**Session Plan for:** Riding Fit

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| Name |  | Level | Platinum |
| Topic | Riding Fit | Lesson | 1 of 6 |
| Subject | Rider biomechanics | Location | Classroom and Arena |
| Resources & Requirements | Pens, paper, quiet horse or mechanical horse, mirrors, IPad or phone to take pictures for record |

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| Time | Activity |
| *10 mins* | INTRODUCTION: WelcomeSafety informationIntroduce session on riding fit: rider biomechanics |
| *50 mins* | **ACTIVITIES:** 1. As a group talk discuss what rider biomechanics means to them
2. Discuss rider position and how this can affect the horse
3. Ask the group to write name on a piece of paper using their dominant hand and then their non-dominant hand
4. Discuss how easy/difficult they found this. Ask them how they think the difference in strength/co-ordination affects their position/aids when riding
5. Look at each riders position – either on mechanical horse or real horse
6. Use mirrors or take pictures to allow rider to see their position and make corrections
 |
| *10 mins* | SUMMARY Homework – Riders to work towards improving their symmetry using appropriate exercises. Can refer back to exercises in Bronze/Silver/Gold ride fit booklets |
| PROGRESSIONRiders improve position through use of exercises off the horse |

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**Session Plan for:** Riding Fit

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Fit | Lesson | 2 of 6 |
| Subject | Ride biomechanics  | Location | Arena |
| Resources & Requirements | Quiet horse suitable for lungeing or mechanical horse, mirrors, Ipad or phone to take pictures for record |

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| Time | Activity |
| *10 mins* | INTRODUCTION: WelcomeSafety informationIntroduce session on riding fit: rider positionThis session is focussed on helping the rider improve their position and should ideally be a private or semi -private session to allow adequate attention to each rider |
| *50 mins* | **ACTIVITIES:** 1. Discuss with the rider their position and any weaknesses that they have.
2. Tailor the session to suit the individual – keeping the focus on position and how it can influence the horse
3. Take pictures or video clips of the rider during the session to help them see where their strengths and weaknesses are and as a record of their progress
4. Discuss how work off the horse will benefit the rider
 |
| *10 mins* | SUMMARY Homework – Riders to work towards improving their symmetry using appropriate exercises. Can refer back to exercises in Bronze/Silver/Gold ride fit booklets |
| PROGRESSIONRiders improve position through use of exercises off the horse |

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**Session Plan for:** Riding Fit

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Fit | Lesson | 3 of 6 |
| Subject | Relax and balance | Location | Arena and classroom |
| Resources & Requirements | Suitable horses with neck straps |

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| Time | Activity |
| *10 mins* | INTRODUCTION: WelcomeSafety informationIntroduce session on riding fit: rider balanceThis can be a ridden session or un-mounted session |
| *50 mins* | **ACTIVITIES:** 1. As group discuss how tension can affect your riding
2. Recap on the breathing exercises from Bronze Ride fit and how they can be useful to help rider relax
3. Discuss any other techniques the group use
4. Discuss rider balance and how that can affect the horse
5. Practise some simple balance exercises such as standing on one leg and closing eyes or moving from dressage position to jumping position and other ridden exercises to help rider become more aware of their balance
 |
| *10 mins* | SUMMARY Homework - work through exercises to improve rider balance |
| PROGRESSIONRider improve position and balance through use of exercises at home |

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**Session Plan for:** Riding Fit

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Fit | Lesson | 4 of 6 |
| Subject | Relax and balance | Location | Arena  |
| Resources & Requirements | Suitable horses |

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| Time | Activity |
| *10 mins* | INTRODUCTION: WelcomeSafety informationIntroduce session on riding fit: rider balance\*This session could be delivered as individual lessons or small group lessons. Could take pictures/videos to help riders assess their position and balance and for comparison to monitor progress. |
| *50 mins* | **ACTIVITIES:** 1. Before mounting look at pictures of riders from previous session and discuss position
2. Encourage the riders to warm up before mounting
3. Warm up horses and as part of warm up ask riders to assess their own balance
4. Work with each rider to help improve position and balance using relevant exercises
5. Discuss the importance of continuing to work on their own balance and fitness
6. Cool down using suitable exercises and encourage riders to stretch once dismounted
 |
| *10 mins* | SUMMARY Homework - ask riders to create their own plan to improve their balance and position. Aim to reassess in X weeks |
| PROGRESSIONRider improve fitness, position and balance through use of exercises at home |

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**Session Plan for:** Riding Fit

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Fit | Lesson | 5 of 6 |
| Subject | Fitness and injury | Location | Classroom, yard |
| Resources & Requirements | Pens, paper, booklet |

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| Time | Activity |
| *10 mins* | INTRODUCTION: WelcomeSafety informationIntroduce session on riding fit: rider fitness and injury\*Consider asking a local fitness instructor/equine Pilates coach or similar to come and do a session or short course for your riders |
| *50 mins* | **ACTIVITIES:** 1. Discuss with group what type of exercise they do
2. Does anyone want to share their fitness plan or how they incorporate it into their day
3. Do they notice a difference in their riding?
4. How can following a fitness plan help to prevent injury (can link to horse fitness programme)
5. Discuss why rider fitness is important, talk about cross country distances (consider walking a course)/the demands of riding at a high level.
6. Discuss working on a yard and the need to be physically fit. Consider including yard activities such as mucking out/forking back muck heap/sweeping. Remember to swap hands when using tools to encourage equal muscle use
7. Ask group what PRICE stands for and discuss content covered in booklet or on NHS website

Consider finding a local 5K walk/run or similar and working towards it as a group. You could fundraise for charity or your centre (or carrots for the horses!) |
| *10 mins* | SUMMARY Importance of physical fitness to riders |
| PROGRESSIONRider improve fitness, position and balance through use of exercises at home |

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**Session Plan for:** Riding Fit

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| --- | --- | --- | --- |
| Name |  | Level | Platinum |
| Topic | Riding Fit | Lesson | 6 of 6 |
| Subject | Rider position | Location | Arena |
| Resources & Requirements | Suitable horses |

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| Time | Activity |
| *10 mins* | INTRODUCTION: WelcomeSafety informationIntroduce session on riding fit:  |
| *50 mins* | **ACTIVITIES:** 1. Before mounting look at pictures or video from previous session and compare each session
2. Encourage rider to warm up before mounting up
3. Warm up horse and rider focussing on position
4. Work on rider position and balance using suitable exercises
5. Throughout the session take pictures or videos
6. Cool down
7. After the session compare the pictures and videos form the previous sessions and discuss
 |
| *10 mins* | SUMMARY Give individual feedback regarding rider strengths and weaknesses and highlight areas to work on |
| PROGRESSIONRider improve fitness, position and balance through use of exercises at home |

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