whys)

Where

Review questions

**#2 Skill Review(s)**

What

How (task analysis)

Why (big and little whys)

Where

Review questions

**Main Skill**

What

How

Why

Where

Review questions

Simplifications

1 step down

2 steps down

Progressions

1 step up

2 steps up

**Game/Activity:**

**Cool down/ Wrap-up**:

Week #1- Independent

*(Student has a spotter to fully independent)*

**Main Skill(s):**

**Objective:**

 Subject + verb + skill + measurement + conditions

**Chat lap:**

**Warm-ups:**

Upper body

Lower body

How does it relate to main skill

**#1 Skill Review(s)**

What

How (task analysis)

Why (big and little whys)

Where

Review questions

**#2 Skill Review(s)**

What

How (task analysis)

Why (big and little whys)

Where

Review questions

**Main Skill**

What

How

Why

Where

Review questions

Simplifications

1 step down

2 steps down

Progressions

1 step up

2 steps up

**Game/Activity:**

**Cool down/ Wrap-up**: