**Session Plan for: Riding Jump**

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| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 1 |
| Subject | Walking distances | Location | Arena |
| Resources & Requirements | Poles, wings, blocks, cones, measuring tape, table of distances from either Complete Horsemanship Vol 2 pg 311 or Volume 3 pg 295 | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Discuss why we stride out distances and how this can help you when building fences and jumping a course. Stress the safety element of building appropriate distances for your horse or pony, dangers of building distance too long or too short |
| *50 mins* | **ACTIVITIES:**   * In arena ask group to stride out what they think is a one non-jumping stride distance * Measure distances with a measuring tape and see who was most accurate * Measure the length of a normal walking stride for each of the group and then adapt to measure 1 yard/3 feet/0.91m * Discuss take-off and landing strides * Practice walking a variety of distances suitable for the horses or ponies ridden by the group * Discuss how the different factors will affect the distance: type of fence, ground conditions, competition distances verses schooling distances, speed of approach, size of horse/pony, etc * Discuss how to build show jumps – ground lines, safety cups on back rails, types of fences |
| *10 mins* | SUMMARY  Recap on suitable distances for horses/ponies ridden by the group |
| PROGRESSION  Riders to walk distances between fences or build jumps with coach guidance | |

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**Session Plan for: Riding Jump**

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 2 |
| Subject | Simple grid work | Location | Arena |
| Resources & Requirements | Poles, wings, blocks, cones | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Warm up – walk, trot and canter, check stirrup length suitable, work in light seat  Focus on controlling horse in canter through turns and circles  Discuss the use of grid work – help to improve rider feel and balance, judge where horse is going to take off, distance is set up so rider doesn’t have to think about adjusting stride, confidence for horse and rider. Riders can walk the distance and help to build fences |
| *50 mins* | **ACTIVITIES:**   1. Stride out a simple grid of three fences appropriate for the horses and riders in the session 2. Work over the poles in walk, trot and canter, focussing on the turns before and after, straightness over the poles 3. Approach in trot with placing pole to cross pole or canter as appropriate 4. Make positional corrections, encourage riders to land in canter after the fence 5. Add second fence (build height and distance suitable for your horses/riders) 6. Focus on riders sitting up after first fence, approaching with enough energy, lines after the fence 7. Add third fence at suitable height and distance– focus on rider position and balance, evenness of stride between fences 8. Encourage riders to continue riding forward after the final fence and make a balanced turn and downwards transition 9. Alter height and type of fences as confidence allows 10. Cool down   Be aware of: rider over folding, not sitting up after fence, looking down, standing up instead of folding, using reins for balance, not riding away after the final element, rider/horse confidence, not riding positively to first fence |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Use a variety of grids to continue to improve position and confidence over a fence | |

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**Session Plan for: Riding Jump**

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| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 3 |
| Subject | Pole work | Location | Arena |
| Resources & Requirements | Poles | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Warm up – walk, trot and canter |
| *50 mins* | **ACTIVITIES:**   1. Explain the benefits of pole work to horses and riders 2. Discuss how straightness can affect the quality of jump 3. Ask riders to focus on straightness of horse as they warm up   There are lots of pole work variations some suggestions are given below:   1. Place a line of trotting poles on long side or on centre line 2. Ask riders to trot down them on both reins focussing on how straight their horse stays over them 3. Place the poles at a slight angle to each other, creates a bit of an optical illusion making it harder for the rider to stay straight 4. Move the poles out so the rider has to ride over the ends rather than the centre, this tests rider accuracy as if the horse drifts he will miss the pole 5. Add more poles on the ground to act as guide rails 6. Place 5 trotting poles on the centre line, leave a gap of 3-4 strides and place 5 more trotting poles. Ask riders to trot over them and change the rein each time. If the rider doesn’t keep the horse straight between the two sets of poles, they will meet the second set off centre. 7. Depending on your horse and rider combinations you can do these exercises with raised trotting poles 8. Cool down |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Use a variety of pole work exercises to continue to improve awareness of straightness | |

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**Session Plan for: Riding Jump**

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| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 4 |
| Subject | Simple grid work | Location | Arena |
| Resources & Requirements | Poles, wings, blocks, cones | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Warm up – walk, trot and canter, focussing on straightness of horse and rider  Discuss the use of grid work to help with straightness. Riders help to build jumps and walk distances |
| *50 mins* | **ACTIVITIES:**   1. Stride out a simple grid 2. Ask riders to think about straightness on the approach to the first fence and discuss how this can affect the jump over the first fence 3. Discuss what could happen if the horse drifts through the grid   Suggestions:   * Use poles or cones on the approach and getaway to encourage riders to stay straight * Set up a line of cross poles to help riders focus and jump the centre of the fence * Place poles on the ground between fences as guide rails * Encourage rider to focus on fixed spot at end of the arena and concentrate on riding straight towards it * Place cone/block at end of arena for riders to turn around   Be aware of: rider over folding, not sitting up after fence, looking down, standing up over jump instead of folding, using reins for balance, not riding forward after the final element, rider/horse confidence, not riding positively to the first fence |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Use a variety of grids to continue to improve position and confidence over a fence | |

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**Session Plan for: Riding Jump**

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 5 |
| Subject | Canter strides /related distance | Location | Arena |
| Resources & Requirements | Poles, wings | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Warm up – walk, trot and canter, focussing on canter  Discuss what a related distance is |
| *50 mins* | **ACTIVITIES:**   1. Stride out a suitable distance for a grid of three fences 2. Progressively work through grid focussing on the canter strides between fences 3. Remove the middle fence and recheck distance to ensure even strides, rider to focus on keeping canter strides even (related distance) 4. Rider should start to be aware of take-off from over the second element 5. Add a single fence on the next long side or across the diagonal, focus on maintaining balanced even canter strides between fences 6. Compare any differences between left and right rein canter 7. Cool down   Exercise suggestions:   * Repeat this exercise using different distances between fences * Build a grid down one long side and a related distance down the other. Use the grid to set up the canter for the related. Build up to related distances down both sides   Be aware of: rider over folding, not sitting up after fence, looking down, standing up instead of folding, using reins for balance, not riding forward after the final element, rider/horse confidence, not riding positively to the first fence |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Use a variety of grids and related fences to continue to improve awareness of canter and evenness of striding | |

**Session Plan for: Riding Jump**

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| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 6 |
| Subject | Canter leads | Location | Arena |
| Resources & Requirements | Poles, wings | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Warm up – focus on canter work, ensuring riders can identify which lead they are on and why this is important for jumping |
| *50 mins* | **ACTIVITIES:**   1. Practice over a single fence – could approach in trot and land in canter. Turn left or right depending on lead. 2. Discuss how you can influence the canter lead 3. Practice trying to land on named lead 4. Discuss what to do if land on incorrect lead 5. Place a pole on the centre line with jump wings either side. Start by trotting over the pole changing the rein each time. Focus on smooth turns, good lines and maintaining rhythm. Rider looking and using clear aids for change of direction 6. Build a small fence and canter over it making a change of rein each time. After a few repetitions the horse should start to anticipate the change of direction/canter lead 7. Build two more fences one on each diagonal, once the horse has landed continue large and make a turn to the next fence   Suggested exercises:   1. Place two fences on the centre line with 4-5 canter strides between them. Place two fences on either side of the second fence on a slight diagonal line. The rider has the option of riding straight down the middle or turning to a fence on either side depending on the canter lead. There are lots of variations you can use with this set up 2. Set up three fences in a Y shape. There are lots of variations with changes of rein and circles you can use with this set up 3. Set up a single fence on the centre line, jump it at a slight angle and continue in a figure of eight shape   Be aware of: riders leaning to side either to look for leading leg or trying to turn in air, rider not keeping horse straight after the fence |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Use a variety of grids to continue to improve awareness of canter and evenness of striding | |

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**Session Plan for: Riding Jump**

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| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 7 |
| Subject | Dog Legs | Location | Arena |
| Resources & Requirements | Poles, wings | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Discuss what a dog leg is |
| *50 mins* | **ACTIVITIES:**   1. Using poles on the floor demonstrate how to walk the distance 2. Discuss how to ride a dog leg, the turn, even strides, canter leads 3. Riders practice over poles on the floor in trot and canter, focus on turns, even strides, riding away after the fence 4. Use poles or block/cones as guide to help riders with the turn and the lines 5. Build the first pole into a fence 6. Gradually add in the second 7. Ensure rider ride away from the second fence and make balanced turn 8. Once riders are confident add in a third fence   Exercise suggestions:   * Build two fences on a related distance in a straight line. Once riders are confident at the distance between, angle the second part to create a dog leg. * Build fence on centre line and two on each diagonal line 4-5 strides away. Riders can practice dog leg to right and left. Which turn do they find easier? * Extend the exercise above to include fences before and after the dog leg * Build a grid on the long side to help set up the canter, continue round the short side and build a dog leg on the next long side. |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Ride a course of fences with a dog leg combination included | |

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**Session Plan for: Riding Jump**

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Jump | Lesson | 8 |
| Subject | Lines and turns | Location | Arena |
| Resources & Requirements | Poles, wings | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Warm up horses and riders |
| *50 mins* | **ACTIVITIES:** Exercise suggestions:  **Zigzag:**  Set up a line of 4 -6 poles on the centre line at right angles to each other  In walk and trot ride over the first pole to change the rein, continue large and back across the opposite diagonal over the second. Repeat this moving down the poles. When riders able to do this comfortably, add a circle in after the first pole to take you back to the second, repeat this to the next pole. Make wide turns to begin with and then decrease the size to increase the challenge. Build the poles into small fences and repeat the exercises  **Bending lines:**  Place two poles just off the track at either end of a shallow loop. Practice smooth turns to and between the fences. Can build into fences and add in change of lead over the fences if rider and horse established enough.  **Figure of eight:**  Place pole on E-B line. Ride a 20m circle going over the centre of the pole each time. Once you can do this consistently on each rein practice changing the rein over the pole. Add a pole at A and C, practice circling over the two poles on each rein and as a figure of eight. Build the centre pole into a small fence, add fences at A and C. Aim to keep canter rhythm around the circles, can count the number of strides between each pole, change of canter lead over middle fence.  To increase the difficulty, add a canter pole in front and behind the fence in the centre. Add a pole/fence at each tangent point on the circles. |
| *10 mins* | SUMMARY  Feedback to riders |
| PROGRESSION  Use a variety of pole work and jumping exercises to improve rider ability | |

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