

Mounted Lesson Plan, D2-D3 Level - Suppling Exercises

Topic: Suppling Exercises

Level: D2 or D3

Time: 20 minutes

Class Size: 2-4

Equipment: cones

Objective: Use suppling exercises to introduce students to the idea of using *all* their aids.
(Not just the hands)

- I. Introduce - Myself, the students, their horses, and objective
- II. Discuss - different exercises they already know
- III. Instruct the students through a circle, serpentine, diagonal, figure 8, and bending line
- IV. Have the students go through cones using their seat, eyes, and legs to understand that they don't have to just use reins.
- V. Do exercises over, using legs, seat, and eyes always alternate leaders
- VI. Discuss how it changed, moving around the inside leg, and using aids correctly
- VII. What did each student learn?
- VIII. Thank you!