

## L1CDC ACTIVITY SLIP 2 – Lesson Planning

### Practical Assessment Guidelines

**Supervision:**

This activity may be discussed in advance with the Coach Educator. The lesson plans must then be prepared and presented to the EA Coach Educator to assess. The Coach Educator shall then discuss the Lesson Plans with the Candidate.

**Candidate information:**

- Read and understand each activity carefully before attempting.
- You are advised to research, practice and discuss all parts of each activity with your EA Coach Educator, prior to attempting an assessment.

**Assessment:**

- The candidate must satisfactorily complete all assessment activities.
- The EA Coach Educator will advise the candidate of a result at the completion of the activity.
- All activities should be completed in a competent and efficient manner, demonstrating a comprehensive acquisition of skills and knowledge.
- With adequate preparation all candidates should be aiming for a 100% satisfactory pass on their first attempt.
- Should the Lesson Plans be unsuitable for any reason, the Coach Educator will discuss this with the Candidate, who may amend the plans and re-present them to the Coach Educator for further assessment and discussion.

**Assessment Protocols:**

- Candidates are assessed according to the standards and principles set out in the course required readings.
- The EA Coach Educator must sign the declaration at the end of each activity.
- This assessment must be signed by an EA Carriage Driving Coach Educator

A Carriage Driving Coach Educator may assess this task in its entirety, however a Carriage Driving Coach Educator may **sign no more than THREE (whole) L1CDC Activities** for any candidate.

## 2: Lesson Planning

The basis of all lessons is a sound rationale and purpose. To assist Coaches form this concept, they must prepare adequately prior to a lesson. A key aspect to ensure the proper and efficient delivery of a lesson is the development of a lesson plan.

**Within this activity the coach must complete NINE lesson plans to convey a selection of listed skills below to a driver/group who has not attempted these skills before OR to a driver/group requiring improvement in these skills.**

Throughout these lessons coaches should also incorporate brief notes about:

- Ideal numbers
- Activities/options for non-participants

Using the template plans design THREE lessons from each group:

### **DRESSAGE SINGLES & PAIRS**

- Teach the half-halt
- Teach circles of 20m in walk & working trot
- Teach the long and short diagonals in walk & working trot
- Teach figures-of-eight with 20m circles in walk and working trot
- Teach turns across the arena in walk and working trot
- Teach three-loop serpentines in walk and working trot
- Teach turns onto the centreline in walk and working trot
- Teach the aids and exercises to achieve medium walk
- Teach the aids and exercises to achieve working trot and moderately lengthened strides

### **Cones Singles only**

- Teach and coach single cones
- Teach and coach related cones
- Teach and coach combinations
- Teach and coach a driver to walk and drive a course of cones of up to 20 sets
- Teach and coach distances
- Teach and coach driving a course at 250m/minute

### **Marathon Singles only**

- Teach and coach Driving up- and down-hill and at speeds up to 450m/min
- Teach and coach related obstacles
- Teach and coach combinations
- Teach and coach driving over ditches
- Teach and coach driving over banks
- Teach and coach driving through water
- Teach and coach a driver to walk and drive a course of 3-4 obstacles

### **NOTES FOR CANDIDATES & COACH EDUCATORS**

The purpose of this activity is to demonstrate sound teaching methods and an awareness of how skills are built upon and sequenced in a safe and appropriate manner.

Should the Lesson Plans be unsuitable for any reason, the Coach Educator will discuss this with the Candidate, who should amend the plans and re-present them to the Coach Educator for further assessment and discussion.

# Lesson Plan 1 – Driven Dressage

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

ELEMENT	ACTIVITY	TEACHING NOTES
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul> <p><b>Skill Demonstration &amp; Instruction</b></p>		
<b>Skill Practice</b>		
<b>Feedback/ Questioning Techniques</b>		
<b>Evaluation</b>		

## Lesson Plan 2 – Driven Dressage

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

ELEMENT	ACTIVITY	TEACHING NOTES
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		

## Lesson Plan 3 – Driven Dressage

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

ELEMENT	ACTIVITY	TEACHING NOTES
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		

## Lesson Plan 4 – Obstacle Driving (Cones)

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

ELEMENT	ACTIVITY	TEACHING NOTES
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		



## Lesson Plan 6 – Obstacle Driving (Cones)

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

<b>ELEMENT</b>	<b>ACTIVITY</b>	<b>TEACHING NOTES</b>
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		



# Lesson Plan 7 – Marathon \_\_\_\_\_

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

<b>ELEMENT</b>	<b>ACTIVITY</b>	<b>TEACHING NOTES</b>
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		

# Lesson Plan 8 – Marathon

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

<b>ELEMENT</b>	<b>ACTIVITY</b>	<b>TEACHING NOTES</b>
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		

# Lesson Plan 9 – Marathon

**Candidate Name:**

**Date:**

**Venue:**

**Name of Driver:**

**Skill Level of Driver:**

**Goals for the Lesson:**

ELEMENT	ACTIVITY	TEACHING NOTES
<ul style="list-style-type: none"> <li>○ <b>Introductions</b></li> <li>○ <b>Emergency Stop Procedure</b></li> <li>○ <b>Gear Check</b></li> <li>○ <b>Warm-Up</b></li> </ul>		
<p><b>Skill Demonstration &amp; Instruction</b></p>		
<p><b>Skill Practice</b></p>		
<p><b>Feedback/ Questioning Techniques</b></p>		
<p><b>Evaluation</b></p>		

<b>Coach Educator (CE) Declaration</b>		<b>L1CDC – Activity Slip 2</b>	
<b>Candidate Name:</b>			
<b>Coach Educator</b> I am satisfied that the candidate has demonstrated competence in developing lessons in a safe and well-sequenced manner. I am a currently-registered EA Carriage Driving Coach Educator.			
<b>Name:</b>		<b>NCAS Level:</b>	
<b>E-mail address:</b>		<b>Phone Number:</b>	
<b>Assessment Location:</b>			
<b>Signature:</b>		<b>Date:</b>	