

<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	1 of 9
<b>Subject</b>	Leading, Mounting, Dismounting, Adjusting Tack. Entering and Leaving the Arena	<b>Location</b>	Yard and Arena
<b>Resources &amp; Requirements</b>	Tacked up horse in the stable/stall Rider with PPE Mounting block		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>1) Note for coaches: Leading, mounting, dismounting requires considerable time and repeated training of good practice during initial lessons. As riders become more familiar, skilled and proficient, the time allocated is included into the warm up in following lesson plans.</p> <p>2) Discuss leading in relation to the herd - leader and follower. Confidence of handler, positive body language when leading.</p> <p>3) Awareness of environment, influence of weather, the horse's body language.</p> <p>4) Discuss the importance of mounting and dismounting safely and with regards for the comfort of the horse</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <p>1) In the stable – preparing the horse to be lead. Removal of rug, check girth and stirrups are secure, removal of head collar (safely hung up). Reins - untwist from throat lash and how to hold with and without running martingale.</p> <p>2) Leading - open the stable door wide, position of leader (near side, level with middle of horse's neck). Awareness of horse's focus - ears. Turning the horse - preferably away from the leader to protect toes and help horse balance.</p> <p>3) Entering the arena - awareness of horses already in the arena - atmosphere (calm and focused, excited and tense), ask permission to enter. Time the entry so that other riders are not near the door. Open the door wide, enter and close the door. Stand the horse in a safe area, out of the way, usually on the centre line.</p> <p>4) Preparation to mount - reins over the horse's head, control of the horse. Discuss the purpose of buckle guards, and checking which girth straps are in use (1 and 2, or 1 and 3). Tighten the girth slowly with awareness of the horse's reaction. Discuss elasticated girths and over-girthing. Pull down stirrups without pulling the saddle, method to adjust to approximate length. How to move from one side of the horse to the other, maintaining control.</p>

	<p>5) Mounting - leading the horse to the block (this may be easier from the offside), contact on the reins in left hand to maintain halt, position of left foot facing forwards in the stirrup, right hand on the front of the saddle (why), spring up and gently lower into the saddle, right foot into stirrup, reins into two hands. (Helpful for coach to demo prep, mounting and dismounting.)</p> <p>6) Adjusting the girth - how to assess the tightness, adjust with foot in the stirrup and leg in front of the saddle, the use of one hand to adjust whilst the other holds the reins for control. Recheck tightness.</p> <p>7) Adjusting the stirrups - adjusted with the foot in the stirrup using one hand, whilst the other holds the reins; foot is held away from the horse's side. How to check the level of stirrups. Is the horse standing squarely.</p> <p>8) Adjusting the reins - how to shorten and lengthen without removing the hand from the reins. Horse's head and neck straight, and reins of equal length.</p> <p>9) Preparation to dismount - where to halt, remove feet from stirrups, reins into left hand.</p> <p>10) Dismounting - both hands on the neck or front of the saddle, swing right leg over with clearance of the saddle and hindquarters, landing softly, bend knees and keep hold of the horse. Run up stirrups and loosen girth. Prepare to lead</p> <p>11) Leaving the arena - announce intention to leave. Time departure so that it does not interfere with others. If leaving as a group, ensure all ready before leaving.</p>
<p><b>15 mins</b></p>	<p><b>SUMMARY</b></p> <p>Preparations in the stable and Leading the horse in relation to herd dynamics. Horse body language. Safety, courtesy and common sense when entering and leaving the arena. Recap the importance of mounting, dismounting and adjusting tack correctly.</p>
<p><b>PROGRESSION</b></p> <p>Repeated practice until fluent and safe</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	2 of 9
<b>Subject</b>	Working in Ride Order - Initial Lessons	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Cones/blocks placed in corners		

Time	Activity
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Recap - leading, mounting, dismounting.</p> <p>Introduce the terms: Ride order, going large, distance, inside/outside, changing the rein, 'prepare to.....'</p> <p>Warm up - Walk/trot lead file in succession or as a ride, depending on level. Focus on position, preparation and application of the aids.</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <ol style="list-style-type: none"> <li>1) Psychology of the horse within a ride - leader/follower</li> <li>2) Maintaining distance - reasons - safety, one horse's length (see the bottom of the tail in front). Use of corners to manage distance (turn across, go deeper).</li> <li>3) Listening and preparing to follow the coach's instructions individually and as part of a ride. The meaning of preparation to the rider and horse.</li> <li>4) The responsibilities of the leader – set the pace, ride, listen to and follow instructions from coach.</li> <li>5) Riders within the ride: Keeping the horse's attention, and not simply 'following'. Influence the horse within the ride exercise.</li> <li>6) What to do in the event of a mistake - usually follow the leader, so that the ride does not divide. Exceptions. Action in the event of a fall (ride halt).</li> <li>7) Basic starting, stopping, turning aids. Basic position.</li> <li>8) Exercise ideas: <ul style="list-style-type: none"> <li>• Simple going large exercises as a ride in walk, working to maintain distances, developing awareness for others</li> <li>• Basic transitions - halt, walk.</li> <li>• Introduce trot. Aids, use of neck strap for balance, two beat. Practice 'rising' in halt and walk, awareness of balance over lower leg.</li> <li>• Simple going large exercises lead file in succession and when confident introduce as a ride in walk and trot, working to maintain distances, developing awareness for others</li> <li>• Riding corners (cones/blocks useful, and can be removed as riders become more</li> </ul> </li> </ol>

	<p>proficient)</p> <ul style="list-style-type: none"> <li>• Focus on position and balance, communication with the horse</li> <li>• Introduce rear file transitions when appropriate</li> </ul> <p>9) Cool down, summary, feedback, questions</p>
<b>15 mins</b>	<p><b>SUMMARY</b></p> <p>Recap the terms - ride order, going large, distance, inside/outside, change the rein</p> <p>The psychology of the horse in a ride</p> <p>Methods to maintain distance</p> <p>The importance of preparation</p>
<p><b>PROGRESSION</b></p> <p>Develop the aids for halt, walk and trot transitions.</p> <p>Positional improvements.</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	3 of 9
<b>Subject</b>	The Aids for Halt, Walk and Trot. Carrying a Short Whip.	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Cones/blocks/poles on standby. Riders to carry short whips where appropriate.		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Help riders to mount – remind them of safety – spacing, hold reins, tighten girth, pull down stirrups and check length</p> <p>Once mounted - help to alter stirrups (encourage more able riders to have a go at altering on their own) and check girth.</p> <p>Organise into ride and remind of distances, using corners</p> <p>Warm up – as riders walk round make position checks, ride walk/halt/walk transitions, focus on position, activity within the walk. Trot riders individually.</p> <p>Make sure there is activity in the walk and trot, check leg position of rider. Trot as a ride.</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <ol style="list-style-type: none"> <li>1) Halt ride and check girth and stirrups. While doing this ask the riders what they think an aid is? Can they name some?</li> <li>2) Talk about how you use the aids together to get a response from the horse.</li> <li>3) Preparation – important part of every transition. What to expect from the horse during preparation for upwards and downwards transitions. E.g. put your leg on should have a response of forwardness.</li> <li>5) Explanation of aids for progressive transitions, halt - walk, walk - trot, trot - walk, walk - halt.</li> </ol> <p>How the riders position influences the horse e.g. leaning forward/backward, balancing down the reins</p> <ol style="list-style-type: none"> <li>6) Talk about - How to carry a short whip - inside hand, carried over inside thigh. Correct method to change the whip into the opposite hand.</li> <li>7) Use of short whip - reinforcement of the leg aid, therefore to be used behind the leg. Circumstances acceptable for use on the shoulder (negative reaction to the whip behind the leg, horse falling out and not listening to outside leg). Method to use the whip - reins in one hand first, care not to lose balance and pull on the reins as the horse goes forwards.</li> <li>8) Exercise ideas:</li> </ol>

	<ul style="list-style-type: none"> <li>• Start with simple Lead and rear file transitions going large. E.g. rear file halt at E and B, lead file trot rear of ride</li> <li>• Ask the lead file individually to ride a transition between two letters or markers so they have to prepare for a certain point. Repeat down the line and on both reins. Talk about how much preparation each horse requires e.g. more forward going one might need less</li> <li>• Once riders riding transitions between letters – repeat and focus on maintaining position during transitions</li> <li>• Whole ride transitions are more difficult to control as riders can let their horses follow, remind riders to make sure they ask once the horse in front has moved off for an upward transition. Start the downward transitions from the rear of the ride to prevent crashing!</li> <li>• One at a time riders trot part way round the arena ask for a walk transition for 5-10 strides and then trot on again</li> <li>• Progress to riders asking for transitions at specific letters or between a pair of cones. This helps riders to improve the accuracy of their aids.</li> </ul>
<p><b>15 mins</b></p>	<p><b>SUMMARY</b></p> <p>As riders and horses walk round to cool down: Ask riders how they felt the horse responded to their aids and suggest something they can do to improve how the horse responded (e.g. stronger leg position, shorter reins, don't lean forward...) Give each rider feedback on their position</p>
<p style="text-align: center;"><b>Progression</b></p> <p>Develop effective aids during transitions.          Developing the confidence to ride the horse forward into transitions.          Develop rider balance and position</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	4 of 9
<b>Subject</b>	Changes of Rein	<b>Location</b>	Yard
<b>Resources &amp; Requirements</b>	Cones/blocks to assist riding corners and shapes. Poles to help riders stay straight on centre line		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Recap the terms: Going large, changing the rein, inside/outside Reasons for working the horse on both reins.</p> <p>Warm up - Walk and trot as a ride. Focus on maintaining distances, using corners, rider position.</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <ol style="list-style-type: none"> <li>1) Introduce simple changes of rein - long and short diagonal, E-B, A-C, two 1/2 20m circles.</li> <li>2) Preparation and communication - where to look, use of corners, timing of aids.</li> <li>3) Riding changes of rein - use of letters, aids to turn, aids for straightness</li> <li>4) Highlight that school horses learn to follow the track naturally. Riding a line without the support of the wall/fence requires greater commitment from the rider's aids.</li> <li>5) Exercise ideas:             <ol style="list-style-type: none"> <li>a) Ride changes of rein as a ride (lead file can be changed; lead file can select the change of rein).</li> <li>b) Blocks/cones in the corners are useful, and can be removed as the riders become more proficient.</li> <li>c) Common mistakes - the rider focuses on the turn, and does not think about the straight line afterwards. Horses cut the corners - ride their horse to the outside hip of the horse in front (changing lead file also creates opportunity to ride own line without influence of the horse in front).</li> <li>d) Riders to notice if horse speeds up or slows down during the turns, and to ride to correct.</li> <li>e) Placing poles either side of X helps to channel horses and riders on a straight line E/B, A/C, and when riding two 1/2 20m circles. These also can be removed as the riders become more proficient at riding the horse straight.</li> </ol> </li> <li>6) Cool down, summary, feedback, questions.</li> </ol>

<b>15 mins</b>	<b>SUMMARY</b> Ask riders individually which change of rein they found the easiest to ride Give each rider feedback on their position – use and position of the reins/hands/arms when turning, position of legs when turning, ability to keep the activity around the turn.
<b>PROGRESSION</b> Progress to more challenging changes of rein on a variety of horses	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	5 of 9
<b>Subject</b>	The Sequence of Footfalls in Walk and Trot and riding on the Correct Diagonal	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Bandages/boots on horses legs to highlight the diagonal pairs. Cones/blocks on standby.		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>Introduction</b></p> <p>Introduce the terms: Rhythm, riding on the correct diagonal, Recap 'inside' and 'outside'.</p> <p>Discuss the horse's four paces, and the use of the first three in equestrian riding.</p> <p>Warm up - Walk and trot as a ride. Focus on maintaining distances, using corners, rider position.</p>
<b>60 mins</b>	<p><b>Activity</b></p> <p>1) Walk - 4 beat rhythm, demonstrate the sequence of footfalls in the walk (easily illustrated by the coach in slow motion). Watch other horses within the group (it helps to have hind boots/bandages on the horse). Encourage the riders to feel the movement of the hind legs through their hips, and see the front shoulders of the horse moving.</p> <p>2) Trot - 2 beat rhythm with moment of suspension. Again, the coach can demonstrate, followed by watching a horse trot (bandages/boots on one diagonal pair highlights the movement). Riders to feel the 1-2 rhythm of the trot.</p> <p>3) Discuss Trot Diagonals - explain the terms 'correct/incorrect diagonal', the need to recognise diagonals (balance of the horse and even strengthening of the muscles), how to recognise the correct diagonal, method to change.</p> <p>4) Exercise ideas:</p> <p>a) Riders to practice trot diagonals - observe the outside shoulder in the walk. (Useful to practice 'rising and sitting' in walk in time with the outside shoulder.) Practice in trot (make sure riders get trot going first before looking for diagonal)</p> <p>b) On both reins, repeat transitions between walk and trot in order to practice recognising the trot diagonals and feeling the hind legs in walk.</p> <p>c) Discuss and practice when to change the diagonal during a change of rein (before turning onto the new rein)</p> <p>5) Cool down, summary, feedback and questions.</p>

	Extra resource - YouTube videos of horse in slow motion walk and trot.
<b>15 mins</b>	<p><b>Summary</b></p> <p>As ride walking round ask each rider to call out when inside hind moving forward (help them to get started if required)</p> <p>Give feedback to each rider on the position in trot and suggest one thing to focus on in the next lesson. E.g. keeping hands low, keeping heel down by not gripping up with knee, rising lower....</p>
<b>PROGRESSION</b>	
<p>Feel walk rhythm on a variety of horses.</p> <p>Practice proficiency at recognising the diagonal and changing when required</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	6 of 9
<b>Subject</b>	Developing rider position	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Cones/blocks/poles in corners		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>Introduction</b></p> <p>Continuous aim to improve position in order to improve our influence on the horse.</p> <p>Warm up - Walk and trot as a ride. Focus on maintaining distances, using corners, rider position. Rider to start to recognise their own positional strengths and weaknesses.</p>
<b>60 mins</b>	<p><b>Activity</b></p> <ol style="list-style-type: none"> <li>1) Lines in the body - ear, shoulder, hip, heel / elbow, arm, wrist, hand, rein, horse's mouth / symmetrical if line draw down the rider's spine.</li> <li>2) Independent position - the rider does not rely on the reins, knees or thighs to maintain position. The rider is able to influence the horse via the aids without compromising their position.</li> <li>3) Balanced position - the rider's muscles and joints are sufficiently supple and stable to remain in balance with the movement of horse at all times.</li> <li>4) Reasons to aim for a balanced and independent position - allow the horse's freedom of movement, lightness of the aids, horse's response to the aids, harmony between horse and rider.</li> <li>5) Exercise ideas:             <ol style="list-style-type: none"> <li>a) Work without stirrups in halt and walk (using exercises (such as legs away, back and down, knees up to front of saddle etc) to deepen the seat and lengthen the leg. Improve rider confidence and security in saddle</li> <li>b) Transition exercises with focus on the rider's balance, position and application of the aids.</li> <li>c) Changes of rein exercises with the same focus.</li> <li>d) Standing in stirrups to develop understanding of balance over the lower leg in halt and walk</li> </ol> </li> </ol> <p>If mirrors are available encourage rider to use them to check own position.</p> <p>6) Cool down, summary, feedback, questions.</p>

	Suggestions to improve suppleness and strength whilst not riding - pilates, yoga, CrossFit (all help develop core and balance.
<b>15 mins</b>	<p><b>Summary</b></p> <p>Ask riders how they feel they are progressing and if there is anything they are struggling with (some riders might prefer to answer out of earshot of others, walk next to each rider so you can talk quietly if needed). Give feedback highlighting the positives of the riders position and achievements so far (this can be as simple as managing to trot around the school on a lazy horse or trotting on the correct diagonal)</p> <p>Remind all riders that learning to ride - It's a long journey - the Spanish Riding School of Vienna dedicate 7 years to positional development of their riders!</p>
<p><b>PROGRESSION</b></p> <p>Developing a balanced and independent position during school figures</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	7 of 9
<b>Subject</b>	School Figures Riding 20m Circles at A/C	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Cones/blocks/poles to outline the 20m circle		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Introduce the terms: School figures, bending aids. Reasons for riding school figures.</p> <p>Warm up - Walk and trot as a ride. Focus on maintaining distances, using corners, rider position.</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <ol style="list-style-type: none"> <li>1) Dimensions of the arena (20x40m or 20x60m)</li> <li>2) The four 'points' of a 20m circle ridden from A/C. Explanation of location of X. The difference in the line of a circle in the corner areas and the line of a corner.</li> <li>3) Preparation - where to look, timing of aids, continuous communication with the horse around the circle.</li> <li>4) Basic aids for bend</li> <li>5) Exercise ideas:             <ol style="list-style-type: none"> <li>a) As a ride, walk and trot 20m circles at A/C. (Cones/blocks placed on an inner track at the circle's four points are useful. Remove A/C first, two at the track, then X.) Alternate leading file as appropriate.</li> <li>b) Common mistakes - the riders turn from cone to cone, creating a diamond. Explain the continuous curve. The following horses in the ride reduce the size of the circle - independent influence/ride to the outside hip of the horse in front. Using too much inside rein to turn the horses head and neck and not bending the horse</li> <li>c) Lead file in succession ride 20m circle in trot at A/C.</li> <li>d) Transitions on circles (lead/rear file)</li> <li>e) Divide the ride onto two 20m circles A/C. Transitions on circles.</li> </ol> </li> <li>6) Cool down, summary, feedback, questions</li> <li>6) Cool down, summary, feedback, questions.</li> </ol> <p>Suggestions to improve suppleness and strength whilst not riding - pilates, yoga, CrossFit (all help develop core and balance.</p>

<b>15 mins</b>	<b>SUMMARY</b> Ask each rider to list one point of riding a 20m circle (position of rider, horse, aids, common difficulties) Give riders feedback on their position
<b>PROGRESSION</b> Ride 20m circle at E/B (RSVP if in 20x60m arena)	

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<b>Topic</b>	Flatwork	<b>Lesson</b>	8 of 9
<b>Subject</b>	School Figures - 20m Circles at E/B	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Cones/blocks		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Ask the group which school figures they can describe and the aids for riding them. Warm up - Walk and trot as a ride. Focus on maintaining distances, using corners, rider position. Include 20m circles at A/C.</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <ol style="list-style-type: none"> <li>1) Dimensions of the arena (20x40m or 20x60m)</li> <li>2) The four 'points' of a 20m circle ridden from E/B. Crossing the centre line 10m from A/C (in a 20mX40m arena).</li> <li>3) Recap preparation - where to look, timing of aids, continuous communication with the horse around the circle.</li> <li>4) Recap basic aids for bend.</li> <li>5) Exercise ideas:             <ol style="list-style-type: none"> <li>a) As a ride, walk and trot 20m circles at E/B. (Cones/blocks placed on an inner track at the circle's four points are useful. Remove E/B first, then the others is usually most successful.) Alternate leading file as appropriate.</li> <li>b) Common mistakes - as the previous plan, 20m circles at A/C. The additional challenge is that there is support from the wall/fence for the horse to follow, therefore riders must be consistent and accurate with their aids. Using too much inside rein = head and neck too far to inside</li> <li>c) Lead file in succession ride 20m circle in trot at A/C.</li> <li>d) Transitions on circles (lead/rear file)</li> <li>e) Ride on the circle at E/B. Lead file go large, joining the ride on the circle at the rear of the ride. (Challenges - horses want to follow the lead file - influence of rider's position and aids. Determination.)</li> <li>f) Ride on the circle at E/B. Rear file go large, joining the ride on the circle at the front of the ride. (Challenges - rear file horse wants to follow others - influence of rider's position and aids. Determination) The last two exercises are a good challenge at the appropriate moment of learning. If used too early, before the</li> </ol> </li> </ol>

	<p>rider has sufficient influence, the ride can become disorganised.</p> <p>6) Cool down, summary, feedback, questions.</p>
<b>15 mins</b>	<p><b>SUMMARY</b></p> <p>Discuss any difficulties that came up such as horses being difficult to turn away from the ride, riders not being able to stay in trot around the circle and how to deal with them</p>
<p><b>PROGRESSION</b></p> <p>Continued practice of riding 20m circles on a variety of horses. Develop Feel, balance, and effectiveness of the aids</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Flatwork	<b>Lesson</b>	9 of 9
<b>Subject</b>	Developing rider balance	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Possibly a cone at X. Cone/blocks on standby.		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Riders should be able to organize their stirrups and girth before mounting. They should know how to check and alter them once mounted but still might need some assistance.</p> <p>Organise riders into suitable order.</p> <p>As riders are walking around - Ask each rider to explain a term learned: Ride order, going large, distance, changing the rein, inside/outside, school figures, bend, 20m circles, transitions, aids, preparation, sequence of footfalls, correct diagonal.</p> <p>Riders advised that the lesson is a summary of all learned, and to ride their horses with good position, efficient aids, consideration of the horse.</p> <p>Warm up - Walk and trot as a ride with the above in mind. Riders should be aware of distances and how to maintain them. Ask riders to think about their position as they walk round and areas they need to work on. Ask them to pick one area to focus on during the warm up.</p>
<b>60 mins</b>	<p><b>ACTIVITY</b></p> <ol style="list-style-type: none"> <li>1. Throughout the session focus on – rider position and balance; the effectiveness of the rider aids – do they get the desired response from the horse? Are the riders looking and planning ahead. Are the riders able to maintain their balance?</li> <li>2. Exercise ideas: (with focus on all listed above; changing lead files regularly so each rider has a chance to lead the ride)             <ol style="list-style-type: none"> <li>a) Ride simple changes of rein – lead file to choose a change of rein and then circles to the back</li> <li>b) Ride 20m circles at A/C–rear file circles at A or C and then takes up lead file, lead file trot and circles at the free end of the school, count the number of steps the horses takes from A-x. Does it take the same number from X-A what does that tell you?</li> <li>c) Transitions – whole ride transitions, single rider e.g. rear file halt wait for the ride to catch up and then take up lead file, lead file trot, ride 20m circle, walk over X then trot on to rear of ride, transitions at letters to improve rider preparation of aids,</li> </ol> </li> </ol>

	<p>This type of session can be repeated as often as required to continue to build rider confidence and co-ordination and improve their ability the ride in balance with their horse. Exercises should be varied to keep riders and horses interested.</p> <p>3) Cool down, summary, feedback, questions</p>
<b>15 mins</b>	<p><b>SUMMARY</b></p> <p>Discuss with each rider their progression from the start of the course – what are they able to do now that they couldn't X amount of weeks ago. Ask rider what areas of their position they feel confident with and what areas they find difficult. Create a plan of what to work on in future sessions.</p>
<p><b>PROGRESSION</b></p> <p>Continued practice of riding 20m circles on a variety of horses. Develop Feel, balance, and effectiveness of the aids.</p>	

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