**Session Plan for:** Handling your horse

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 1 |
| Subject | Methods of restraint | Location |  |
| Resources & Requirements | Suitable horses, variety of methods of restraint, Complete Horsemanship volume 3 chpt 2 | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Discuss what is meant by method of restraint 2. Discuss situations where you may need to use something other than a headcoller 3. Discuss the methods available and their use 4. Demonstrate how to fit and use each method 5. Participants practice fitting under supervision |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Research methods of restraint |

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 2 |
| Subject | Methods of restraint | Location |  |
| Resources & Requirements | Suitable horses, variety of methods of restraint, Horsemanship volume 3 chpt 2 | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Recap on methods of restraint from previous session 2. Split the group into pairs/smaller group. Ask them to list them mildest to strongest in their groups 3. Give some scenarios and ask them to select methods they think might be appropriate to use and write down reasons why 4. Whole group discuss the answers 5. Recap on how to hold a horse for treatment 6. Discuss the use of sedation 7. Discuss and demonstrate how to hold front leg up 8. Participants to practice fitting methods of restraint 9. Participants to practice (in pairs or threes) holding up front leg |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Observe horse being sedated by a vet  Assist in holding a horse for treatment or procedure such as clipping |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 3 |
| Subject | Bits | Location | Tackroom |
| Resources & Requirements | Variety of bits, Complete Horsemanship vol 3 manual chpt 10, headpieces/bridles, suitable horses, | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content   * A bit is only as mild as the hands at the end of the reins |
| *60*  *mins* | **ACTIVITIES:**  In the tackroom:   1. Discuss why bits are used 2. Ask the group if they can name any types of bit 3. Ask if the group can name the families of bits 4. Show examples of bits in each family and discuss the features and action of each 5. Compare types of mouthpiece, types of bit rings etc 6. Demonstrate the action of a selection of bits 7. Discuss how to check the fit and make sure the bit is the correct way round 8. Group to practice identifying and fitting bits |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Names of bits and their actions |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 4 |
| Subject | Bits | Location | Tackroom and yard |
| Resources & Requirements | Variety of bits, Complete Horsemanship Vol 3 chapter 10, headpieces/bridles, suitable horses, British dressage rule book or access to website (or rule book for your discipline) | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  In the tackroom:   1. Ask each participant to choose a bit and talk about it 2. Recap on the various bit actions 3. Split the group into pairs or small groups.   Ask them to sort a variety of bits into various groups such as:   * Types of mouthpiece * Mildest to most severe * Action * Families  1. Join together to discuss answers 2. Discuss discipline specific tack rules and which bits are legal for certain disciplines 3. Using British Dressage rule book (or rule book specific to your discipline) or website –identify legal and non-legal bits 4. Practice fitting bits and bitless bridles |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Names of bits and their actions |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 5 |
| Subject | Schooling bandages | Location | Tackroom and yard |
| Resources & Requirements | Selection of schooling bandages and padding, Complete Horsemanship manual Vol 3, suitable horses | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Discuss the use of bandages and boots 2. Discuss why might use schooling bandages instead of boots 3. Demonstrate how to roll up a set of bandages 4. Demonstrate how to put on a set of schooling bandages without padding 5. Group to practice applying and rolling schooling bandages 6. Discuss the use of padding under the bandage 7. Demonstrate how to put a schooling bandage on with padding 8. Group to practice applying on a set of schooling bandages with padding underneath 9. Group to practice applying schooling bandages with and without padding |
| *10 mins* | SUMMARY  Group discussion  Questions  This session can be repeated as necessary for group to gain practice and confidence |
|  | Progression  Practice applying schooling and exercise bandages |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 6 |
| Subject | Leg protection | Location | Tackroom and yard |
| Resources & Requirements | Selection of schooling bandages and padding, tendon, fetlock, cross country type boots, over reach boots, any other types of boots used regularly at the yard, Complete Horsemanship Vol 3 chpt 10, suitable horses | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Recap on how to apply schooling bandages 2. Group to practice applying set of schooling bandages with and/or without padding 3. Discuss use of tendon, fetlock and cross country boots 4. Demonstrate how to identify each, their features and how to fit them 5. Group to practice fitting variety of boots |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Practice fitting a variety of boots and bandages |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 7 |
| Subject | Studs and leg protection | Location | Tackroom and yard |
| Resources & Requirements | Selection of schooling bandages and padding, tendon, fetlock, cross country type boots, Complete Horsemanship Vol 3, suitable horses, selection of studs and stud kit, shoe with stud hole | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Ask participants what they know about the use of studs 2. Discuss the different types of studs and when to use them 3. Demonstrate how to clean a stud hole and put in a stud (either with a horse shod with stud holes or on an old shoe with stud holes) 4. Demonstrate how to pick up and hold the horse’s leg 5. Participants to practice putting studs in and picking up and holding leg 6. Recap on previous sessions 7. Allocate 10 minutes for participants to select, roll up and apply set of schooling bandages 8. Participants to swap horses and assess each other’s bandages 9. Participants to take off bandages and roll up – who can do this most efficiently? 10. Participants to select and fit suitable leg protection for show jumping/cross country/general riding and talk about the leg protection they have chosen |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Practice fitting a variety of leg protection  Research the different types of studs available |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 8 |
| Subject | Tacking up for specific disciplines | Location | Tackroom and yard |
| Resources & Requirements | Selection of schooling bandages, tendon, fetlock, cross country type boots and padding, selection of tack suitable for dressage, general riding, jumping , Complete Horsemanship Vol 3, suitable horses | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Discuss items of discipline specific tack – types of saddle, nosebands, bits, breastplates (all covered in Silver and Gold Handling awards) etc 2. Demonstrate/recap how to fit the equipment 3. Group to practice tacking up for specific disciplines including suitable leg protection |
| *10 mins* | SUMMARY  Group discussion  Questions |
|  | Progression  Practice fitting a variety of tack |

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| Name |  | Level | Platinum |
| Topic | Handling your horse | Lesson | 9 |
| Subject | Revision | Location | Tackroom and yard |
| Resources & Requirements | Selection of schooling bandages, tendon, fetlock, cross country type boots and padding, Complete Horsemanship Vol 3, suitable horses, selection of studs and stud kit, shoe with stud hole, methods of restraint, variety of bits | | |

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| Time | Activity |
| *10 mins* | INTRODUCTION:  Welcome  Safety information  Give aims, timetable and brief outline of lesson content |
| *60*  *mins* | **ACTIVITIES:**  On the yard:   1. Layout a variety of methods of restraint 2. Layout a variety of bits 3. Layout a selection of schooling bandages, padding, tendon, fetlock and cross country boots 4. Layout a selection of studs plus kit and shoe 5. Participants work to complete tasks such as:  * put on four schooling bandages * arrange bits into families * arrange method of restraint in order of use * demonstrate how to fit method of restraint * Put a set of cross country or tendon/fetlock boots * Demonstrate how to clean stud hole and select an appropriate stud  1. Support each participant as required |
| *10 mins* | SUMMARY  Group discussion  Questions  Individual feedback |
|  | Progression  Exercise bandages, medicine boots, specialist leg proterction |

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