

L2C ASSESSMENT SLIP 5 and 6

Lesson Planning + Practical Coaching

Assessment Guidelines

Supervision:

- This activity may be discussed in advance with the CE. Lesson plans must be prepared and presented to the CE to assess. The CE shall discuss lesson plans with the Candidate.

Candidate information:

- 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.
- These tasks are designed for the candidate to demonstrate their ability in preparing and coaching lessons for competition riders.
- You will be conducting lessons based on the lesson plans you have developed.
- 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 CE 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:

- Should the lesson plans be unsuitable for any reason, the CE will discuss this with the Candidate, who may amend the plans and re-present them to the CE for further assessment and discussion.
- Re-Assessments may be performed directly after the initial assessment, or at a time negotiated with the Coach Educator.

Lesson Planning

- **Within this activity the candidate must complete TEN (10) lesson plans and practical demonstrations according to the table below.**
- Coaching is a dynamic activity. A good coach will note areas of difficulty for the athlete and devise alternative plans and exercises to assist the athlete's progress. The candidate, through discussion with the CE, must provide reasons for changes made during the lesson.

D	3 x Poles & Grids (Individual) 6 x Dressage (Individual) 1 x Group (candidates choice of topic)
J	3 x Flatwork (Individual) 3 x Poles & Grids (Individual) 3 x Jumping (Individual) 1 x Group (candidates choice of topic)
E	3 Dressage (Individual) 3 Jumping (Individual) 3 Cross Country (Individual) 1 x Group (candidates choice of topic)
G	3 Dressage (Individual) 3 Jumping (Individual) 3 Cross Country (Individual) 1 x Group (candidates choice of topic)

Lesson Plan 5.1

Candidate Name:

Date:

Venue:

Name of Rider:

Skill Level of Rider:

Goals for the Lesson:

Equipment Required:

ELEMENT	ACTIVITY	TEACHING NOTES (What/How/Why)
<p>Introductions Including: gear check, explain lesson goals and emergency stop procedure</p> <p>Warm-Up*</p> <p>Skill Demonstration & Instruction*</p> <p>Skill Practice</p> <p>Feedback/ Questioning Techniques</p> <p>Evaluation</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:

Coach Educator (CE) _____	L2C– Assessment Slip 5.1a
<i>Candidate Name:</i>	
Coach Educator 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 suitably qualified above the candidate to sign this assessment task.	
Name:	NCAS Level:
E-mail address:	Phone Number:
Assessment Location:	
Signature:	Date:

Assessment of Practical Coaching Skills - 5.1 Coaching an Individual Lesson Plan

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

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

What were the positive aspects/strengths of the lesson?

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)

Candidate's Self- Evaluation:

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

Not Yet Competent	<p>Date:</p> <p>CE:</p>	<p>Date:</p> <p>CE:</p>	<p>Date:</p> <p>CE:</p>
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Coach Educator (CE) _____

L2C– Assessment Slip 5.1b

Candidate Name:

Coach Educator

I am satisfied that the candidate has demonstrated competence in planning the lesson and teaching it in a safe and well-sequenced manner. I am a currently registered EA Coach Educator suitably qualified above the candidate to sign this assessment task.

Name:

NCAS Level:

E-mail address:

Phone Number:

Assessment Location:

Signature:

Date:

L2C ASSESSMENT SLIP

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Lesson Plans and Practical Coaching (Part 1) Assessment Summary & Declaration of Competence

Candidate Name: _____ Date: _____

Specialisation: Dressage Specialist
 Jumping Specialist
 Eventing Specialist
 Generalist

<input type="checkbox"/> COMPETENT	Has demonstrated competence in all the tasks for Assessment Slip 5 – Lesson Plans and Practical Coaching as per Specialisation according to the assessment criteria in the Level 2 Coach Learning Guide
<input type="checkbox"/> NOT YET COMPETENT	Is not yet competent in all the tasks for in all the tasks for Assessment Slip 5 – Lesson Plans and Practical Coaching as per Specialisation according to the assessment criteria in the Level 2 Coach Learning Guide
Comments If NYC what needs improvement before re-sitting assessment	
Candidate Name: _____ CE Name: _____ Level: _____ Assessment Venue: _____ Signature: _____	

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

- If **Competent** sign summary on page 5
- If **Not Yet Competent** (NYC) please arrange further training and/or another assessment and download additional assessment slips from www.equestrian.org.au

A Coach Educator may assess this task in its entirety, however a Coach Educator may sign no more than THREE (whole) L2C Assessments for any candidate.