

Riding Lesson Plan

Date:	Rider/s:	Instructor:			
Goal/s:					
Objective/s:					
Equipment Needed:	Rider	Horse	Tack	Leader	Sidewalker/s
Arena:	Supplies Needed:			Arena Setup:	
1. Safety Check					
2. Mount	Rider	Mount Type		Assistance	Task while waiting
	1 st				
	2 nd				
3. Safety Check, Adjust stirrups					
4. Intro	Greet	Introductions		Review last lesson	Preview this lesson
5. Warm ups	What	How		Why	Where
a. Upper					
b. Upper					
c. Lower					
d. Lower					
6. Safety Check					

7. Riding Skill 1	What	How	Why	Where/Practice
8. Progression or Activity				
9. Riding Skill 2	What	How	Why	Where/Practice
10. Progression or Activity				
11. Cool Down/ Conclusion	Cool Down Activity	Review lesson	Things to work on	Thanks you, High-5's
12. Dismount	Rider	Dismount Type	Assistance	Other
	1 st			
	2 nd			

Summary and Evaluation

What you did well:

What you could do better:

How you would do things differently in retrospect:

How you can prepare better for next time:

Rider strengths:

Rider weaknesses:

Rider recommendations for next time: