

Name		Level	Silver
Topic	Jumping	Lesson	1 of 11
Subject	Developing lower leg position	Location	Arena
Resources & Requirements	Cones/blocks in corners		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Talk about the importance of developing secure lower leg position.</p> <p>Warm up - Warm up walk, trot and canter initially in upright position then adding light seat.</p>
50 mins	<p>ACTIVITIES:</p> <p>Discuss how the position of the lower leg is crucial for rider security both on the flat and jumping.</p> <p>Demonstrate what happens to rider position if their lower leg is too far forward or back or the rider grips with their knees. This can be done either standing on the ground or by moving the rider legs when they are in the saddle. Riders need to understand how their leg position affects the rest of their body.</p> <p>Exercise ideas:</p> <ol style="list-style-type: none"> a) 1 – The rider sits up in the saddle 2- The rider takes up light seat 3- The rider brings their shoulders down close to the horse's neck - almost like racing seat <p>Ride go large around the arena. Call out each number randomly and the riders have to take up position and hold it until the next number is called. This can be done in walk and trot and for short bursts in canter depending on fitness of horses and riders.</p> <p>Helps riders to take the weight down through the leg and become comfortable moving position in the saddle. Throughout ensure riders are not gripping with knee and keeping weight to foot with heel lower than to encourage rider to fold at the hips. Practice in halt to ensure riders are confident with the positions</p> <ol style="list-style-type: none"> b) With stirrups at light seat length – in trot ask the rider to rise for 2, sit for 1, rise for 2, sit for 1 etc.....this helps to improve rider balance and co-ordination. If the rider finds it hard to balance ask them to hold the neck

	<p>strap. Change the number of rises/sits to make it more challenging! Aiming for rider to be able to move from rise to sitting smoothly and keep their balance</p> <p>c) Down the long sides of the arena ask the ride to stand up straight out of the saddle and then take up an upright position for the short sides. This helps the rider to learn to fold from the hips and the difference in position from standing up and light seat. A variation on the first exercise can help less confident and flexible riders to begin to improve confidence and suppleness.</p> <p>Be aware in all of exercises of rider upper body position, not gripping with knees, using leg to balance not reins, requires core strength to hold positions so rider may become tired quickly. During a rest riders can take feet out of stirrups to stretch legs down.</p> <p>Cool down, riders can take feet out of stirrups to lengthen leg, do some simple stretching exercises</p>
<p>10 mins</p>	<p>SUMMARY</p> <p>Ask riders why the position of the leg is important. Give feedback on each rider leg position</p> <p>Discuss how to strengthen the leg position off the horse – squats, stretching, balance on one leg to help improve core</p>
<p style="text-align: center;">PROGRESSION:</p> <p>Cantering over poles</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	2 of 11
Subject	Trotting over course of poles	Location	Arena
Resources & Requirements	Cones/blocks, poles, wings		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up –</p> <p>Warm up ride in walk, trot and canter initially in upright position. Focusing on riding good corners and turns, put cones/blocks in the corners to guide riders and remind them of the aids required.</p> <p>Include some work to help lower leg position – ensure stirrups are at suitable length for each rider.</p>
50 mins	<p>ACTIVITIES:</p> <p>Ask riders what they know about riding over a pole– rider aims, importance of riding good turns, approach and getaway, rhythm, energy in pace, keeping horse straight, rider position.</p> <p>Exercise ideas:</p> <ol style="list-style-type: none"> Place a pole on each long side and one across each diagonal. Make sure there is plenty of room to ride good turns to each pole. Start by asking the group to ride over pole individually to practice the turns and lines towards the poles. Use cones or channels of poles to help guide the riders to the centre of each pole, especially across diagonal. Introduce the concept of riding a course by joining the turns and lines together. Walk the lines you want the riders to take and have them following you. Talk about how each pole is related to the next, importance of keeping a good rhythm (the same speed) between the poles, planning ahead for turns to the centre of the poles, using the space available, riding straight lines. Join 2 poles together then 3 etc to make a course in walk. Discuss the best way to join all the poles together as a course – how to use the space available. Discuss lines and turns. Ride the exercise in rising trot once the riders understand the concept. Take turns at riding the course – others can watch and give feedback on turns, lines, position, speed of horse, position over centre of pole Place poles round the arena and ask the riders to make up a course Be inventive with your courses, they can be school figures such as 3 loop serpentines, figures of 8, circles, as well as in various places around the arena. Place wings at the end of the poles to help focus riders and prepare

	<p>them for jumping fences.</p> <p>g) Introduce riding a course in light seat in trot – build rider stamina, strength, co-ordination</p> <p>Make positional corrections – looking up and ahead, lower leg security, upper body position, straightness of horse, rhythm maintained throughout, riders aiming for centre of the pole each time</p> <p>Cool down</p>
<p>10 mins</p>	<p>SUMMARY</p> <p>Ask riders for feedback about what they found easy/hard when riding over the poles.</p> <p>Give feedback on their position and strengths/weaknesses to work on.</p>
<p style="text-align: center;">PROGRESSION:</p> <p>Riding more difficult turns and lines to poles.</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	3 of 11
Subject	Introduce canter light seat	Location	Arena
Resources & Requirements	Suitable horses, arena, poles		

Time	Activity
10 mins	<p>INTRODUCTION:</p> <p>Warm up – riders to warm up in walk, trot and canter on both reins. The focus should be on getting horse forward and responsive to aids with rhythm. After the initial warm up halt ask riders to take up light seat, help to check the length of stirrups and the rider to be in a balanced position.</p> <p>Remind riders about the importance of being in balance with horse on the flat and over poles.</p>
60 mins	<p>ACTIVITIES:</p> <p>Introduce canter in a light seat – position, how the rider has to move with the horse and absorb movement through knees, ankle and hip joints.</p> <p>Suggested exercises:</p> <ol style="list-style-type: none"> Riders work in light seat in walk and trot – work through exercises to help lower leg security. Riders must be able to balance in light seat in both walk and trot before progressing to light seat in canter. One at a time riders pick up canter (upright position) once horse going forward and canter established rider takes up light seat position for several strides and then sits up for downward transition. Encourage rider to hold neckstrap to help with balance. Be aware of rider gripping with knees, heels coming up or shoulders coming too far forward Lead file one at a time pick up trot and canter in a corner, on the long side take up light seat position for a count of 5, or between two markers on the long side sit up gently and continue in canter, making a smooth downwards transition before reaching the rear of the ride When riders confident progress to rider moving between light seat and sitting in canter around the arena. Some riders may find it hard to keep the horse going in this position Progress to 20m circles in light seat canter Ride in open order working in all 3 paces in light seat position Riders in canter (either as a ride or individually) call out a number 1- sit up, 2- light seat, 3- racing position, rider to take position until next number called. This can be challenging as riders have to keep horse going, steer, listen and change position!

	<p>Make positional corrections – focus on rider balancing on leg, not gripping with knee, hip and heel in line, head up looking forward, even reins, rider not leaning too far forward, lower leg security, not relying on reins for balance, encourage use of neck strap.</p> <p>Ensure rider absorbing movement through knee and not standing up too far out saddle or bashing on the cantle.</p> <p>This can be tiring for both horse and rider – ensure rest periods as required.</p> <p>Cool down horses</p>
<p>10 mins</p>	<p>SUMMARY</p> <p>Give each rider feedback regarding their position. Help riders in halt to establish their position.</p>
<p style="text-align: center;">PROGRESSION:</p> <p>Develop strength and co-ordination in light seat in all 3 paces</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	4 of 11
Subject	Developing Control in Light Seat	Location	Arena
Resources & Requirements	Cones/blocks		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up – riders to warm up in walk, trot and canter on both reins. The focus should be on getting horse forward and responsive to aids with rhythm. After the initial warm up halt ask riders to take up light seat, help to check the length of stirrups and the rider to be in a balanced position.</p> <p>Remind riders about the importance of being in balance with horse on the flat and over poles.</p>
50 mins	<p>ACTIVITIES:</p> <p>1) Recap how the horse’s rhythm can be affected by the rider’s change of position from basic position to light seat and back again. Loss of balance of rider, accidental strong/weak contact, accidental strong/weak legs aids. The rider must focus on change of position and rhythm of horse.</p> <p>2) Exercise ideas: These can be done in normal seat and light seat.</p> <ol style="list-style-type: none"> Help the rider to count out the beats as they walk 1, 2, 3, 4/ trot 1, 2, / canter 1, 2, 3. To help rider awareness of rhythm and speed - does the horse speed up when he sees the back of the ride? Can the rider keep the tempo/speed regular? Ask the rider to count the number of strides between two markers, cones or letters on wall. Can they get the same number each time or on the opposite side? Place cones at each of the 4 tangent points of a 20m circle – riders to count the number of strides between each set of cones, count number of strides around the whole circle – can they get the same number each time? Can be done in trot and canter. Encourage riders to support each other and count out loud! Could have prizes/forfeits for successes or fails! Ride school figures e.g. figure of eight and serpentine in light seat – can the rider apply the aids to change the bend of the horse? Place 2 lines of cones on the quarter lines. Split the ride into 2 teams. Have a bending race up and down the cones with the riders first of all in upright seat and then in light seat! Can be done in walk, trot or canter! Pair up riders position them one at E and B opposite each other. In trot -

	<p>riders to take up light seat and try to stay opposite each other around the arena for a lap. They should pass the letters at the same time. Riders have to concentrate on keeping horses speed the same, using corners, where the other horse is and their own position at the same time. This can be done in canter depending on your riders and horses!</p> <p>Be aware of riders gripping with their knees - leaning forwards or sideways. View riders from behind whilst on a straight line to observe and correct straightness and even weight over both stirrups.</p> <p>Cool down</p>
<p>10 mins</p>	<p>SUMMARY Riders compare how easy they found it to control their horses in light seat to sitting upright</p>
<p style="text-align: center;">PROGRESSION: Developing position in canter transitions</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	5 of 11
Subject	Developing light seat using corners and circles	Location	Arena
Resources & Requirements	Cones/blocks in corners		

Time	Activity
15 mins	<p>INTRODUCTION: State the importance of developing balance, security and influence in light seat. Warm up - Warm up walk, trot and canter initially in upright position then introducing light seat, put cones/blocks in the corners to guide riders.</p>
50 mins	<p>ACTIVITIES: 1) Recap previous lessons on riding corners and circles – use cones/blocks in corners to guide riders and horses, aids. 2) Exercise ideas:</p> <ul style="list-style-type: none"> a) Starting in upright position encourage riders to focus on riding into corners and around 20m circles in trot and canter. b) Trot 20m circles in light seat – focus on balance and rider position, application of the aids, use blacks/cones to help the rider with the shape of the circle. c) Canter circles in upright position – rider takes up light seat half way round circle, gradually take up light seat earlier as the rider becomes more proficient. d) Rider to canter in corner and take up light seat once canter established then ride 20m circle staying in light seat throughout – horse falling in/out, rider aid co-ordination. <p>Watch for riders gripping with their knees, losing their stirrups, upper body leaning forwards or sideways. Using too much inside rein to turn.</p> <p>Cool down</p>
10 mins	<p>SUMMARY Ask for feedback from the riders about if they are aware of the horses falling in or out, how easy did they find it to keep the horse on the line they wanted to?</p>

PROGRESSION:	
Developing position in canter transitions	

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Name		Level	Silver
Topic	Jumping	Lesson	6 of 11
Subject	Riding Canter Transitions in Light Seat	Location	Arena
Resources & Requirements	Cones/blocks		

Time	Activity
10 mins	<p>INTRODUCTION: Warm up - Warm up walk and trot to find the best rhythm, balance, responsiveness to the aids. Attention to rider basic flatwork position. Practice light seat in walk, trot and canter</p>
50 mins	<p>ACTIVITIES:</p> <ol style="list-style-type: none"> 1) Recap aids for walk, trot and canter. Discuss the reduced aids in light seat (no seat), the importance of weight aids (incline of upper body - more upright to slow down). The influence of rider's upper body position especially in the canter and the importance of using the core and maintaining balance and influence of the upper body. 2) Clarity of aids - a balanced and secure light seat promotes positive influence the horse through use of clear aids. 3) Preparation - dictates the success of the transition, ensure horse is active and listening in trot 4) Prepare riders by riding light seat transitions between walk and trot. Focus on maintaining balance and horse response. 5) Introduce canter transitions – one at a time so you can focus on each rider position. Riders to hold neck strap for balance. 6) Exercise ideas: <ol style="list-style-type: none"> a) Canter from front to rear of ride asking for transition in corner – can focus on individual riders, some horses might anticipate the transition. b) Work in open order going large in trot in light seat, on command riders to turn across the school and ask for canter as they leave the track, trot as they re-join on the opposite side. Requires control and co-ordination by rider. c) Ride working at either end of school on a circle – move between trot and canter

	Cool down
10 mins	<p>SUMMARY</p> <p>Ask riders about the canter work– what did they find difficult, easy?</p> <p>Give riders feedback on their light seat position and how they were able to influence the horse</p>
<p>PROGRESSION:</p> <p>Riding circles in light seat</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	7 of 11
Subject	Canter over ground poles	Location	Arena
Resources & Requirements	Cones/blocks, poles		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up - Warm up walk, trot and canter initially in upright position then introducing light seat, put cones/blocks in the corners to guide riders. Use some exercises to encourage riders to take weight and balance on leg.</p>
50 mins	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> a) Recap previous lessons on riding poles in trot– rider aims, importance of riding good turns, approach and getaway, rhythm, energy in pace, keeping horse straight, rider position. b) Exercise ideas: <ul style="list-style-type: none"> a) Start by trotting over single pole positioned at E/B slightly off the track, ensure rider rides good turns, can use blocks or cones to help guide rider and keep them straight, focus on rider position, rider looking up, rhythm of trot, turn after the pole. b) Progress to riders approaching in canter – explain horse might ‘jump’ the pole, feel a difference in the stride, hold neck strap for security and to prevent catching horse in teeth. Rider can sit up around the turns and then take light seat on the approach – riders can lose balance after the pole if the horse takes a big step and should be encouraged to look up and keep upper body up. Depending on the length of the arena the pole can be placed further up the school. If canter breaks encourage rider to re-establish it quickly. c) Place pole at B and E slightly off the track and cones in the corners, can also use poles to make channels to help with straightness and to encourage riders to aim to the centre of the pole. Riders ride around the arena going over each pole, using cones to help with straightness and accurate turns. Riders have to keep horse going around the whole arena or can trot for the short sides. <p>Cool down</p>

10 mins	SUMMARY Give riders feedback on their ability to ride good lines to and from the centre of the poles Talk about the canter rhythm and any issues that came up.
PROGRESSION: Developing balance and co-ordination over poles	

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Name		Level	Silver
Topic	Jumping	Lesson	8 of 11
Subject	Intro to jumping	Location	Arena
Resources & Requirements	Cones/blocks, poles, wings		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up - Warm up walk, trot and canter initially in upright position then introducing light seat. Include exercises to encourage riders to take weight down through leg.</p>
50 mins	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> a) Discuss different types of jumps cross pole and uprights. b) Ask riders about the phases of the jump and what they know about each. <ul style="list-style-type: none"> Approach – active pace, straight, looking up, positive, aim for centre of fence/pole Take off – rider starts to fold at hips and holds neck strap for balance, looking up Flight – rider folded from hips, looking up Landing – Riders brings shoulders back and starts to sit up Getaway – Rider sitting in saddle, looking to where want to go, riding horse forward, straight and then riding a corner. Although the approach is in trot the horse may land in canter. <p>Suggested exercise:</p> <ul style="list-style-type: none"> a) Start with single pole on $\frac{3}{4}$ line with wings at either side to simulate jump. Riders trot over focusing on active pace, good turns and lines. Build into a line of 3 poles so they can be turned into a cross pole. Focus on riders confidence and ability to keep the horse active through the poles. b) Build poles into x pole with a trot placing pole. Talk about aiming for centre of pole – X draws the rider and horse to the centre of the fence c) Explain to riders the purpose of the placing pole and what to expect (horse may hop over it) d) Riders to land and ride forwards towards and away from the fence Riders jump individually. Other riders in the group should be positioned safely in halt. Ensure the rider gets the horse going forward before turning to the jump. It is common for riders to look down at the jump –remind them to look up! Repeat on both reins. e) Line of poles on long side and a cross pole with placing pole on the

	<p>opposite. Riders trot over poles and then round to the jump. Focus on keeping horse at same speed throughout. Use cones in corners to help with lines.</p> <p>f) Build a cross pole with trot placing pole on long side. Riders approach in trot and aim to land in canter. Place cones at each end to help riders with their lines.</p> <p>g) Build cross pole on both long sides, riders to approach in trot, ride a 20m circle at the end of the arena and then approach the next jump, ride a 20m circle.</p> <p>When riders are confident X pole can be changed into an upright and the same exercises repeated.</p> <p>Cool down</p>
<p>10 mins</p>	<p>SUMMARY</p> <p>Give riders individual feedback about their position and lines/turns to the jump.</p> <p>Ask for feedback regarding rider confidence.</p>
<p style="text-align: center;">PROGRESSION:</p> <p>Develop confidence over single fences</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	9 of 11
Subject	Intro to jumping	Location	Arena
Resources & Requirements	Cones/blocks, poles, wings		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up - Warm up walk, trot and canter focusing on the horses being forward in the pace and rider position</p>
50 mins	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> a) Recap the phases of the jump and any questions from previous session. Focus on rider position and riding good getaway (link to riding course later) b) Use exercises to help riders take weight down to heel and improve security of lower leg <p>Suggested exercises:</p> <ul style="list-style-type: none"> a) Place line 3 poles on $\frac{3}{4}$ line with wings at the end so they can be turned into a cross pole. Place blocks or poles on the approach and getaway to help riders stay straight and ride into corners. b) Riders can use poles to warm up and practice turns, lines, riding to the centre of the poles in trot before progressing to cross pole, focus on straight approaches and getaways. c) Individually riders jump. Focus on position and security of lower leg over the fence, rider folding from hips not standing up, hands low, using neck strap if deemed necessary, upper body not tipping forward. Look at rider position after the fence – need to rebalance them and sit up quickly to be able to ride horse forward. Halt ride off the track to allow riders to ride downwards transitions and then rejoin ride. d) Encourage riders to land and ride forward after the jump. It is common for riders to lose upper body position and collapse forward, allowing horse to cut corners. If the horse lands in canter keep the canter until the corner then ride downwards transition to trot and carry on around the track. The ride halted off track ready to jump again. Place cones or blocks at the end of the arena for the rider to aim through. e) Riders land in canter after the fence canter half way around the school and ride a downwards transition to trot before approaching the jump again. f) Ask riders to ride a 20m circle at A or C in trot or canter after the jump.

	Cool down
10 mins	<p>SUMMARY</p> <p>Give feedback on position</p> <p>Ask for feedback on rider confidence and what they would like to concentrate on</p>
<p>PROGRESSION:</p> <p>Develop confidence over single fences</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	10 of 11
Subject	After the fence	Location	Arena
Resources & Requirements	Cones/blocks, poles, wings		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up - Warm up walk, trot and canter focusing on rider position</p>
50 mins	<p>ACTIVITIES:</p> <p>Discuss importance of riding a good getaway and link to joining fences together. Focus on position and security of lower leg over the fence, rider folding from hips not standing up, hands low using a neck strap if deemed necessary, upper body not tipping forward.</p> <p>Rider position after the fence – need to rebalance themselves and sit up quickly to be able to ride horse forward.</p> <p>Suggested exercises:</p> <ol style="list-style-type: none"> a) Place line 3 poles on $\frac{3}{4}$ line with wings at the end so they can be turned into a cross pole. Place blocks or poles on the approach and getaway to help riders stay straight and ride into corners <ul style="list-style-type: none"> • Riders can use poles to warm up and practice turns, lines, riding to the centre of the poles in trot before progressing to cross pole, focus on straight approaches and getaways • Encourage riders to land and ride forward after the jump. It is common for riders to lose upper body position and collapse forward, allowing horse to cut corners. Continue to emphasize riding away from fences. • Once rider confident at landing encourage rider to land in canter and ride forward. Help rider to recognise the correct canter lead. b) Riders to land in canter after the fence, check lead and change if required, canter half way around the school and ride a downwards transition to trot before approaching the jump again. Ensure trot is balanced. c) Riders to ride a 20m circle at A or C checking for canter lead before riding the circle. d) Place poles across the diagonal with wings as guides, use blocks in corners to guide riders

	<ul style="list-style-type: none"> • Riders practice lines over poles and changing the bend after the pole • Build into jump (with or without placing pole), individually riders to jump and change the rein after. If horse lands in canter riders to identify which lead they are. Encourage riders to ride into corners and ask for canter <p>e) Add a 20m circle in canter after the change of rein.</p> <p>Cool down</p>
10 mins	<p>SUMMARY</p> <p>Ask riders what they think their strengths and weaknesses are in their position and the exercises used</p> <p>Create a plan to work to improve any weaknesses</p>
<p>PROGRESSION:</p> <p>Develop confidence over single fences</p>	

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Name		Level	Silver
Topic	Jumping	Lesson	11 of 11
Subject	Intro to jumping uprights	Location	Arena
Resources & Requirements	Cones/blocks, poles, wings		

Time	Activity
15 mins	<p>INTRODUCTION:</p> <p>Warm up - Warm up walk, trot and canter initially in upright position then introducing light seat. Use some exercises to encourage riders to take weight down through leg.</p>
50 mins	<p>ACTIVITIES:</p> <p>Discuss the use of a cross pole and upright fences – differences, use of ground lines Recap – jumping the centre of the fence, phases of jump,</p> <p>Suggested exercises:</p> <ol style="list-style-type: none"> Start with a single cross pole with or without a trot placing pole. Riders positioned safely each jumps cross pole on both reins from trot until confident. Make positional corrections as required. Blocks or cones can be used to guide riders and help with straightness <p>Build cross pole into an upright</p> <ol style="list-style-type: none"> Riders to jump individually. Other riders in the group should be positioned safely in halt, either on the track or on the ¾ line. Ensure the rider gets the horse going forward before turning to the jump. <p>Cool down</p>
10 mins	<p>SUMMARY</p> <p>Give feedback on position</p>
PROGRESSION:	
Develop confidence over single fences	

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