

<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Alignment	<b>Lesson</b>	1 of 4
<b>Subject</b>	Riding fit theory	<b>Location</b>	Classroom or arena/outside space
<b>Resources &amp; Requirements</b>	Chairs, space to stand and sit, pictures of top level riders to look at good rider position, ride fit booklets		

Time	Activity
<b>10 mins</b>	<p><b>INTRODUCTION:</b></p> <ol style="list-style-type: none"> <li>1. Discuss reasons why you need to be physically fit to ride</li> <li>2. Most people are one-sided, and will take this into their riding</li> <li>3. Ideal riding position and what you're striving to achieve (as a rider) – could have some pictures of various riders at top level and discuss their position and balance</li> <li>4. Bring all of this together into the importance of movement, balance and alignment</li> </ol>
<b>50 mins</b>	<p><b>ACTIVITIES:</b></p> <p><b>Use the booklet for guidance</b></p> <ol style="list-style-type: none"> <li>1. How aware are the riders of their own balance? Simple group tasks such as standing on one leg – which leg do they balance better on? Awareness of their own body, position and balance. Which side are they dominant on?</li> <li>2. How to align themselves, using the book as a guide: <ul style="list-style-type: none"> <li>○ standing</li> <li>○ feet hip width apart</li> <li>○ move pelvis back so the weight is on the heels, not the front of the foot</li> <li>○ drop the bottom front rib in line with the top of the pelvis</li> <li>○ place the shoulders over the hips</li> <li>○ draw the chin gently in towards the body; the base of the head should lift up towards the ceiling to bring the chin down and in.</li> <li>○ stand in this position and become aware of how it feels <ul style="list-style-type: none"> <li>- Alignment on the ground is comparable to alignment in the saddle; make the connection of ear, shoulder, hip, heel</li> </ul> </li> </ul> </li> <li>3. <b>Horizontal alignment;</b> rock the weight from side to side until they feel even on both feet Trouble shooting; check feet are hip width apart (put the heel of one foot into the instep of the other to find hip width)</li> <li>4. How sitting affects our alignment – encourage discussion between participants – how do they sit at a desk, do any use fitball/air cushion. Do they feel aware of how their seated position can affect their alignment and how this can affect their riding</li> </ol>

	<p>position?</p> <ul style="list-style-type: none"> <li>○ hips and knees are at a 90 degree angle, which reduces their mobility</li> <li>○ shoulders and upper body fall forward</li> <li>○ chin moves away from neck (adds 4.5kg for every forward inch)</li> <li>○ lower back is weakened</li> <li>○ pelvis is pulled out of alignment</li> </ul> <p>5. As a group practice <b>mindful breathing</b> follow instructions in book. Explain how being able to control breathing rate on horse can help horse and rider relax, common for riders to hold their breath especially if nervous, and how this affects their ability to move with the horse and in turn affects the horse's way of going</p> <p>Discussion about other things they can do to help improve fitness and wellbeing such as:</p> <p>6. <b>Nutrition for riding:</b> including hydration, balanced meals, healthy eating. Use information in booklet</p> <p>7. <b>Mental wellbeing:</b> what this means, why you need to be aware of it. Can also include recognising that your frame of mind can affect how well you ride. Link back to mindful breathing to help relax.</p>
<p><b>10 mins</b></p>	<p><b>SUMMARY</b></p> <p>Recap alignment and relating it to standing, importance of good posture for riding. Setting home challenges from book – can they cut out an unhealthy eating habit, or keep a food journal for a week? Highlight that it is for personal use and will not be shared with the rest of the group</p>
<p style="text-align: center;"><b>PROGRESSION</b></p> <p style="text-align: center;">Introduce changes into daily routine to help improve alignment Practice alignment on a horse</p>	

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<b>Name</b>		<b>Level</b>	Bronze
<b>Topic</b>	Riding Fit	<b>Lesson</b>	2 of 4
<b>Subject</b>	Alignment and position on the horse	<b>Location</b>	Arena and classroom
<b>Resources &amp; Requirements</b>	Either mechanical horse or couple of quiet horses (tacked up) for the riders to sit on in halt/walk to practice alignment and position, tablet to take pictures or film riders to help them with position		

<b>Time</b>	<b>Activity</b>
<b>10 mins</b>	<p><b>INTRODUCTION:</b></p> <p>*If you have a large group may want to split into several sessions to allow you to spend time with each rider on the horse.</p> <ol style="list-style-type: none"> <li>Recap alignment and the importance from previous session</li> </ol> <p>General group discussion of how they found trying to integrate alignment into daily activities.</p> <ol style="list-style-type: none"> <li>Talk about the food journals (home challenge from first session) and ideas for positive changes. This can be group discussion about what they found easy/hard to change, sharing of ideas. Did they notice any differences in how they felt?</li> </ol>
<b>50 mins</b>	<p><b>ACTIVITIES:</b></p> <ol style="list-style-type: none"> <li>In the arena or classroom, group to practice alignment (ear/ shoulder/ hip/ heel) on the ground. Encourage them to discuss with each other what they find easy/hard. Can pair group up to help each other</li> <li>Remind group about correct riding position and why it is important to be in balance on horse</li> <li>Before riders mount up – practice mindful breathing</li> </ol> <p>Can pair riders up with one horse shared between each pair. Rotate between each rider on horse to help them achieve the best position and alignment for them.</p> <ol style="list-style-type: none"> <li>Working in their pairs, first rider rides transitions between walk and halt, looking at alignment in halt, then walk – any changes? Swap riders</li> <li>Practice mindful breathing on the horse</li> </ol> <p>Throughout each session:</p> <ol style="list-style-type: none"> <li>Encourage discussion and observation as to how the rider position can affect how the horse moves e.g. Rider leaning one way, observe how horse reacts</li> <li>Ask for feedback from the rider, help them to move into a correct position</li> </ol> <p>Filming/photos/mirrors could be utilised here so the rider can see themselves</p> <ol style="list-style-type: none"> <li>Swap and repeat with the other half of the group</li> </ol>

<b>10 mins</b>	<b>SUMMARY</b> Recap correct position Help riders to identify their own strengths and weaknesses
<b>PROGRESSION</b>  Practice the above in all three paces during their everyday riding lessons Continue to include alignment and mindful breathing into everyday activities Encourage riders to investigate classes that could help them e.g. yoga, Pilates, general fitness classes.	

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<b>Name</b>		<b>Level</b>	BRONZE
<b>Topic</b>	Ride Fit	<b>Lesson</b>	3 of 4
<b>Subject</b>	Individual Lunge lesson/mechanical horse session	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Horse suitable for lungeing or mechanical horse		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION</b></p> <p>Discuss with rider their positional strengths and weaknesses and if there is any area they would like to focus on.</p> <ul style="list-style-type: none"> <li>• When warming the horse up for lungeing (without rider mounted) – encourage rider to work through mindful breathing and any stretches/warm up exercises they normally use before riding. This rider warm up can still be done if using mechanical horse instead.</li> <li>• If the rider has not had lunge/mechanical horse session before explain the process and why it is useful for improving rider position</li> </ul>
<b>30 mins</b>	<p><b>ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>• Tailor session to suit individual rider with the focus on position and rider awareness of their own position</li> <li>• Try to include mindful breathing</li> </ul>
<b>15 mins</b>	<p><b>SUMMARY</b></p> <p>Discuss rider position and create a plan of what to focus on during riding sessions and other activities away from riding that may help</p>
<p><b>PROGRESSION</b></p> <p>Regular individual sessions to allow rider to focus on position</p>	

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<b>Topic</b>	Ride Fit	<b>Lesson</b>	4 of 4
<b>Subject</b>	Alignment	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Horses suitable for riders, possible method to take photo/video of riders to allow them to see own position		

<b>Time</b>	<b>Activity</b>
<b>10 mins</b>	<p><b>INTRODUCTION:</b></p> <ol style="list-style-type: none"> <li>1. Recap on rider alignment and why it is important</li> <li>2. Talk about improvements riders have made to their weekly/daily activity, what they have done to improve their posture throughout their day and any improvements to their general diet. Ask if anyone has noticed any advantages to making these positive changes</li> <li>3. Encourage riders to think about their alignment when standing before they mount</li> <li>4. Mindful breathing exercise to encourage riders to relax and focus before they mount</li> </ol>
<b>50 mins</b>	<p><b>ACTIVITIES:</b></p> <ol style="list-style-type: none"> <li>1. Each rider should have had a lunge lesson previously so discuss with each rider their strengths and weaknesses to focus on during the session</li> <li>2. Once mounted, encourage riders to sit in what they consider to be correct position/alignment on horse. Make corrections as required</li> <li>3. Encourage riders to look in arena mirrors (if available) and to think about what they are feeling when in the correct position</li> <li>4. Work through walk/halt/walk transitions and focus on position throughout</li> <li>5. Can include some exercises such as ankle/shoulder circles, legs away back and down or similar to help riders with their position</li> <li>6. Pair riders up and ask them to feedback to each other on position</li> <li>7. Work through transitions and school figures as appropriate for the level of rider, focus on rider position and balance throughout</li> <li>8. Include mindful breathing in the rest periods, be aware that some riders may find this session tiring as they try to adapt their position</li> <li>9. At the end of the session halt riders and finish by ensuring all riders in alignment on the horse</li> </ol>
<b>10 mins</b>	<p><b>SUMMARY</b></p> <p>Discuss with the group how easy/difficult they found it to achieve and keep position on the horse.</p> <p>Encourage riders to continue to carry out the changes they have made to their</p>

	daily activities and suggest other fitness activities such as: walking/jogging/Pilates/yoga to help them achieve their goals
<b>PROGRESSION</b> Continue to work on improving position and balance on horse	

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