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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 1 of 9 |
| **Subject** | Tacking up and LungeDemonstration | **Location** | Arena |
| **Resources & Requirements** | Lunge tack (brushing boots, roller / GP saddle, breast girth, side reins, skeleton bridle, cavesson, lunge line, lunge whip)One lunge horse (depending on size of arena) Safe arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 10mins | **INTRODUCTION**Recap correct tacking up procedure including skipping out, grooming etc Aims: To explain the use of side reinsTo fit and measure the correct length of side reinsTo exercise the horse on the lunge with and without side reins in walk andtrot. |
| 60mins | **ACTIVITY**Coach to **demonstrate** the following:1. Discuss and show different types of side reins if possible
2. Correct tacking up procedure in the stable
3. Fitting the side reins correctly and checking length - a fist away from the bit. Stand in front of the horse and pull the side reins together under the horse’s neck. This will determine if the side reins are the same length. **Explain the use of side reins, how to attach them correctly to the girth on saddle or roller. Discuss the dangers of fitting the side reins too tight, but also too loose and low.**
4. Lead the horse to the arena, check arena for safety, check tack.
5. Lunge horse for 5/10minutes – warm up in walk and trot on both reins without side reins.
6. Lunge horse with side reins for 10/15 mins and demonstrate correct lungeing technique, incorporating a number of transitions and changes of rein. This will be useful as a recap for your participants. **Throughout the demonstration, explain what you are looking for to check that the horse is working actively - tail lifted, back swinging, tracking up, salivating on bit, stretching into the side reins. Discuss the desired ‘frame’ of the horse with nose on / in front of the vertical. Explain how it is the lunger’s**

**responsibility to try to maintain a consistent rhythm and size circle,** |

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|  | **reiterate body positioning, lunge line control and use of voice.**7) Cool the horse down by un- clipping the side reins and lungeing him in walk allowing him to stretch. Discuss reasons why.At this level, the participants should be more confident with lunge line control and therefore will be able to focus more on keeping the horse forward and their own lungeing technique. |
| 10mins | **SUMMARY**Any questions - discuss what the aims of the next session will be. |
| **PROGRESSION:**Fitting side reins correctly Lungeing correctly with side reins |

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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 2 of 9 |
| **Subject** | Fitting and lungeingin side reins. | **Location** | Arena |
| **Resources & Requirements** | 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 arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 15mins | **INTRODUCTION*** Allocate the participants into pairs / threes.
* Give them lunge tack for that horse.
* Set them the task of tacking up correctly to include fitting the side reins in 15 mins.

Aims: To fit side reins correctlyTo lunge horse with side reins in walk and trot safely. |
| 70mins | **ACTIVITY*** Participants to tie up, skip out, quick groom of horses, pick out feet
* Participants to tack up horses for lungeing with help from coach
* Participants to attach side reins and measure length correctly. They then need to check they are the same length.
* Lead the horses correctly to the arena
* Make sure the arena is divided into two or three safely
* Recap how to check equipment, send the horse out on the lunge and basic lunge technique

**Start each participant at intervals so you can assist each one**1. First participant to send the horse out onto the lunge and establish a circle

**(coach to assist)**1. Warm the horse up on the lunge without the side reins in walk and trot on both reins (5/10 mins)
2. Help participant to attach side reins and work the horse in walk and trot.

**Make sure you check length is correct**1. Help to change the rein – ensure turns are big enough
2. All participants to practise this technique by swapping over.
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|  | 1. Explain the benefits of using the side reins relating to the correct way of going.
2. Cool horses down without side reins (5 mins)

**While lungeing is taking place engage other group members by discussing side rein length and encourage them to think about how the horse is going e.g. tracking up, forwardness** |
| 10mins | **SUMMARY**Give participants feedback Group discussion |
| **PROGRESSION:**Practise lungeing - spiralling in / out |

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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 3 of 9 |
| **Subject** | Fitting and lungeingin side reins. | **Location** | Arena |
| **Resources & Requirements** | 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 arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 15mins | **INTRODUCTION*** Allocate the participants into pairs / threes.
* Give them lunge tack for that horse.
* Set them the task of tacking up correctly to include fitting the side reins in 15 mins.

Aims: To fit side reins correctlyTo lunge horse with side reins in walk and trot safely. |
| 65mins | **ACTIVITY*** Participants to tie up, skip out, quarter horses, pick out feet
* Participants to tack up horses for lungeing with help from coach
* Participants to attach side reins and measure length correctly. They then need to check they are the same length.
* Lead the horses correctly to the arena
* Make sure the arena is divided into two or three safely
* Recap how to check equipment, send the horse out on the lunge and basic lunge technique

**Start each participant at intervals so you can assist each one**1. First participant to send the horse out onto the lunge and establish a circle

**(coach to assist)**1. Warm the horse up on the lunge without the side reins in walk and trot (5/10 mins)
2. Help to attach the side reins and work the horse in walk and trot **Check length**
3. Help to change the rein – ensure turns are big enough
4. All participants to practise this technique by swapping over.
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|  | 1. Cool horses down without side reins (5 mins)
2. Discuss if they thought horse working actively and what signs to look for as discussed in Gold Lunge 1.

**While lungeing is taking place engage other group members by discussing side rein length and encourage them to think about how the horse is going e.g. tracking up, forwardness** |
| 10mins | **SUMMARY**Give participants feedback Group discussionSet targets for next week |
| **PROGRESSION:**Practise lungeing - spiralling in / out |

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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 4 of 9 |
| **Subject** | Fitting and lungeingin side reins. | **Location** | Arena |
| **Resources & Requirements** | 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 arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 15mins | **INTRODUCTION*** Allocate the participants into pairs / threes.
* Give them lunge tack for that horse.
* Set them the task of tacking up correctly to include fitting the side reins in 15 mins.

Aims: To fit side reins correctlyTo lunge horse with side reins in walk and trot safely. |
| 65mins | **ACTIVITY*** Participants to tie up, skip out, quarter horses, pick out feet
* Participants to tack up horses for lungeing with help from coach
* Participants to attach side reins and measure length correctly. They then need to check they are the same length.
* Lead the horses correctly to the arena
* Make sure the arena is divided into two or three safely
* Recap how to check equipment, send the horse out on the lunge and basic lunge technique

**Start each participant at intervals so you can assist each one**1. First participant to send the horse out onto the lunge and establish a circle

**(coach to assist)**1. Warm the horse up on the lunge without the side reins in walk and trot (5/10 mins)
2. Attach side reins and work the horse in walk and trot
3. Help to change the rein – ensure turns are big enough
4. All participants to practise this technique by swapping over.
5. Explain the benefits of using the side reins relating to the correct way of
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|  | going.1. Cool horses down without side reins (5 mins)
2. Discussion on how participant felt they lunged, how horse went

**While lungeing is taking place engage other group members by discussing side rein length and encourage them to think about how the horse is going e.g. tracking up, forwardness** |
| 10mins | **SUMMARY**Give participants feedback Group discussionSet targets for next week |
| **PROGRESSION:**Practise lungeing - spiralling in / out |

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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 5 of 9 |
| **Subject** | Transitions | **Location** | Arena |
| **Resources & Requirements** | 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 arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 15mins | **INTRODUCTION**Allocate the participants into pairs/threes Give lunge tack for that horseSet them to tack up correctly to include fitting the side reins in 15minsAim:To demonstrate correct downwards and upwards transitions between walk and trot. |
| 75mins | **ACTIVITY*** Participants to tie up, skip out, quarter horses, pick out feet
* Participants to tack up horses for lungeing with help from coach
* Lead the horses correctly to the arena
* Make sure the arena is divided into two or three safely.
1. First participant to send the horse out onto the lunge and establish a suitable size circle **(coach to assist)**
2. Lunge the horse to warm up without the side reins in walk and trot
3. Participants to perform the transitions using voice, body positioning and correct positioning of the whip.
4. Encourage the participants to project their voice and use the correct tone for each transition.
5. Put on side reins and continue to perform transitions.
6. Help the other participants to assess how the horse is going from the side
7. It may be useful to video the participants and then use in a classroom for evaluation if you have the facilities. These can be reviewed in the next session – action points for each participant. Then this session repeated.
8. Swap over.
9. Cool horse down.
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| 10mins | **SUMMARY**Give participants feedback Group discussionSet targets for next week |
| **PROGRESSION:**View videos and feedback to each participant Practise transitions |

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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 6 of 9 |
| **Subject** | Basic lungeing practise - spiralling in/ out | **Location** | Arena |
| **Resources & Requirements** | 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 arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 15mins | **INTRODUCTION*** Allocate the participants into pairs / threes.
* Give them lunge tack for that horse.
* Set them the task of tacking up correctly (with side reins correctly fitted for practice) in 15 mins.

Aim: To spiral the horse in and out on the circle maintaining control at all times To explain the benefits of this technique. |
| 65mins | **ACTIVITY*** Participants to tie up, skip out, quarter horses, pick out feet
* Participants to tack up horses for lungeing with help from coach
* Lead the horses correctly to the arena
* Make sure the arena is divided into two or three safely.
1. First participant to send the horse out onto the lunge and establish a suitable sized circle
2. Warm the horse up on the lunge without the side reins in walk and trot
3. Attach side reins - coach to assist and check that they are correct length.
4. Coach to demonstrate with each participant how to spiral the horse in on a smaller circle by coiling the lunge line neatly and keeping the whip held towards the horse’s shoulder, and then to send horse back out onto the 18m circle.
5. Participants to practice this technique.
6. Discuss the benefits of this exercise from both a handling and training perspective. Explain the potential problems and how to avoid.
7. Cool the horse down - allow horse to stretch without the side reins down
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|  | on the lunge. |
| 5 mins | **SUMMARY**Give participants feedback Group discussionSet targets for next week |
| **PROGRESSION:**Practise lungeing |

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| **Name** |  | **Level** | Gold |
| **Topic** | Lungeing your horse | **Lesson** | 7-9 of 9 |
| **Subject** | Lungeing practise | **Location** | Arena |
| **Resources & Requirements** | 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 arenaCorrect PPE for participants. |

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| **Time** | **Activity** |
| 15mins | **INTRODUCTION*** Allocate the participants into pairs / threes.
* Give them lunge tack for that horse.
* Set them the task of tacking up correctly (with side reins correctly fitted for practice) in 15 mins.

Aim: To develop confidence and ability at lungeing the horse with side reins for exercise.This session can be repeated as many times as required to allow participants to become competent and confident with their lungeing skills |
| 65mins | **ACTIVITY*** Participants to tie up, skip out, quarter horses, pick out feet
* Participants to tack up horses for lungeing with help from coach
* Lead the horses correctly to the arena
* Make sure the arena is divided into two or three safely.

Participants to practise lungeing different horses each week. Make sure that each person is competent at fitting the side reins correctly.In each session coach to focus on the following:* Fitting the tack correctly (make sure that each person is able to do this)
* Sending the horse out correctly on the lunge
* Body positioning - not getting in front of the horse and being effective if the horse is lazy / fresh.
* Voice projection
* Lunge line control
* Ability to be effective and maintain control at all times.
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|  | - Side reins are suitable length |
| 5 mins | **SUMMARY**Give participants feedback Group discussion |
| **PROGRESSION:**Continue to practise until confident and competent with lungeing technique |

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