

Name		Level	Introduction
Topic		Lesson	1 of 8
Subject	First steps	Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Safety aspects: not to go in with horse unless have permission, have supervision until they are confident</p> <p>Demonstrate how to say hello to the horse and go through procedure used on your yard e.g. riders collect own horses and take to arena or wait for horse by arena.</p> <p>Demonstrate how to take horse out of stable and lead to arena.</p>
30 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Talk through how to enter the arena safely (basic arena rules) 2) Demonstrate the checks to make before mounting, talk through how to check the girth, check stirrup length, how to lead to the mounting block 3) Demonstrate how to mount, explain the importance of landing gently in the saddle. Demonstrate dismounting <p>Help rider to mount and position feet in stirrups</p> <ol style="list-style-type: none"> 4) Explain why need to recheck the girth once mounted and show rider how to swing leg forward 5) Adjust rider stirrups and show how to hold the reins and the neckstrap or front of saddle. Explain that you are going to be leading the horse 6) Talk through how to sit in the saddle and a balanced position, holding neckstrap <p>If the rider has never ridden before, talk them through what they will feel as the horse starts to walk and then lead the horse forward. Encourage the rider to think about sitting up tall and not curling up. What does it feel like to them as the horse is moving?</p> <ol style="list-style-type: none"> 7) Walk a few laps to let the rider get used to the feeling of the horse moving. <p>Explain about riding on the track</p> <ol style="list-style-type: none"> 8) Halt the horse and readjust rider position 9) Explain about the use of the legs aids and voice aid to ask the horse walk 10) Rider uses leg aid and voice aid to encourage horse to walk. Make sure not gripping with leg or tipping forward. Practice walk and halt transitions (use voice

	<p>rather than reins to halt the horse at this stage)</p> <p>12) Lead horse through changes of direction. Explain to rider changing direction is known as changing the rein.</p> <p>13) Walk and halt transitions on both reins</p>
10 mins	<p>SUMMARY</p> <p>Halting horse on centre line (or in other safe position)</p> <p>Ask rider to take feet out of stirrups and stretch legs.</p> <p>Show them how to pat the horse</p> <p>Talk through how to dismount as demonstrated earlier (remind them to bend their knees as they land!)</p> <p>Talk through how to run up stirrups and loosen off girth</p> <p>If rider confident can help to lead horse back to stable</p>
<p>PROGRESSION</p> <p>Help to get horse ready to mount. Improve rider balance, position and confidence.</p> <p>Steering/reins aids</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

FOR THE CHALLENGE. FOR THE LOVE.

Name		Level	Introduction
Topic		Lesson	2 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Remind rider of how to get the horse ready to lead and if confident rider can help lead horse to arena</p>
40 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Talk through steps to get horse ready and show rider how to help 2) Check if rider requires another mounting demonstration or not. Remind them of the procedure and the importance of landing gently 3) Help rider to mount and position feet in stirrups. 4) Tighten girth and adjust stirrups as required 5) Ask rider if they can remember how to hold the reins and talk about why the position of the arm is important. Movement of the horses head in walk 6) Talk through and help rider to sit in a balanced position 7) Remind rider of the aids for walk 8) Talk about the rein aid for halt, importance of gentle hand, gentle increase in pressure down rein and importance of relaxing to neutral rein after horse stops 9) Practice walk and halt transitions on the lead rein (hold neckstrap whilst walking with both or just inside hand), positional corrections as required 10) Introduce the term changing the rein and how to guide the horse around a turn using inside rein. Explain the difference between using rein to stop and turn. How to tell which rein you are on 11) Practice changing the rein using simple turns e.g. long diagonal, turn across school. Be aware of rider pulling back on the rein to turn or leaning to the side
10 mins	<p>SUMMARY</p> <p>Discuss progression – continue to focus on balance, position, correct use of aids</p> <p>Rider help get horse ready to take back to stable and if confident can help lead back to the yard</p>

PROGRESSION

Work to improve rider balance, position and understanding of the aids

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Introduction
Topic		Lesson	3 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Rider get the horse ready to lead and if confident rider can lead horse to arena</p>
40 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Talk through steps to get horse ready and encourage rider to help 2) Remind rider of the mounting procedure and the importance of landing gently 3) Help rider to mount and position feet in stirrups. 4) Tighten girth and adjust stirrups as required 5) Encourage rider to sit in a balanced position and make adjustments (can they feel equal weight on seat bones, carry own weight, shoulder level, leg position, widest part of foot in stirrup, legs relaxed) 6) Place cones in corners to help rider with steering 7) Practice walk, halt and turning to change the rein using cones as guides 8) If rider confident, walk further away from horse to give rider more control 9) Halt and discuss basic position and rider strengths and weaknesses 10) In preparation for rising trot and to help with leg position, in halt ask rider to hold neckstrap and stand up to balance on their leg. Watch for lower leg swinging forward/back. Landing gently back in saddle 11) Rider to practice between sitting and standing in halt
10 mins	<p>SUMMARY</p> <p>Discuss progression - work on balance and being able to stand and sit lightly in saddle in preparation for rising trot. Discuss exercises that can be done off the horse to help strength position (standing on edge of step and lowering heels, general stretching, using non dominant side of body)</p>
<p>PROGRESSION</p> <p>Improve rider balance, position, and confidence.</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Introduction
Topic	Rider position	Lesson	4 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Help rider to get horse ready to take out of stable and lead to arena</p>
40 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Rider walking large, make positional corrections as required. 2) Talk about if the rider feels like the horse is taking them around the arena? Help them to find an active walk. How to use leg aids to encourage horse forward. Arm/hand following horses head or neckstrap 3) Change the rein and talk about if the horse slows down or speeds up on the new rein, help to find active walk on both reins. Practice changing rein and keeping walk active 4) Work with the rider on their position – experiment with what happens to their balance if their leg is too far forward/back. Position of upper body – does it affect how the horse is walk e.g. slow down/speed up 5) In halt ask rider to take feet out of stirrups and carry out some exercises such as legs away back down, knees up make sure weight even on both seat bones, to help rider hip suppleness. Use mirrors to help if available. 6) Focus on leg position in walk 7) Rider standing up in stirrups to help strengthen leg position – can be done in halt and walk 8) Practice rising in halt and walk in preparation for rising trot 9) Introduce the feel of trot – rider sits, holds neckstrap or front of saddle, lead horse for few steps in trot 10) Discuss things rider can do off the horse to help improve rider position
10 mins	<p>SUMMARY</p> <p>Ask rider for feedback about how there are finding the sessions, how did they find the rising trot. Discuss that this is something to build on and progress.</p>
	<p style="text-align: center;">PROGRESSION</p> <p style="text-align: center;">Increase confidence and control of horse in halt, walk and trot. Rising trot</p>

FOR THE CHALLENGE. FOR THE LOVE.

Name		Level	Introduction
Topic	Introducing rising trot	Lesson	5 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Help rider to get horse ready to take out of stable and lead to arena</p>
40 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Mount rider and tighten girth/adjust stirrups as required 2) Help rider to sit in a balanced position (can they feel equal weight on seat bones, carry own weight, shoulder level, leg position, widest part of foot in stirrup, legs relaxed) 3) Work through halt, walk and changes of rein to warm horse and rider up with focus on position 4) Check rider confidence – do they feel they can control the horse, feel safe? 5) In preparation for rising trot, in halt ask rider to stand up and balance on the leg. Watch for lower leg position. Landing gently back in saddle. 6) Rider move between sitting/standing in halt, work up to rising trot speed 7) Progress to rising in walk. Start by rider balancing on leg. Lead the horse for this! 8) Progress to rising in walk (holding neckstrap), be aware of rider position and fitness – this is hard work! 9) When rider comfortable in walk, rise in the walk as you lead the horse and gradually walk faster until horse pops into trot, rider is already rising and should be able to carry on rising in trot 10) Repeat this on both rein – be aware that this can be tiring for the rider, keep to short bursts in straight lines to help with rider balance
10 mins	<p>SUMMARY</p> <p>Ask rider for feedback about how they found rising trot</p> <p>Discuss that this is something to build on and progress</p>
<p>PROGRESSION</p> <p>Increase confidence and control of horse in halt, walk and trot. Rising trot</p>	

Name		Level	Introduction
Topic	Improving rising trot	Lesson	6 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE. Could be done on the lunge		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Help rider to get horse ready to take out of stable and lead to arena</p>
50 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Help rider to sit in the correct position 2) Walk and halt transitions maintaining balance and position 3) Stand up in stirrups, to help improve balance and strength (hold neckstrap). This can be done in halt and walk. Pay attention to leg position. Show rider what happens if they try to rise with the lower leg too far forward or back 4) Discuss what is rising trot and why it is used 5) When rider comfortable in the walk, ask them to rise in the walk and lead the horse and gradually ask him to walk faster until pops into trot, rider should already be rising and able to pick up the rhythm of the trot. 6) Repeat this on either rein – be aware that this can be tiring for the rider, keep to short bursts in straight lines to help with rider balance. 7) Once the rider has the idea of rising; progress onto walk to trot transitions with the rider starting to rise once in trot. Count the rhythm 8) Be aware of rider sitting lightly in the saddle and spending equal time sitting and rising. Encourage rider to swing from hips not stand straight up. 9) Build up to longer periods in trot and round gentle corners. Be aware of rider position and fitness 10) Finish the session with rider taking feet out of stirrups and letting legs hang down, weight equal on both seat bones, sitting up tall/straight
10 mins	<p>SUMMARY</p> <p>Use of rising trot, rider position, recap what happens when lower leg is too far forward or back and the importance of being in balance with the horse</p>
<p>PROGRESSION</p> <p>Continue to strengthen position and balance and rising trot</p>	

Name		Level	Introduction
Topic	Position, balance and steering	Lesson	7 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lead rein horse/pony used to beginners, Rider with correct PPE.		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Help rider to get horse ready to take out of stable and lead to arena</p>
50 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Set up cones or markers around the arena to help with steering and accuracy of turns and changes of rein 2) Cones in the corners to help rider ride into them 3) Help rider to find an active walk and to sit in balance 4) Revise the aids for walk and halt 5) Rider to halt horse between cones/letters/markers, check position and then walk on 6) Use the cones and markers to help with accuracy for changing the rein, can add a halt transition in halfway. Ensure rider keeps hands low, not leaning forward or back in the halt 7) Set up row of cones on $\frac{3}{4}$ lines for rider to practice steering around. Encourage use of leg at the same time of rein 8) Vary the changes of rein
10 mins	<p>SUMMARY</p> <p>Ask rider how much they feel in control of the horse, do they think their position is progressing, confidence levels.</p>
<p>PROGRESSION</p> <p>Continue to work to improve co-ordination of rider aids, position and confidence. Progress with rising trot</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516

Name		Level	Introduction
Topic	Lunge lesson	Lesson	8 of 8
Subject		Location	Arena
Resources & Requirements	Quiet lunge horse/pony, side reins, neckstrap. Rider with correct PPE.		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Welcome rider and check PPE/clothing suitable</p> <p>Introduce rider to horse they will be riding</p> <p>Help rider to get horse ready to take out of stable and lead to arena</p>
50 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Talk to rider about what a lunge lesson is and what happens 2) Warm horse up, make sure rider stands in safe place 3) Help rider to mount and adjust stirrups 4) In walk work on rider position. Explain that you are in control of the speed of the horse and that the rider just needs to focus on their position. What rider needs to be aware of working continually on a circle 5) In halt and walk carry out some exercises to help rider suppleness and balance 6) Practice rising trot, including the transition, focussing on rider balance and position, evenness of rise and sit. 7) Work on both reins 8) Can include some position work in walk without stirrups
10 mins	<p>SUMMARY</p> <p>Discuss what the rider finds easy and hard with regards to position</p>
<p>PROGRESSION</p> <p>Regular lunge sessions to help rider improve position</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ

Tel: 02476 840500 Email: enquiries@bhs.org.uk www.bhs.org.uk

The British Horse Society is a Registered Charity Nos. 210504 and SC038516