

Name		Level	Bronze
Topic	Lungeing your horse	Lesson	1 of 9
Subject	Lungeing Theory	Location	Arena
Resources & Requirements	Diagram for learners to label, lunge tack; leather and nylon cavesson, side reins, breast girth, GP saddle, roller, pad, snaffle skeleton bridle, brushing boots, lunge line and lunge whip. Handout of lunging triangle.		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Introduce session:</p> <p>Ask group what they understand by the term ‘lungeing’?</p> <p>Talk about previous experiences with lungeing or if they have watched horses being lunged before?</p> <ul style="list-style-type: none"> - Talk about reasons for lungeing horses - Identify the handler’s equipment and its use - Discuss the lunge equipment ; its fit and what it does - Discuss the basic lungeing technique - the ‘triangle’, use of the whip, body positioning of handler and use of voice.
60 mins	<p>ACTIVITY</p> <ol style="list-style-type: none"> 1. Group members to come up with as many reasons for lungeing a horse that they can think of. Create a list of answers. 2. Handler’s equipment - describe the Personal Protective Equipment that the handler should wear when lungeing and the reasons why. Talk about why it is important for the handler to wear gloves, boots and a hat, explaining how they will protect the handler from potential dangers occurring with lungeing. For example; the handler must wear gloves to protect from rope burn should the horse become strong and pull away. 3. Horse’s lunge tack - identify each item of tack, describe what it is used for and how to fit it. Complete labelled diagram and make notes on equipment. Look at the difference between a leather and nylon cavesson - discuss the benefits of each. Explain if using a saddle how the stirrups should be secured and how the side reins should be attached to the girth. 4. Describe the basic lungeing technique –how to lead the horse, the size of circle, how the handler should stand (triangle), body posture and positioning, use of voice and whip as an aid, the importance of keeping the horse on an accurate circle and not letting it fall in / out and how in an ideal

	situation that the handler should stand still and pivot around one foot.
15 mins	<p>SUMMARY</p> <p>Recap :</p> <p>A question game to recap – reasons for lungeing, naming items of lunge tack and their use.</p> <p>Discuss what will be covered in the next lesson: tacking up for lungeing and a lungeing demonstration.</p>
<p>PROGRESSION</p> <p>Progress to fitting lunge tack and describing its function.</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	2 of 9
Subject	Lungeing Demonstration	Location	Yard Arena
Resources & Requirements	One quiet lunge horse, lunge pen / arena, roller / saddle, boots all round, skeleton bridle, cavesson, side reins, lunge line, lunge whip. Handler to wear hat, gloves and sturdy footwear.		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Introduce session: Show the group how to tack up, lead in hand, lunge and un tack a horse.</p> <p>Ask questions on reasons for lungeing talked about in previous session</p>
60 mins	<p>ACTIVITIES</p> <p>Demonstrate the whole lungeing procedure from beginning to end to enable the group to see the whole process.</p> <p>To include:</p> <ul style="list-style-type: none"> - Tie horse up safely, skip out stable and remove hay net. - Pick out feet and brush off - Tack up correctly and explain what and why you are doing - boots first, roller with pad or saddle (secure stirrups correctly), breastgirth, side reins, skeleton bridle, lunge cavesson. Why don't tie the horse up to the cavesson - Coil the lunge line neatly and then pick up the lunge whip, securing under your arm. - Demonstrate correct leading of the horse to the arena. Discuss safety aspects and the principles of leading. - Check the arena gate is shut and the arena is safe – ask the group to think of things that might make a lunge arena unsafe - Check the tack <p>Talk through each bit as you do it:</p> <ul style="list-style-type: none"> - How to send the horse out on the lunge - Lunge the horse in walk without side reins to let him stretch - Talk about the correct size circle, body positioning and use of the whip - Lunge in trot without side reins to let the horse loosen up. - Show how to change the rein. - Attach the side reins and lunge in walk and trot. - Show some transitions, how to use your voice, where you should stand and

	<p>how to use the whip.</p> <ul style="list-style-type: none"> - Close the session by allowing the horse to stretch on the lunge without the side reins. - End the lunge session - Ask the group for any questions they may have about what they have seen - Lead the horse back to stable - Demonstrate correct un- tacking procedure. <p>Throughout the demonstration, talk to the group and ask questions to keep them interested and involved. Explain the reasons why each procedure is set, highlighting the safety aspects. It would be useful to demonstrate incorrect practice as well such as letting the lunge line go slack.</p>
<p>15 mins</p>	<p>SUMMARY Talk about how to lunge and the equipment used.</p>
<p style="text-align: center;">PROGRESSION Progress to fitting different types of lunge tack and describing their use</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	3 of 9
Subject	Tacking up and handling lunge line	Location	Yard
Resources & Requirements	Skipping out and grooming equipment Suitable horse for each participant Headcollar and leadropes Lunge tack - lunge cavesson, skeleton snaffle bridle, brushing boots all round, roller and saddle, poly pad, breast girth, side reins, lunge line and lunge whip.		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Recap previous session:</p> <ul style="list-style-type: none"> Benefits of lungeing Items of lunge tack and their function (Q&A with group) <p>Introduce session:</p> <ul style="list-style-type: none"> To tack up a horse safely for lungeing using both the saddle and roller. Watch the BHS video clip on the website on how to prepare a horse for lungeing
60 mins	<p>ACTIVITY</p> <p>Show the group the following:</p> <ol style="list-style-type: none"> 1. Tie horse up correctly, skip out stable and groom horse 2. Explain and show each step of a sensible sequence for the tacking up for lungeing: <ul style="list-style-type: none"> • Brushing boots first • Fit roller with pad and breastgirth • Attach the side reins to the roller or saddle (only need to know how to attach the side reins not fit to the horse) and/or <ul style="list-style-type: none"> • Put on the saddle; show how the stirrups should be secured up and how the side reins should be attached correctly to the girth (explain the importance of this so they do not slip down) • With the horse untied, put the lead rope around the horse's neck and undo the noseband on the headcollar, put on the cavesson and adjust to fit,

	<p>finally put the bridle on over the top (noseband and reins removed).</p> <ul style="list-style-type: none"> • Ask the group if they can think of any reasons why you shouldn't leave the horse too long with cavesson on or attach the lead rope to the cavesson? <p>3. When un tacking, make sure that this is also done safely and in a sensible order.</p> <p>4. Participants to have a go at tacking up on their own or in pairs with both the roller and the saddle.</p> <p>Offer support and guidance as necessary - focus on safety and efficiency.</p> <p>SAFETY: Do not tie the horse up with the ring on the cavesson (this is why it is better to put this on last).</p>
<p>15 mins</p>	<p>SUMMARY</p> <p>Ask group to list the order to tack up in and give reasons why</p> <p>The use and fit for each item of tack (especially the cavesson and side reins).</p>
<p style="text-align: center;">PROGRESSION</p> <p>Leading in hand correctly</p> <p>Handling of the lunge line and lunge whip.</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	4 of 9
Subject	Tacking up and handling lunge line	Location	Yard
Resources & Requirements	Skipping out and grooming equipment, Suitable horse for each participant Correct PPE for participants (dressed to ride). Headcollar and leadropes Lunge tack - lunge cavesson, skeleton snaffle bridle, boots all round, roller and saddle, poly pad, breast girth, side reins, lunge line and lunge whip. Enough lunge lines for each group member to practise handling them (can be in pairs)		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Recap:</p> <ul style="list-style-type: none"> • Items of lunge tack and their function. • The sensible order for putting on tack. • Fit of the breast girth and the lunge cavesson. <p>Introduce session: To practise tacking up a horse safely for lungeing using both the saddle and roller</p> <p>Leading the horse in hand (basic handling skills needed for lungeing)</p>
60 mins	<p>ACTIVITY</p> <p>1. Group members to complete the following;</p> <ul style="list-style-type: none"> - Tie up safely, skip out. - Tack up and fit equipment correctly for lungeing using a saddle or roller <p>Offer support and guidance if necessary. Ask questions throughout - for example; What may happen if the lunge cavesson is too loose?</p> <p>2. When un tacking, make sure that this is also done safely and in a sensible order.</p> <p>3. Show the group how to re-coil the lunge line by:</p> <ul style="list-style-type: none"> • Clipping the lunge line to a fence or fixed object such as a tie up ring • Throw the lunge line behind you and show how to coil into your left hand.

	<ul style="list-style-type: none"> • Each group member to have a go, ideally with a lunge line each. (Focus on keeping the loops of the line flat and of equal size). • Group to practise coiling line into either hand <p>4. Once group member confident at coiling the lunge line:</p> <ul style="list-style-type: none"> • Show how to place the lunge whip under your arm • Repeat the exercise coiling the line in the other hand and showing how to swap the whip from hand to hand behind your back <p>5. Group to practise coiling lunge line (with line clipped onto a fence/fixed object or group to hold for each other) and holding lunge whip under arm.</p>
15 mins	<p>SUMMARY</p> <p>Recap :</p> <p>Order to put on and fit of lunge tack</p> <p>How to coil up lunge line</p>
<p style="text-align: center;">PROGRESSION</p> <p>Handling of the lunge line and lunge whip.</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	5 of 9
Subject	Handling of the lunge line	Location	Arena
Resources & Requirements	Lunge lines and lunge whips.		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Introduce session: to be able to handle the lunge line correctly and change the whip behind the back</p>
60 mins	<p>ACTIVITY</p> <ol style="list-style-type: none"> 1. Ask the group to recap on how to coil the lunge line and hold the lunge whip 2. Group to practise with line clipped to fixed object 3. Show group the lungeing position 'Triangle' using a person as the 'horse' and how to coil the lunge line in and out and keep the contact/tension consistent 4. Participants to have a go at lungeing each other! Very basic how to hold the equipment while the other person (horse) walks around them. How to coil the line in when the 'horse' is standing still. Walk to the 'horse'. <ul style="list-style-type: none"> - Show them how to hold the lunge line in two hands with the whip as they are 'lungeing' their partner on a big circle. Emphasise the line and whip forming the sides of the 'triangle'. - If lungeing to the left, the handler should hold the lunge line in their left hand like a rein with thumb on top. Coils should be in right hand with the whip. - Make sure hands are level with a bend in the elbow. - Explain how the lunge line should be straight from horse's head to lungers hand- talk about reasons why (consistent contact and size circle). - Emphasise body position (knees slightly bent, hips forward and shoulders parallel). - Practise halting, putting the whip under their arm and then coiling in neatly into their left hand (in lungeing to the left). Do this on each rein.

15 mins	SUMMARY <ul style="list-style-type: none">- Talk to each group member and discuss how they are finding holding the lunge line and handling the equipment.- Suggest areas to focus on for next time and when they lunge with a horse (Silver)
PROGRESSION <p>Continue to practise handling of lunge equipment without horses - how to lead the horse out on the lunge.</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	6 of 9
Subject	Leading in hand for lungeing	Location	Yard
Resources & Requirements	Skipping out and grooming equipment Suitable horse for each participant Correct PPE for participants (dressed to ride). Headcollar and leadropes Lunge line and lunge whip		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Introduce session: leading horses in lunge tack</p> <p>Recap: How to tack up for lungeing</p>
60 mins	<p>ACTIVITY</p> <ol style="list-style-type: none"> 1. Group to tack up horses for lungeing in pairs. Observe and assist as required 2. Show the group and talk through how to <ul style="list-style-type: none"> • How to lead the horse correctly at the shoulder with the whip under the left arm. • Explain the importance of leading at the shoulder and how the horse should move away from the voice with the handler not dragging the horse. Explain how this is the foundations for good lungeing as the horse needs to be able to move away from the handler. • Show and talk through leading the horse in walk from both sides and turning the horse away from the handler. 3. Group to practice leading their horses in hand from both sides and turning the horse away from them. Make sure that you ensure they are leading at the shoulder and not dragging the horse. They need to be efficient at using the voice if the horse will not walk forward. How to hold the whip. Participants will find it hard to lead the horse initially with the lunge whip under their arm. Make sure the lash is tucked up and not trailing behind

	<p>4. Swap pairs. Practice walking and halting, concentrate on handler body position and use of body language and voice.</p> <p>The horses can be lead from a lunge cavesson or a headcollar with a lunge line. Leading is a basic skill which needs practice and you must make sure that it is done correctly from the start.</p>
<p>15 mins</p>	<p>SUMMARY</p> <p>Talk about the principles of leading and turning in hand - how the handler needs the horse to move away from the hander.</p> <p>-+</p>
<p style="text-align: center;">PROGRESSION</p> <p style="text-align: center;">Leading horse from each side in hand and changing the rein</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	7 of 9
Subject	Leading in hand for lungeing	Location	Yard
Resources & Requirements	Skipping out and grooming equipment Suitable horse for each participant Correct PPE for participants (dressed to ride). Headcollar and leadropes Lunge line and lunge whip		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Introduce session: Practice basic handling techniques when leading the horse with a lunge line, holding the lunge whip.</p> <p>Recap: Discuss the principles of leading the horse in hand and its importance in enabling the handler to lunge effectively.</p>
60 mins	<p>ACTIVITY</p> <p>Allocate a horse between pairs.</p> <p>Group to:</p> <ul style="list-style-type: none"> • Tie the horse up, skip out and pick out feet. • Lead the horse using a headcollar or a lunge cavesson and lunge line with the lunge whip underneath the handler's left arm to the arena. • Practice leading the horse from both sides, using the voice and whip effectively to encourage the horse to walk forwards. • Try to encourage handler to stand further away from the horse each time so that the horse becomes less reliant on the lunge line and starts to listen to the handler's voice and body position and handler gets more confident at leading horse from a distance • Practice turning the horse, away from the handler. • Practice walking and halting. • It may be useful to use poles/ cones to move the horse in and out of so that the handler gets efficient at turning the horse and sending it forwards without dropping the whip or the lash. • Practice leading horse from both sides

15 mins	SUMMARY Recap : Principles of leading and turning in hand - how the handler needs the horse to move away from the hander. Ask the participants to assess how responsive the horse was and whether it started to move away out of 'their space'. This will then make it easier when they start to send the horse out on the lunge.
PROGRESSION Leading horse from each side in hand and changing the rein	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	8 of 9
Subject	Leading in hand for lungeing and changing the rein	Location	Yard Arena
Resources & Requirements	Skipping out and grooming equipment Suitable horse for each participant Correct PPE for group(dressed to ride). Headcollar and leadropes Lunge cavesson and bridle Lunge line and lunge whip		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Explain safety/emergency procedures for lesson</p> <p>Give Aims, timetable and brief outline of lesson content</p> <p>Introduce session: Practise basic handling techniques when leading the horse with a lunge line, holding the lunge whip. Changing the rein</p> <p>Recap: Discuss the principles of leading the horse in hand and its importance in enabling the handler to lunge effectively.</p>
60 mins	<p>ACTIVITY</p> <p>In pairs:</p> <ul style="list-style-type: none"> - Tie the horse up, skip out and pick out feet. - Tack up for lungeing - Lead the horse from the cavesson using a lunge line with the lunge whip underneath the handler’s left arm to the arena. - Practise leading the horse from both sides, using the voice and whip effectively to encourage the horse to walk forwards. - Practise walking and halting (in hand) on a circle and straight line - Practise turning the horse away from the handler. - Talk through and show how to change the rein in hand – halt horse, whip behind back, changing lunge line into new hand, positioning around front of horse, leading from new side - Group to practise changing the rein – handling of lunge line, swapping hands, whip behind back - Set a two lines of cones on each side of the arena – group to lead horse around cones on one side, halt the horse, change sides and then lead the

	<p>horse through the cones on the other side.</p> <ul style="list-style-type: none"> - Encourage handler to keep horse's head and neck in front of them, horse to be walking actively forward, handler next to shoulder. - The group members watching can offer feedback to their partner or practise coiling the lunge line/whip - Pairs swap half way through - Horses untacked <p>Repeat this session until all group members are confident with handling the lunge line and whip when leading a horse in hand.</p>
<p>15 mins</p>	<p>SUMMARY</p> <p>Group discussion and feedback regarding how they found changing the rein and handling the horse and equipment. Which horses they found difficult to lead and any other issues/concerns.</p>
<p style="text-align: center;">PROGRESSION</p> <p>This session can be repeated using different layouts of cones etc until the group are confident at handling and leading the horse and the equipment from both sides. Progress to sending the horse out on the lunge</p>	

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Name		Level	Bronze
Topic	Lungeing your horse	Lesson	9 of 9
Subject	Sending the horse out on the lunge	Location	Arena
Resources & Requirements	Lunge lines and lunge whips.		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Welcome</p> <p>Recap previous session</p> <p>Introduce session: to be able to send the horse out correctly on the lunge</p>
60 mins	<p>ACTIVITY</p> <p>In the arena - get into pairs. One lunge line and whip per pair. One person lunges the other.</p> <p>1. Talk through and show the following:</p> <ul style="list-style-type: none"> • Revise how to lead the horse in hand from both sides • With a partner (the horse!) holding the lunge line, demonstrate how to send the horse (partner) out to the left (easier for most horses as they are handled on the left). • Make sure that the coils are the right way round so that the lunge line feeds easily out of your left hand. • Swap whip behind your back to put it under your right arm - explain why it should not be passed in front or ever dropped on the floor (dangerous to bend down and pick it up). • Get the partner to start to walk forwards and out onto the circle as the horse would • Feed the lunge line gently through your hand • When your partner is at least 5 metres away from you, put the coils into your left hand and then turn the whip around in your right hand to face the horse but with the end pointing down. Make it as smooth as possible • Show how to turn the whip handle around in your hand carefully making sure the whip stays fairly level and steady. • Explain why you keep both lunge line coils in your non whip hand when doing this as otherwise the lunge line will get tangled up with the whip handle. • Retake the coils into your right hand and hold the lunge line with your left

	<p>hand as you would when riding.</p> <ul style="list-style-type: none"> • Highlight the importance of maintaining a consist contact on the lunge line. • Demonstrate what happens when the ‘horse’ falls in - lunge line will go on floor. Show participants how to avoid this with positioning of the whip. • Demonstrate how to change the rein – swapping the lunge over, whip behind back, coiling up the lunge line <p>2. Group to take turns at lungeing each other</p>
<p>15 mins</p>	<p>SUMMARY Evaluate each participant’s progress - ask them what they found hard. Highlight areas to practise for next time and when they lunge with a horse</p>
<p style="text-align: center;">PROGRESSION</p> <p>This session can be repeated until group are confident at handling the equipment and at keeping a contact down the lunge line.</p>	

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