**Need help getting your lesson plan and teaching ducks in a row?**



Horse Council BC is pleased to offer a **Pre-Evaluation Prep** opportunity with experienced Coach Developer, Maureen Walters, EC Competition Coach Specialist. **This is a financially subsidized pilot program from HCBC for Coach and Instructor candidates.**

Lesson plans form the base of the Coach and Instructor evaluation process. Candidates that write a good lesson plan are more likely to successfully complete the teaching component of the Evaluation.

* Are you basing your lesson for the right level of student?
* Is your plan using correct progressions?
* Are you unsure of what good lesson looks like? Are your corrections suitable?
* Do you need feedback when you are practicing teaching your lessons?

**Option A - Lesson plan $26.25** Submit your lesson plan to HCBC and it will be forwarded to the Coach Developer, she will critique your plan and you will receive comments, critique and suggestions to improve your lesson plan.

**Option B - Lesson plan and video $26.25** Submit your lesson plan for critique and then submit a video of you teaching the lesson for further help and improvement. Lessons can then be uploaded for viewing by the evaluator. The candidate will receive written feedback on how to improve the lesson.

Name:

HCBC# EC# NCCP#

Email: Phone:

EC Registered Coach: EC Coach in Training:

Discipline:

Lesson plan topic:

Instructor: Competition Coach:

Option: A Lesson plan attached

Option: B Lesson plan attached and video to be submitted after critique

Send your plan to: coaching@hcbc.ca or

Horse Council BC

27336 Fraser Hwy, Aldergrove, BC V4W 3N5 Attention: Coaching, Wendy Sewell

**Submit Payment by cheque with application or call 604-856-4304 ext 1004 with Credit Card**

**See next page for instruction and submission rules**

***Take advantage of the subsidized and reduced fee’s while the funding is still available!***

**Submission Guidelines - Getting your Ducks in a Row**

* *Video and lesson plan critiques do not guarantee success at the Evaluation; however, they will be a strong guide towards success.*
* Submit your lesson plan by the 1st Monday of the month. You will receive your feedback in 2 weeks.
* Lesson plans submitted must be exactly the same as those in the list of topics
* Lesson plan must be no more than 3 pages, including diagrams
* If submitting a video and lesson plan they must both be the same topic
* If you are submitting a lesson plan and video you will be emailed an invitation to upload your video once your written plan has been critiqued.
* Video should be no longer than 25 minutes, with excellent audio.
* Feedback will be emailed to you from coaching@hcbc.ca
* Participation in this pilot program is completely optional

**Lesson Topics – Instructor – Introduce and Practice**

Make sure that you have the English Rider Manual for Rider 3,4,5 and 6 for Instructor

or

English Rider 7 and 8 for Competition Coach

* I & P the trot
* I & P the posting trot
* I & P the canter
* I & P a circle
* I & P a turn
* I & P changing the rein
* I & P exercises to practice eye control
* I & P exercises at the walk to teach steering and control
* I & P identifying the correct canter lead and how to correct the lead
* I & P changing the leading file
* I & P 3-point position at walk & trot
* I & P 2-point position at walk & trot

**Jumping Module Teaching Topics – Instructor – Introduce and Practice**

* I & P the forward seat position throughout a simple gymnastic
* I & P control of trot and straightness on the approach to an “X” and departure
* from the “X” at the canter.
* I & P a course of cross-rails
* I & P riding a line with a trot approach to the first element
* I & P cantering the approach to a single fence

**Lesson topics Competition Coach – Practice and Improve**

* Progressive transitions
* Riding a horse on contact between leg and hand
* Change of lead through trot
* Lengthen stride at the trot
* Lengthen stride at the canter
* A 3 loop serpentine
* Leg Yield
* The horses lateral suppleness
* 15m circles

**Jump – Practice and Improve**

* Riding a line of two fences with a related distance
* Riding a turn to a fence on the diagonal
* Riding a combination (1 or 2 non jumping strides)
* Eye and Stride Control at the canter over poles
* Riding a gymnastic of three or more elements using a crest release
* Riding a simple oxer on the diagonal