

# L1VC ASSESSMENT SLIP 7 – Lungeing Technique

## Practical Assessment Guidelines

### **Supervision:**

- This activity must be completed under the supervision of a current EA Coach Educator.

### **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.
- Prior to beginning any instructional assessment activities the Coach Educator must sign the candidate's lesson plan.
- With adequate preparation all candidates should be aiming for a 100% satisfactory pass on their first attempt.

### **Assessment:**

- Re-Assessments may be performed directly after the initial assessment, or at a time negotiated with the Coach Educator.

# L1VC ASSESSMENT SLIP 7 – Lungeing Technique

Candidate Name: \_\_\_\_\_

	Assessment Tasks	C / NYC	Comments
PREPARATION Gear Check Horse & Rider	<ul style="list-style-type: none"> <li><b>PASS GEAR CHECK for lungeing</b> – including use of protective boots or bandages if used</li> </ul>		
PRACTICAL ASSESSMENT TASKS – Demonstrate	<p><b>Activity 1:</b></p> <ul style="list-style-type: none"> <li>Apply warm-up routine</li> </ul> <p><b>Activity 2:</b></p> <ul style="list-style-type: none"> <li>17m circle left, working trot (minimum 2 circles) - Working canter left, 17m circle (minimum 3 circles) – Return to working trot</li> </ul> <p><b>Activity 3:</b></p> <ul style="list-style-type: none"> <li>Medium walk 20-30 meters down the long side – Turn across the arena. Halt on the centreline. Change rein via turn on the forehand - Medium walk</li> </ul> <p><b>Activity 4:</b></p> <ul style="list-style-type: none"> <li>17m circle right, working trot (minimum 2 circles) - Working canter right, 17m circle (minimum 3 circles) - Return to working trot</li> </ul> <p><b>Activity 5:</b></p> <ul style="list-style-type: none"> <li>Lunge 2 circles through a set of placed witches hats on a smaller circle (between 10 and 15 metres)</li> </ul> <p><b>Activity 6:</b></p> <ul style="list-style-type: none"> <li>Lunge 2 circles over 3 trot rails (set up by the candidate)</li> </ul> <p><b>Activity 7:</b></p> <ul style="list-style-type: none"> <li>Lunge lengthen trot down a long side</li> </ul> <p><b>Activity 8:</b></p> <ul style="list-style-type: none"> <li>Walk – change rein via turn on the forehand (opposite direction)- walk</li> </ul> <p><b>Activity 9:</b></p> <ul style="list-style-type: none"> <li>Trot, lunge two circles through the witches hats, walk</li> </ul> <p><b>Activity 10:</b></p> <ul style="list-style-type: none"> <li>Halt, walk out to horse, apply/discuss cool-down routine</li> </ul>		
COLLECTIVE ASSESSMENT – Ongoing	<ul style="list-style-type: none"> <li>Overall ability to lunge a horse with contact</li> <li>Demonstration of a centred, controlled position in all paces</li> <li>Coordination and correct application of aids in halt, walk, trot and canter</li> <li>Ability to identify and lunge in a good rhythm</li> <li>Ability to identify and achieve the correct canter leads</li> <li>Ability to carry &amp; use a whip correctly</li> <li>Application of suitable warm up/cool-down r</li> </ul>		
SELF – ANALYSIS / Review / Evaluate	<ul style="list-style-type: none"> <li>Their position and correct use of aids</li> <li>The influence of their position and aids on the horse</li> </ul>		
VERBAL ASSESSMENT – Discuss	<ul style="list-style-type: none"> <li>Discuss safety of the present lungeing arena</li> <li>Discuss the correct lungeing technique</li> <li>Identify the reasons for the warm-up and cool-down</li> </ul>		

# L1VC ASSESSMENT SLIP 7 – Lungeing Technique

## Assessment Summary & Declaration of Competence

<input type="checkbox"/> <b>COMPETENT</b>	<p>Has demonstrated competence in all the tasks for Assessment Slip 7 – Lungeing Technique according to the assessment criteria in the Level 1 Vaulting Coach Certificate through</p> <p><input type="checkbox"/> <b>Direct Assessment method</b></p> <p><b>OR</b></p> <p>Evidence was provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip 7 – Lungeing Technique according to the assessment criteria in the Level 1 Vaulting Coach Certificate through</p> <p><input type="checkbox"/> <b>Demonstration of Current Competence (Official Lunger)</b></p>
<input type="checkbox"/> <b>NOT YET COMPETENT</b>	<p>Is not yet competent in all the tasks for Assessment Slip 7 – Lungeing Technique according to the assessment criteria in the Level 1 Vaulting Coach Certificate through</p> <p><input type="checkbox"/> <b>Direct Assessment method</b></p>
<p><b>Comments</b></p> <p><b>If NYC what needs improvement before re-sitting assessment</b></p>	

NOTE: CE's are advised to maintain own records / results of Candidates whom they have assessed.

<b>Coach Educator (CE) Declaration</b>		<b>L1VC– Assessment Slip 7.1</b>	
<b>Candidate Name:</b>			
<p><b>Coach Educator</b> I am satisfied that the candidate has demonstrated competence in teaching groups in a safe and well-sequenced manner. I am a currently registered EA Coach Educator.</p>			
<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>	
<b>CE's please also sign the Course Checklist on Page 5 if candidate is competent</b>			

## Spare Lesson Plan: Individual / Group / Lungeing

(please circle appropriate)

**Candidate Name:**

**Date:**

**Venue:**

**Name of Vaultler:**

**Skill Level of Vaultler:**

**Goals for the Lesson:**

**Equipment Required:**

ELEMENT	ACTIVITY	TEACHING NOTES (What/How/Why)
<p><b>Introductions</b> Including: gear check, explain lesson goals and emergency stop procedure</p>		
<p><b>Warm-Up*</b></p>		
<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>		

\* These may be in either order, depending on the lesson content and whether demonstration requires a horse to be warmed-up

**Arena Plans and Additional Notes:**

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<b><u>Coach Educator (CE) Declaration</u></b>	<b>L1VC– Assessment Slip Substitute</b>
<b><i>Candidate Name:</i></b>	
<b>Coach Educator</b> I am satisfied that the candidate has demonstrated competence in developing this lesson in a safe and well-sequenced manner. I am a currently registered EA 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>
<b>CE's please also sign the Course Checklist on Page 5 if candidate is competent</b>	

## SPARE - Assessment of Practical Coaching Skills

### Coaching a Lesson Plan: Individual / Group / Lungeing (circle appropriate)

<b>CANDIDATE COACH NAME:</b>		<b>VENUE:</b>		
<b>COACH EDUCATORS NAME:</b>		<b>DATE:</b>		
<b>Overall Result:</b> Competent / Not Yet Competent				
Overview	Name of Skill	X / √	C/NYC	COMMENTS & WHY
<b>SECTION 1) SAFETY</b>	<ul style="list-style-type: none"> <li>- Gear check</li> <li>- Identification of special needs</li> <li>- Emergency Stop procedure established</li> <li>- Safe equipment and environment</li> </ul>			
<b>SECTION 2) INTRODUCTION, DEMONSTRATION &amp; WARM-UP</b>  <small>* Demonstration and Warm-Up can be done in any order</small>	<b>Introduction:</b> <ul style="list-style-type: none"> <li>- Clear and concise</li> <li>- Purpose of the lesson established</li> </ul>			
	<b>Demonstration*:</b> <ul style="list-style-type: none"> <li>- Accurate</li> <li>- Suitable</li> </ul>			
	<b>Warm-Up (&amp; initial assessment):</b> <ul style="list-style-type: none"> <li>- Suitable</li> <li>- Vaulters/Horse assessment</li> <li>- Relevance to lesson</li> <li>- Clear &amp; concise explanation about how to use the relevant aids</li> </ul>			
<b>SECTION 3) LESSON CONTENT &amp; VAULTING COACHING SKILLS</b>	<ul style="list-style-type: none"> <li>- Perceptive and attentive to the needs of the individual</li> <li>- Use a variety of techniques (strategies) to teach skills</li> <li>- Ensure all vaulters are recognised in a training session</li> <li>- Communicate instructions clearly and accurately</li> </ul>			
	<b>Lesson Structure (Did the coach?)</b> <ul style="list-style-type: none"> <li>- Outline the Lesson plan for the vaulters</li> <li>- Was the lesson plan suitable for the vaulters ability</li> <li>- Did the coach adjust the lesson plan according to the vaulters ability</li> <li>- Maintain vaulter focus throughout lesson</li> <li>- Observe, notes and corrects errors in individual(s) technique and skills</li> <li>- Shows sequential progression of lessons skills and demonstrates an ability to break skills down to enhance the understanding of vaulters</li> <li>- Safe dismissal</li> </ul>			
	<b>Time Management</b> <ul style="list-style-type: none"> <li>- Demonstrate effective time management to ensure completion of training session</li> </ul>			

<b>SECTION 4) FEEDBACK SKILLS</b>	<ul style="list-style-type: none"> <li>- Feedback contains information about the performance that is easy to understand</li> <li>- Feedback contains keys words and phrases to promote change in performance/learning</li> <li>- Feedback given to both individuals and the entire group</li> <li>- <i>Feedback is conveyed in a positive manner to encourage change and/or reward performance</i></li> <li>- Feedback is correct and given as soon as possible after task completion</li> <li>- Provide a variety of feedback styles: visual, verbal, tactile, questioning, discussion</li> </ul>			
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**Coach Educator Feedback:**

What were the positive aspects/strengths of the lesson?

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What aspect/s does the candidate need to continue working on to improve/demonstrate in future (please complete this section regardless of whether the candidate was found C / NYC)

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**Candidate's Self- Evaluation:**

Where do you believe you went well? What could you improve? How will you do this?

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<b>Not Yet Competent</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
	<b>CE:</b>	<b>CE:</b>	<b>CE:</b>

**Coach Educator (CE) Declaration**

**L1VC– Assessment Slip Substitute**

***Candidate Name:***

**Coach Educator**

I am satisfied that the candidate has demonstrated competence in teaching groups in a safe and well-sequenced manner. I am a currently registered EA Coach Educator.

**Name:**

**NCAS Level:**

**E-mail address:**

**Phone Number:**

**Assessment Location:**

**Signature:**

**Date:**

**CE's please also sign the Course Checklist on Page 5 if candidate is competent**