

# L2C ASSESSMENT SLIP 7 – Lungeing the Rider

## 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.

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.**

## 7: Lesson Plan – Lungeing a Rider

Plan and coach a lesson on the lunge using exercises to improve the rider's position.

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

Candidate Name:

Date:

Venue:

Name of Rider:

Skill Level of Rider:

Goals for the Lesson:

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  
Assessment slip on previous page

Arena Plans and Additional Notes:

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<b>Coach Educator (CE)</b>		<b>L2C– Assessment Slip 7a</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 suitably qualified above the candidate to sign this assessment task.		
<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>	

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## Assessment of Practical Coaching Skills – Lungeing a Rider

Using the previously developed Lungeing Lesson Plan, coach an individual rider in a safe and effective manner

**Before commencing, the Coach Educator must approve the lesson plan for this**

<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>- Rider/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; GENERAL 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 riders are recognised in a training session</li> <li>- Communicate instructions clearly and accurately</li> </ul>			
	<b>Lesson Structure</b> (Did the coach?) <ul style="list-style-type: none"> <li>- Outline the Lesson plan for the riders</li> <li>- Was the lesson plan suitable for the riders ability</li> <li>- Did the coach adjust the lesson plan according to the riders ability</li> <li>- Maintain rider 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 riders</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>			

<p><b>SECTION 4)</b> <b>FEEDBACK SKILLS</b></p>	<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>- Feedback is conveyed in a positive manner to encourage change and/or reward performance</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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<p><b>Not Yet Competent</b></p>	<p><b>Date:</b> <b>CE:</b></p>	<p><b>Date:</b> <b>CE:</b></p>	<p><b>Date:</b> <b>CE:</b></p>
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**Coach Educator (CE)** \_\_\_\_\_

**L2C– Assessment Slip 7**

***Candidate Name:***

**Coach Educator**

I am satisfied that the candidate has demonstrated competence in teaching an individual rider on the lunge 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 7**  
**Lungeing a Rider**  
**Assessment Summary & Declaration of Competence**

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

Specialisation:     Dressage Specialist  
                            Jumping Specialist  
                            Eventing Specialist  
                            Generalist

<input type="checkbox"/> <b>COMPETENT</b>	Has demonstrated competence in all the tasks for Assessment Slip 7 – Lungeing a Rider according to the assessment criteria in the Level 2 Coaching Certificate through
<input type="checkbox"/> <b>NOT YET COMPETENT</b>	Is not yet competent in all the tasks for Assessment Slip 7 – Lungeing a Rider according to the assessment criteria in the Level 2 Coaching Certificate through
<b>Comments</b>  <b>If NYC what needs improvement before re-sitting assessment</b>	
<b>Candidate Name:</b> _____	
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](http://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.**