

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	1 of 10
<b>Subject</b>	Lunge Demonstration	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two quiet horses Safe arena –split with poles or similar Correct PPE for participants.		

<b>Time</b>	<b>Activity</b>
<b>10 mins</b>	<p><b>INTRODUCTION:</b></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 tacking up process including skipping out, grooming etc covered at Bronze</p>
<b>70 mins</b>	<p><b>ACTIVITIES:</b></p> <p><b>Coach to demonstrate lungeing</b></p> <ol style="list-style-type: none"> <li>1. Tie up, skip out, groom horse, pick out feet.</li> <li>2. Tack up the horse with the group - recap the fit of the tack. Q&amp;A</li> <li>3. Lead the horse correctly to the arena - Q&amp;A to ensure that all participants have remembered the principles when leading the horse.</li> <li>4. Check the arena - discuss with participants</li> <li>5. Check the tack - discuss with participants.</li> <li>6. Send the horse out on the lunge (emphasise this phase as this is something that people find most difficult without walking backwards) without the side reins attached.</li> <li>7. Demonstrate correct lungeing; walk and trot, projection of voice, body positioning, 'the triangle - whip and hand', where to position the whip.</li> <li>8. Demonstrate how to halt the horse and change the rein.</li> <li>9. Explain and show them how to send the horse out on the lunge.</li> </ol> <p><b>You do not have to lunge the horse with the side reins attached as this is not required at this level but they must be secured safely if on the saddle or roller</b></p> <p>You may suggest that the participants video you so that they can use it for reference.</p> <p><b>Participants to each have a go (aim to allow them 5 / 10 mins each to get the feel for maintaining control of the horse on the lunge line). Stand with them in the</b></p>

	<p><b>centre of the circle</b></p> <p>Either use the same horse and let the participants each have a go at lungeing him for 5 mins, or, if the group is quite big, bring out another horse.</p> <p>Only have two horses maximum to start with so that you are able to give enough help to the participants and ensure a safe environment.</p> <p>Participants to work in twos / threes. Do not ask them to change the rein on their own as they will find this difficult, instead get them to focus on their body posture and holding the lunge line and whip correctly.</p> <p>Participants could evaluate each other.</p>
<p><b>10 mins</b></p>	<p><b>SUMMARY</b></p> <p>Give participants feedback</p> <p>Group discussion</p> <p>Set targets for next week (e.g.: better projection of voice).</p>
<p style="text-align: center;"><b>PROGRESSION:</b></p> <p>Practise lungeing without side reins, in walk and trot. Carry out basic transitions.</p>	

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

Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk

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

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	2 of 10
<b>Subject</b>	Basic lungeing practise - sending horse out and maintaining control in walk and trot	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two / three quiet horses (depending on size of arena) Safe arena Correct PPE for participants.		

<b>Time</b>	<b>Activity</b>
<b>10 mins</b>	<p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>- Allocate the participants into pairs / threes.</li> <li>- Give them lunge tack for that horse.</li> <li>- Set them the task of tacking up correctly (with side reins correctly attached for practice) in 15 mins.</li> </ul> <p>Aims: To send the horse out correctly on the circle.                      To hold the lunge line and whip correctly                      To maintain control in walk and trot on an 18 m circle                      To perform a number of walk / trot transitions using projection of the voice</p>
<b>70 mins</b>	<p><b>ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- Tack up horses</li> <li>- Lead the horses correctly to the arena</li> <li>- Make sure the arena is divided into two or three safely.</li> </ul> <ol style="list-style-type: none"> <li>1) First person to start - help them send the horse out correctly onto the circle without stepping backwards. Help them with body positioning and use of voice.</li> <li>2) When they have the horse safely established on the circle, help the second participant send their horse onto the circle. It is important that you watch each and help closely so that they do not develop any bad habits in this process.  <b>Emphasise what size the circle should be and why</b></li> <li>3) Each participant to lunge for 5/10 minutes on one rein in walk and trot if confident, practising transitions and maintaining the size of the circle by holding the whip at the shoulder. Swap rein when participants swap e.g. odd numbers lunge on left rein, even on right. Changing the rein will be</li> </ol>

	<p>covered in a later session.</p> <p>4) Other participants to observe, involve them by asking them to observe specific areas such as whip position, lunge line tension, circle size and feedback to each other.</p> <p>At the end of the session, after the horses are put away, give the group the How am I doing? forms to complete</p>
<p><b>10 mins</b></p>	<p><b>SUMMARY</b></p> <p>Give participants feedback</p> <p>Group discussion</p> <p>Set targets for next week</p>
<p style="text-align: center;"><b>PROGRESSION:</b></p> <p>Practise lunging - correct body positioning, maintaining the 'triangle'</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ  
 Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk  
 The British Horse Society is a Registered Charity Nos. 210504 and SC038516

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	3 of 10
<b>Subject</b>	Basic lungeing practise - body positioning	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two / three quiet horses (depending on size of arena) Safe arena Correct PPE for participants.		

<b>Time</b>	<b>Activity</b>
<b>5 mins</b>	<p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>- Allocate the participants into pairs / threes.</li> <li>- Give them lunge tack for that horse.</li> <li>- Set them the task of tacking up correctly (with side reins correctly attached for practice) in 15 mins.</li> </ul> <p>Aims: To practise sending the horse out correctly on the circle                      To develop confidence at lungeing horse in walk and trot                      To demonstrate correct body positioning when lungeing the horse</p>
<b>75 mins</b>	<p><b>ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- Participants to tie up, skip out, quarter horses, pick out feet</li> <li>- Participants to tack up horses for lungeing with help from coach</li> <li>- Lead the horses correctly to the arena</li> <li>- Make sure the arena is divided into two or three safely.</li> <li>- Recap body positioning with all participants</li> <li>- Participant to lunge the horse in walk and trot without side reins.</li> <li>- Other participants to watch and complete a team mate feedback sheet</li> </ul> <ol style="list-style-type: none"> <li>1) First participant to send the horse out onto the lunge and establish a circle <b>(be quick to help with this. Instead of standing still and trying to get the horse to move away, participant can walk the horse in a circle and then it will start to move away from them if they then stand still).</b></li> <li>2) Help the participant with their lunge line contact and holding of the whip - ensure the 'triangle' is formed. Stand behind them and correct their body positioning if necessary. When established help the next participant to start off.</li> <li>3) Participant to perform transitions halt –walk – trot by using voice, body</li> </ol>

	<p>positioning and correct positioning of the whip.</p> <p><b>4) Assist if necessary (coach to walk in and help participant if needed). Stay on one rein with each participant lungeing on a different rein to the previous one e.g. odd right rein, even left (swapping from previous session) Changing the rein is covered in the next session</b></p> <p><b>5)</b> Help the other participants to assess from the side and make comments on the evaluation sheet.</p> <p><b>6)</b> It may be useful to video the participants and then use in a classroom for evaluation if you have the facilities.</p> <p><b>7)</b> Swap over.</p> <p>Participants to give the feedback sheets to their partners.</p>
<p><b>10 mins</b></p>	<p><b>SUMMARY</b></p> <p>Give participants feedback</p> <p>Group discussion</p> <p>Set targets for next week</p>
<p style="text-align: center;"><b>PROGRESSION:</b></p> <p>Practise lungeing - Performing transitions</p>	

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

Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk

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

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	4 of 10
<b>Subject</b>	Basic lungeing practise - changing the rein (1)	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two / three quiet horses (depending on size of arena) Safe arena Correct PPE for participants.		

Time	Activity
<b>10 mins</b>	<p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>- Allocate the participants into pairs / threes.</li> <li>- Give them lunge tack for that horse.</li> <li>- Set them the task of tacking up correctly (with side reins correctly fitted for practice) in 15 mins.</li> </ul> <p>Aims: To change the rein correctly with assistance, maintaining control at all times</p>
<b>70 mins</b>	<p><b>ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- Participants to tie up, skip out, quarter horses, pick out feet</li> <li>- Participants to tack up horses for lungeing with help from coach</li> <li>- Lead the horses correctly to the arena</li> <li>- Make sure the arena is divided into two or three safely.</li> <li>- Recap how to send the horse out on the lunge and basic lunge technique</li> <li>- Demonstrate how to change the rein safely – change lunge line, whip behind back, turning horse away from you. Demonstrate changing from left to right and right to left</li> </ul> <ol style="list-style-type: none"> <li>1. First participant to send the horse out onto the lunge and establish a circle <b>(coach to assist)</b></li> <li>2. Lunge the horse without the side reins in walk and trot on one rein. When established start the next one.</li> <li>3. Practise changing the rein - <b>make sure that each participant does this at different times so that you can help each one. Take time to help them with the halt transition, then how to coil the lunge line towards the horse without allowing the lunge line to touch the floor. Show them how to lead from the other side and turn the horse back to the middle before sending out on the other rein. They will find it harder to send the horse out onto the right rein - they will need help with this.</b></li> </ol>

	<p>Help the other participants to assess from the side.</p> <ol style="list-style-type: none"> <li>4. It may be useful to video the participants and then use in a classroom for evaluation if you have the facilities.</li> <li>5. Swap over.</li> </ol> <p><b>Coach to assist with changing of the rein until participants confident and able to maintain control</b></p>
<b>10 mins</b>	<p><b>SUMMARY</b></p> <p>Give participants feedback</p> <p>Group discussion</p> <p>Set targets for next week</p>
<p><b>PROGRESSION:</b></p> <p>Practise lungeing - changing the rein</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ  
 Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk  
 The British Horse Society is a Registered Charity Nos. 210504 and SC038516

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	5 of 10
<b>Subject</b>	Basic lungeing practise - changing the rein (2)	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two / three quiet horses (depending on size of arena) Safe arena Correct PPE for participants.		

Time	Activity
<b>5 mins</b>	<p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>- Allocate the participants into pairs / threes.</li> <li>- Give them lunge tack for that horse.</li> <li>- Set them the task of tacking up correctly (with side reins correctly attached for practice) in 15 mins.</li> </ul> <p>Aims: To change the rein correctly with assistance, maintaining control at all times</p>
<b>75 mins</b>	<p><b>ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- Participants to tie up, skip out, quarter horses, pick out feet</li> <li>- Participants to tack up horses for lungeing with help from coach</li> <li>- Lead the horses correctly to the arena</li> <li>- Make sure the arena is divided into two or three safely.</li> <li>- Recap how to send the horse out on the lunge and basic lunge technique</li> </ul> <ol style="list-style-type: none"> <li>1) First participant to send the horse out onto the lunge and establish a circle <b>(coach to move between lunge horses and assist if required). Start second when first established or if competent group start at same time.</b></li> <li>2) Lunge the horse without the side reins in walk and trot</li> <li>3) Practise changing the rein – <b>Coach recaps how to do this from previous week and assists if required. Make sure you observe all participants lungeing – give feedback on body position, voice projection, use of line and whip.</b></li> <li>4) Help the other participants to assess from the side. Discuss each horse – is one more difficult than the other? Basic way of going – lean in/fall out, forward/even rhythm?</li> <li>5) It may be useful to video the participants and then use in a classroom for evaluation if you have the facilities.</li> <li>6) Swap over.</li> </ol>

	<p>Participants should be getting more confident with the lungeing process, focus on correcting any issues with body position, use of equipment, voice aids, to prevent those becoming bad habits. You can stand in the centre with the participant to help if required.</p>
<p><b>10 mins</b></p>	<p><b>SUMMARY</b>            Give participants feedback            Group discussion            Set targets for next week</p>
<p style="text-align: center;"><b>PROGRESSION:</b>            Practise lungeing – making smooth changes of rein and transitions</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ  
 Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk  
 The British Horse Society is a Registered Charity Nos. 210504 and SC038516

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	6 of 10
<b>Subject</b>	Basic lungeing practise - transitions	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two / three quiet horses (depending on size of arena) Safe arena Correct PPE for participants.		

<b>Time</b>	<b>Activity</b>
<b>5 mins</b>	<p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>- Allocate the participants into pairs / threes.</li> <li>- Give them lunge tack for that horse.</li> <li>- Set them the task of tacking up correctly (with side reins correctly fitted for practice) in 15 mins.</li> </ul> <p>Aim: To demonstrate correct body positioning and projection of voice when performing downwards and upwards transitions.</p>
<b>75 mins</b>	<p><b>ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- Participants to tie up, skip out, quarter horses, pick out feet</li> <li>- Participants to tack up horses for lungeing with help from coach</li> <li>- Lead the horses correctly to the arena</li> <li>- Make sure the arena is divided into two or three safely.</li> <li>- Recap how to send the horse out on the lunge and basic lunge technique</li> </ul> <ol style="list-style-type: none"> <li>1) Participants to send the horse out onto the lunge and establish a suitable size circle (<b>coach to assist</b>)</li> <li>2) Participants to perform the transitions using voice, body positioning and correct positioning of the whip.</li> <li>3) Encourage the participants to project their voice and use the correct tone for each transition. Some will really struggle with this and will need encouragement and practice. Focus on making smooth transitions with the horse responding. What to do if the horse doesn't respond.</li> <li>4) Involve the other participants by asking questions</li> <li>5) It may be useful to video the participants and then use in a classroom for evaluation if you have the facilities.</li> <li>6) Swap over.</li> </ol> <p><b>Coach to assist where required – focus on body position, use of voice, correct</b></p>

	<b>handling of equipment, participant ability to move horse from one pace to another smoothly and confidently</b>
<b>10 mins</b>	<b>SUMMARY</b> Give participants feedback Group discussion Set targets for next week
<b>PROGRESSION:</b>	
Practise lungeing	

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

Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk

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

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	7 of 10
<b>Subject</b>	Basic lungeing practise - changing the rein and transitions	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Two / three quiet horses (depending on size of arena) Safe arena Correct PPE for participants.		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li>- Allocate the participants into pairs / threes.</li> <li>- Give them lunge tack for that horse.</li> <li>- Set them the task of tacking up correctly (with side reins correctly attached for practice) in 15 mins.</li> </ul> <p>Aims: To maintain control and perform a number of transitions on the lunge                      To demonstrate the ability to walk with the horse to encourage it to go forwards (whilst maintaining a consistent sized circle)</p>
<b>65 mins</b>	<p><b>ACTIVITIES:</b></p> <ul style="list-style-type: none"> <li>- Participants to tie up, skip out, quarter horses, pick out feet</li> <li>- Participants to tack up horses for lungeing with help from coach</li> <li>- Lead the horses correctly to the arena</li> <li>- Make sure the arena is divided into two or three safely.</li> <li>- Recap how to send the horse out on the lunge and basic lunge technique</li> <li>- Other participants to watch and complete a peer evaluation sheet.</li> </ul> <ol style="list-style-type: none"> <li>1) Send the horse out onto the lunge and establish a circle (<b>coach to assist where required</b>)</li> <li>2) During this session develop the participant's ability to be more effective with their lungeing.</li> <li>3) If the horse is quite lazy, teach the participant to walk a circle so that they are closer to the horse and able to send it forward. Spend time showing the participant how to coil the lunge line in efficiently and then walk a consistent sized circle whilst using the whip to encourage the horse forward.</li> <li>4) Explain the importance of walking the same sized circle and the problems</li> </ol>

	<p>that start to occur when the handler starts to move off their own circle (allows horse to fall in / out )</p> <p>5) Transitions: participants to perform a number of transitions on each rein (can set a challenge of one per every one circle)</p> <p><b>Coach - make sure that the voice is loud, and that they project their voice. Demonstrate the different tones to be used (high pitch for upwards, low and deep for downwards).</b></p>
<b>10 mins</b>	<p><b>SUMMARY</b></p> <p>Give participants feedback</p> <p>Group discussion</p> <p>Set targets for next week</p>
<p><b>PROGRESSION:</b></p> <p>Further lungeing practise</p>	

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

Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk

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

<b>Name</b>		<b>Level</b>	Silver
<b>Topic</b>	Lungeing your horse	<b>Lesson</b>	8-10 of 10
<b>Subject</b>	Basic lungeing practise	<b>Location</b>	Arena
<b>Resources &amp; Requirements</b>	Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip) Quiet lunge horses Safe arena Correct PPE for participants.		

<b>Time</b>	<b>Activity</b>
<b>15 mins</b>	<p><b>INTRODUCTION:</b> Share learning aims with participants</p> <p>Allocate one horse for each participant or between pairs for them to tack up and prepare for lungeing</p> <p>Aims: To develop lungeing technique when lungeing quiet horses without side reins in walk and trot for exercise. What do we mean by exercise?</p>
<b>70 mins</b>	<p><b>ACTIVITIES:</b> Over the next three sessions (this is a suggested number it can be more), participants will have the chance to lunge a horse for 25 minutes to develop their lungeing skills and confidence.</p> <ul style="list-style-type: none"> <li>- Participants to lunge one horse each for 25 minutes</li> <li>- Coach to ensure the following;                             <ul style="list-style-type: none"> <li>- Participant are confident tacking up correctly</li> <li>- Participants know how to check the tack correctly</li> <li>- Participants are able to lead the horse correctly from both sides</li> <li>- Participants are able to send the horse out away from them without walking backwards - (it may be easier to walk a circle, change the whip behind their back and then send horse out).</li> <li>- Some participants will struggle to pass the whip behind their back - they will need practise at this.</li> <li>- Ensure that participants are holding the lunge line correctly with two hands, maintaining a taut line at all times. Help them to prevent the horse from falling in - show them where and how to position the whip.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- It may be necessary to stand behind the participant to actually show them how to position themselves throughout the session.</li> <li>- They must hold the lunge line with their thumb on top so there is a straight line from elbow - wrist - line - bit.</li> <li>- Assist with changes of rein</li> <li>- Ensure the participant is using their voice effectively.</li> </ul> <p>This can be repeated as many times as required to give participants sufficient lunge practise to become confident and capable. Ensure each participant lunges a range of horses to gain experience of different types of horses and their challenges.</p>
<b>5 mins</b>	<p><b>SUMMARY</b></p> <p>Give participants feedback Group discussion</p>
<p style="text-align: center;"><b>PROGRESSION:</b></p> <p>Continue to practise until confident and efficient Gold</p>	

The British Horse Society, Abbey Park, Stareton, Kenilworth, Warwickshire CV8 2XZ  
 Tel: 02476 840500 Email: [enquiries@bhs.org.uk](mailto:enquiries@bhs.org.uk) www.bhs.org.uk  
 The British Horse Society is a Registered Charity Nos. 210504 and SC038516