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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 1 of 10 |
| **Subject** | Developing lower legposition | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter. Ensure riders stirrups are at a suitable length. |
| ***60******mins*** | **ACTIVITIES:**Remind riders about the importance of having weight in the heel and a secure lower leg.Ask riders to take light seat and help them to experiment with stirrup length to ensure they have the correct length of stirrup for light seat/jumping. They should be able to keep their seat above the pommel of the saddle. It may not be necessary to shorten the stirrups if the rider rides with short stirrups already.Suggested exercises:1. Work in light seat position in walk, trot and canter and school figures – this can be as a group or independently. Make positional corrections as required – focus on weight to lower leg, shoulders staying up, rider not bringing upper body too far forward, correct use of aids.
2. Work on rider being able to move positions between sitting in saddle, light seat, racing position and standing straight up in the stirrups to help security of lower leg and encourage rider to be confident changing in each pace.
3. To make this more challenging for the rider add in circles or school movements (encourage rider to think about quality of turns in preparation for jumping a course) in trot and canter
4. Challenge your riders to maintain light seat position for a number of laps! Who can last the longest?

Cool down |

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| ***15******mins*** | **SUMMARY**Give feedback to each rider on their light seat position and how they have progressed from when they first started. |
| **PROGRESSION:**Develop confidence over ground poles and single fences |

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 2 of 10 |
| **Subject** | Working over polesin trot and canter | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter, check stirrup length suitable. Riders to ride independently focus on control of the horse in trot and canter. This can include transitions at markers, school figures, moving the horse between cones or wings. Recap how to ride good turns and corners and what makes a goodtransition. |
| ***60******mins*** | **ACTIVITIES:**Discuss why it is important to have good control of the horse on the flat before going over poles or jumps.1. Place single pole on a straight line – riders to approach in trot rising and allow hands forward over the pole and shoulders to move slightly forward. Focus on rider keeping horse at the same speed(rhythm) before/over and after the pole.
2. Repeat exercise in canter – rider to make turn in canter towards the pole, feel and move into light seat position over the pole and sit up and ride a getaway after the pole. Put jump wings at the ends of the poles to simulate a ‘jump’
3. Rider counts canter strides to start to get a feeling of where the horse is going to go over the pole
4. Progress onto a line of 3 – 5 poles, rider to focus on looking up and allowing with hands (can hold neck strap) and keep their balance. Start with rising trot and then progress to light seat.
5. Progress onto a line of 3-5 canter poles – this will give the rider the feeling of several ‘rounder’ canter strides close together and how to keep their balance. Riders in light seat over the poles, hold neckstrap to help with balance

Cool down |
| ***15*** | **SUMMARY**Give riders individual feedback include their position over the poles and their |

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| ***mins*** | ability to control the horse through turns before and after the pole. |
| **PROGRESSION:**Progress onto single fences in trot |

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 3 of 10 |
| **Subject** | Working over poles with turns andchanges of rein | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter, check stirrup length suitable Recap/remind riders how to ride approaches/getaways/turns and corners. Recap on how they rode the course of poles at Silver in trot. |
| ***60******mins*** | **ACTIVITIES:**Riders to ride independently in walk, trot and canter, include some work on position and lower leg securitySuggested exercises:1. Start with single pole on long side of arena – ride in canter, make a good turn, keep the rhythm over the pole, rider can lighten seat over pole, riding away in straight line then riding a turn.
2. Place a line of trot poles over X, riders to turn up centre line and change the rein each time.
3. Place a pole lengthways on the centre line, riders make a canter half circle over the pole. Increase the difficulty by asking riders to canter as they leave the track -requires accurate transition and control form the rider.
4. Set up simple course of poles to include a change of rein. Discuss how to ride the change of direction in canter, where to trot and change canter

lead. |

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|  | e) Place a single pole on the centre line over ‘D’ and a pole on the track on each long side before the corner markers. Riders turn down centre line at A over the pole, just before X ride a diagonal line to the track over the pole on the track, go large over the second pole on the opposite side and turn diagonally toward X, up the centre line and over the first pole in the opposite direction.Cool down |
| ***15******mins*** | **SUMMARY**The importance of using cornersAny issues or questions raised within the session |
| **PROGRESSION:**Progress onto single fences with placing pole |

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 4 of 10 |
| **Subject** | Jumping single fence | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter, focus on riders keeping pace active, rider confidence and control of the horse. Check. Include work in a light seat. |
| ***60******mins*** | **ACTIVITIES:**Talk through each phase of the jump and what the rider should be doing. Include poles on the floor as part of the warm up – poles on long side of arena, riders to trot over them focusing on turns and keeping trot active.Place single pole on ground, ask riders to trot over it focusing on turns before and after, straightness over the pole and keeping the horse forward throughout. Can progress to 3 trot poles. Use cones/blocks in corners to help riders with turns Build poles to a cross pole with trot placing pole in front.Explain to riders the use of the placing pole and a trot approach, why use a cross pole, where to aim, what to do if the horse canters before the poleIndividually (halt ride off track) riders to approach in trot, encourage riders to use leg, hold neck strap and look up as they get to the pole. Riders trot away after the jump.Be aware of rider confidence throughout and alter the height of the fence as appropriate.Suggested exercises:Line of trot poles before cross poleRiders ask for canter over the fence and canter a getawayRiders canter circle after the fence return to trot and jump the fence again Be aware of rider confidence throughout – the cross pole can be built into an upright.Be aware of riders: not riding forward, using reins to balance, standing up over jump instead of folding, bringing upper body too far forward, looking down, cutting corners, not sitting up after the fence. |

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|  | Riders to jump the fence on each rein. Emphasize the importance of maintaining control and keeping the trot forward to the pole.Cool down |
| ***15******mins*** | **SUMMARY**Discuss how riders felt about jumping, give feedback to each rider about their position and what they need to work on. |
| **PROGRESSION:**Progress onto upright and spread fences |

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 5 of 10 |
| **Subject** | Working over grid oftwo fences | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter, check stirrup length suitable, work in light seatFocus on controlling horse in canter through turns and circlesRe-cap on the phases of the jump and what the rider should be doing in each, the use of trot placing poleDiscuss use of grids and how they help rider to feel where the horse takes off, setup distance so rider doesn’t have to worry. |
| ***60******mins*** | **ACTIVITIES:**Use poles on the floor as part of the warm up – poles and wings on long side of arena, riders to trot and canter over them focusing on turns and active pace.Build poles to a cross pole with placing pole in front.Encourage riders to land in canter – how to deal with an incorrect lead, count canter strides after the fence, help to understand when to fold for second fence Individually (halt ride off track) riders to approach in trot, encourage riders to hold neck strap as they get to the poleAdd a second upright fence one or two strides after the first (build height and distance suitable for your horses and rider confidence)Discuss sitting up after first fence ready for second.Be aware of riders: not riding forward, using reins to balance, standing up over jump instead of folding, bringing upper body too far forward, looking down, cutting corners, not sitting up quickly enough after the first fence.Cool down |
| ***15******mins*** | **SUMMARY**feedback to riders about their position over each fence and in between fences |

**PROGRESSION:**

Progress onto two upright fences

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 6 of 10 |
| **Subject** | Working over grid ofthree fences | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter, check stirrup length suitable, work in light seatFocus on controlling horse in canter through turns and circlesRe-cap on the use of grids |
| ***60******mins*** | **ACTIVITIES:**Build a cross pole or an upright fence with placing pole in front for trot approach Encourage riders to land in canter and ride forwards, making good turns after the fence, make positional corrections as requiredWhen ready add second upright fence one or two strides after the first (build height and distance suitable for your horses and rider confidence)Add a third fence one or two strides after the second (build height and distance suitable for your horses and rider confidence)Use poles to create tunnels to help with straightnessFences can be uprights or cross poles depending on your riders and horses.Be aware of riders: not riding forward, drifting in between fences, using reins to balance, standing up over jump instead of folding, bringing upper body too far forward, looking down, get behind or ahead of the movementCool down |
| ***15******mins*** | **SUMMARY**Importance of riding forward after the fences Position over each fence and in between fences |
| **PROGRESSION:**Progress onto spread fences |

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 7 of 10 |
| **Subject** | Related distance | **Location** | Arena |
| **Resources &****Requirements** | Cones/blocks, poles, wings |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:WelcomeWarm up - Warm up walk, trot and canterWork in light seat position to encourage secure lower legInclude quick transitions (progressive and within the pace) to encourage riders and horses to be thinking forward and reactive to the leg. |
| ***60******mins*** | **ACTIVITIES:**Place two poles 3-5 strides apart and help riders to count the strides between them in canterConcentrate on quality of turns and helping rider to keep canter active throughout Build the first fence (cross pole to help draw riders to the centre of the fence) Riders to approach in canter, ideally to get the same number of strides between the jump and the pole. Encourage rider to land and ride forward after first fence Build second fence – idea is for rider to arrive at second fence on a good take off platformRider has more time between fencesUse poles between fences to help with straightnessDiscuss what to do if horse changes lead over first fence, encourage riders to aim at a fixed object in distance to help them stay straight and not to look down in between fencesCool down |
| ***15******mins*** | **SUMMARY**Importance of riding forward after the fences Position over each fence and in between fences |



**PROGRESSION:**

Include spread fences, uprights and cross poles

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 8 of 10 |
| **Subject** | Developing thecanter | **Location** | Arena |
| **Resources &****Requirements** |  |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canterRe-cap on previous work specific to canter and how to ride good corners and turns. |
| ***60******mins*** | **ACTIVITIES:**Start to focus on the response of the horse to the canter aid – encourage rider to think about what makes a good transition and to ride positivelyPlay around with the canter – how to move the horse on and bring him back within the canter. Move horse forward on a long side and bring them back around the short sides. Help rider to feel the difference. Find the canter in the middle that can be moved on and brought back.This can be ridden in a light seat (be aware the riders shoulders don’t come too far forward when moving the horse on)Help rider to keep the canter quality and energy around corners and turns. Cool down |
| ***15******mins*** | **SUMMARY**Recap the differences between the canters, importance of keeping position when moving to a longer or shorter stride |
| **PROGRESSION:**Include work between poles and over fences |

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**Session Plan for:** Riding Jump

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 9 of 10 |
| **Subject** | Riding a course of 3-4 fences | **Location** | Arena |
| **Resources &****Requirements** |  |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canterPlace the poles on the floor between wings (simple figure eight or similar) |
| ***60******mins*** | **ACTIVITIES:**Start by discussing the course with your riders and what lines they are going to take over the fencesIndividually riders can trot over the course of poles to practice their lines Repeat in canter and discuss how to change the canter lead. Ensure riders use turns and corners.Build the fences and practice jumping them individually before starting to link several together. Focus should be on the canter and rider position. How to change the canter lead smoothly.Use cones or poles to help riders keep straight after the fences Cool down |
| ***15******mins*** | **SUMMARY**Discuss any difficulties, quality of the lines ridden, why important to keep the canter forward |
| **PROGRESSION:**Practice linking fences together in simple courses |

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| **Name** |  | **Level** | Gold |
| **Topic** | Jumping | **Lesson** | 10 of 10 |
| **Subject** | Riding a course of 3-4 fences | **Location** | Arena |
| **Resources &****Requirements** |  |

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| **Time** | **Activity** |
| ***15******mins*** | **INTRODUCTION**:Warm up - Warm up walk, trot and canter |
| ***60******mins*** | **ACTIVITIES:**Recap on lesson on developing canter work and using corners and turns Build course of unrelated fencesWork over single fences encouraging rider to focus on the rhythm of the canter and the quality of turns onto and away from the fence.Build a fence on each diagonal line and using poles or cones to encourage riders to ride into the corners and stay straight. Riders to ride a figure of eight shape with a change of lead through trot before the corners. Encourage riders to use the corners and short sides and think about canter stride (link back to the moving on and bringing back of the canter stride for riders to start to recognise energy required to jump a fence)Add a fence on each long side to increase the challenge!Build heights and fences suitable for your riders use a combination of cross poles, uprights and spreadsCool down |
| ***15******mins*** | **SUMMARY**Discuss any difficulties, quality of the lines ridden, why important to keep the canter forward |
| **PROGRESSION:**Practice linking fences together in various simple courses |

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