

Name		Level	Bronze
Topic	Jumping	Lesson	1 of 8
Subject	Introduction to Light Seat	Location	Arena
Resources & Requirements	Neck straps on suitable horses		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Introduce the term: Light seat (also known as jumping position, balanced position, forward seat)</p> <p>Warm up - (easiest to introduce light seat on the ground, before mounting - see Activity 1 below). Warm up walk and trot to find the best rhythm, balance, responsiveness to the aids. Attention to rider basic flatwork position.</p>
60 mins	<p>ACTIVITY</p> <p>1) Prior to mounting, demonstrate light seat on the ground. Highlight approximate 90 degree angle at hip and knee; flat back maintained through engagement of the core (helps to use the expression 'lead with your chest' to keep head up, and a flat back); flexibility of the hips, knees and ankles to absorb the movement of the horse; approximate ear, shoulder, knee, toe line (depends a little on the conformation of the rider).</p> <p>The thigh muscles and core to maintain position. Joints to absorb the movement. Riders to practice position and gentle bouncing through knees and hips. Useful if there is a mirror for riders to match what they see with what they feel.</p> <ul style="list-style-type: none"> • 2) Reasons for light seat – takes weight off horse's back, improve rider balance, security and strength and allow the horse freedom of movement. Explain that the rider will hover above the saddle in walk, trot and eventually, canter (Silver Jump). Explain how to shorten and lengthen reins to maintain contact when changing positions. The riders can still steer, even when holding the neck strap/mane - one hand holding neck strap/mane, the other guiding the horse. Demonstrate the use of the leg aids in walk and trot, as the different position may challenge coordination. <p>3) Exercise ideas:</p> <ol style="list-style-type: none"> a) Practice light seat in halt (preferably side on to a mirror). Rider to hold neck strap or a little mane as well as reins. Discuss pressure through stirrup, with heel slightly lower than toe (unable to practice this on the ground, and crucial to the rider's balance to gain the right feeling) - heel too low, the rider's lower leg moves forwards, resulting in loss of balance backwards;

	<p>heel higher than toe, the rider tips forwards onto hands or grips with the knees. Riders to practice the right feel (balanced), and moving the lower leg forwards and backwards to highlight how the position loses balance. Riders should be able to hold this position comfortably in halt for 30 secs before moving into walk.</p> <p>b) Riders to practice light seat in walk, walk beside them to help them move into the position. Transitions should be ridden in an upright position. This should be held for very short periods of time e.g. 5 strides. Remind rider to sit up gently. Remind rider to breath! Common for riders to hold their breath when concentrating. Check stirrup length suitable – if stirrups too long or short rider will struggle with balance. Build up the length of time rider holds this position for.</p> <p>c) Once rider is comfortably holding position in walk consider moving onto trot for short bursts. Start as you did in the walk – hold position for a set time and gradually build on it. Transitions should be ridden in upright position. Depending on rider fitness, this exercise can tire muscles quickly - thighs, core and ankles - ask for rider feedback regularly and look for signs of tiring such as griping with knees, tipping forward, lower leg moving. (Runners may have tight calves and take time to stretch into the heel.)</p> <p>4) Cool down – riders to take feet out of stirrups and stretch legs.</p> <p>Possible homework exercises: Squats, holding light seat in front of the mirror.</p>
<p>15 mins</p>	<p>SUMMARY</p> <p>Give feedback to riders. Talk about how light seat takes stamina and this has to be built up gradually, encourage riders to practice light seat at home! Once riders are dismounted help them to find balance in light seat on the ground – make sure back straight, bend through hips, knees and ankles, head up. Encourage them to gradually build up the amount of time they hold it for.</p>
<p style="text-align: center;">PROGRESSION</p> <p>Develop ability to maintain the horse’s rhythm when changing between basic position and light seat.</p>	

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Name		Level	Bronze
Topic	Jumping	Lesson	2 of 8
Subject	Developing Light Seat Going Large	Location	Arena
Resources & Requirements	Cones/blocks		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>State the importance of developing balance, security and influence in a light seat. Warm up - Warm up riders in walk and trot focus on rider position and balance and the horses responsiveness to the aids.</p>
60 mins	<p>ACTIVITY</p> <p>1) Ask riders what they can remember about light seat - reasons and how to take light seat.</p> <ul style="list-style-type: none"> • 2) Talk about how the horse's speed can be affected by the rider's change of position from basic position to light seat and back again. Loss of balance of rider, accidental strong/weak contact, accidental strong/weak legs aids. Rider must focus on change of position and speed of horse. Aids required to maintain speed of horse. <p>Throughout the sessions be aware of riders gripping with their knees - leaning forwards or sideways - the correction is to find their central balance. Body shape affects the rider's balance in light seat - usually a shorter frame finds their balance faster; taller riders have more leg to fold and a longer upper body, which both initially unbalance them; top heavy riders are more inclined to lean forwards; most people are stronger with one or other leg, which often goes unnoticed until this type of exercise, where you may see them bearing more weight and leaning over their stronger leg. View riders from behind and in front whilst on a straight line to observe and correct straightness and even weight over both stirrups.</p> <p>3) Exercise ideas:</p> <ol style="list-style-type: none"> Alternating positions whilst riding round the arena. Work to maintain the horse's rhythm. Do the riders notice if they lose balance they tip forwards if the horse slows down, and fall backwards if the horse speeds up. A simple exercise is to ride light seat on the long sides of the school, rising

	<p>trot on the short sides. Discuss their timing to return to rising in time to enable them to adapt to the new position, and influence the horse positively during the corners and short sides. What happens to the speed of the horse as the rider changes position and moves around the corner?</p> <p>c) Introduce riding corners in light seat. Reverse the exercise above - light seat prior to the corner and during the short side, rising trot on the long sides. Maintenance of balance during the corners is initially challenging, as most will lean in/out due to the horse's influence. Advise the riders to maintain the sensation of 'leading with their chest' to keep them upright. Encourage them to feel how the horse influences their position, and then develop the coordination of the aids in light seat to influence the horse positively around the corners.</p> <p>d) Light seat develops security of the lower leg whilst in flatwork position. Ask the riders to notice the feeling of the lower leg in light seat, and to continue the sensation of connection with the horse's side when returning to rising trot.</p> <p>e) Once riders are able to maintain their balance going large – introduce some simple turns across the arena and changes of rein ridden in light seat. Focus on the riders looking where they are going, not allowing upper body to tip too far forward and how the rider uses their leg aids.</p> <p>Cool down – riders take their feet out of the stirrups to stretch legs (this can be done throughout the session to give riders a rest)</p>
<p>15 mins</p>	<p>SUMMARY Give each rider feedback on their position and suggest one point to focus on for next time.</p>
<p style="text-align: center;">PROGRESSION</p> <p>Riding across the diagonals in light seat.</p>	

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Name		Level	Bronze
Topic	Jumping	Lesson	3 of 8
Subject	Developing Light Seat (3)	Location	Arena
Resources & Requirements	Cones/blocks and poles		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>State the importance and reasons to maintain the horse's forward rhythm when in light seat.</p> <p>Warm up - Warm up walk and trot to find the best rhythm, balance, responsiveness to the aids. Attention to rider basic flatwork position. Ask riders to take up light seat position in halt and help them to ensure they are in balance</p>
60 mins	<p>ACTIVITY</p> <ol style="list-style-type: none"> 1) Exercise ideas to continue to improve rider balance, co-ordination and use of leg aids in light seat: 2) Ask riders what they found out from previous session about how their position/balance can affect the horse <p>Suggested exercises:</p> <ol style="list-style-type: none"> a) Alternating positions between light seat and upright position, whilst riding large in walk and trot and maintaining the horse's speed. Riders should notice when they are losing balance e.g. when use leg? b) To start to create an independent position ask riders to let go of neck strap with one hand and maintain the light seat position – what happens if they lose their balance? Can they move between positions without pulling on the reins? Build up to letting go of neck strap with both hands encourage rider to keep hands next to strap so they can grab it if needed. c) Introduce changes of rein whilst alternating positions. This simulates the turns that will be ridden to poles across the diagonal. Useful to position cones/blocks in the corners and poles to create channels over X. d) Introduce 20m circles, alternating positions. This is a challenging exercise and best introduced once riders can maintain balance, contact, and coordinate legs aids whilst in light seat. Cones/blocks positioned at the four points of the circle are useful to help the riders steer. Be aware of riders tipping forward as they try to turn the horse around the circle.

	3) Cool down – are the riders able to take a light seat and control the horse in free walk on a long rein?
15 mins	<p>SUMMARY</p> <p>Ask each rider what they liked and found challenging about the light seat and moving from upright position to light seat and controlling the horse. Between you create some goals for riders to work towards in the next sessions.</p>
<p>PROGRESSION</p> <p>Riding over a single pole on an inner track at E/B.</p>	

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Name		Level	Bronze
Topic	Jumping	Lesson	4 of 8
Subject	Introducing a Single Pole	Location	Arena
Resources & Requirements	Cones/blocks		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Warm up - Warm up the ride in walk and trot to find the best rhythm, balance, responsiveness to the aids. Attention to rider basic flatwork position and work on the light seat position for short periods to begin to warm the rider's muscles up ready.</p>
60 mins	<p>ACTIVITY</p> <p>1) Recap natural and artificial aids. Discuss how it can be difficult to give an aid when riding in a light seat. The importance of how the change in the upper body position may affect the horse. When moving forward into position take care not to pull back on the reins. Likewise when coming back into the saddle carefully so as not to interrupt the horse's balance.</p> <p>2) Preparation - dictates the success of the transition, provides the horse with time to prepare his body and mind for the transition.</p> <p>4) Recap the aids for transitions, halt - walk, walk - trot, trot - walk, and walk - halt, with focus on the aids. State when to move onto and out of position in relation to a transition.</p> <p>5) Exercise ideas:</p> <p>a) Lead file transitions, rear file transitions going large. Riders going individually will allow you to make corrections to each and riders can watch each other. Begin with riders riding transitions in upright position as if they struggle with this light seat will be harder and shouldn't be attempted until the rider can ride a clear transition in upright seat.</p> <p>b) Riding transitions within the pace – ask riders to move the horse on and back in walk and trot. Again start this in an upright position before the riders attempt it in light seat.</p> <p>c) Riding transition between markers – encourage riders to prepare both the horse and their own balance to ride a transition at a set point.</p> <p>6) Cool down</p>

15 mins	SUMMARY Ask riders if they are finding it easier to spend longer in a light seat position? Feedback points to each rider about what they do well and give them one point to work on for next time
PROGRESSION Riding in light seat over poles	

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Name		Level	Bronze
Topic	Jumping	Lesson	5 of 8
Subject	Introducing a Single Pole	Location	Arena
Resources & Requirements	Cones/blocks, 5 poles		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Ride over single poles as an introduction to jumping.</p> <p>Warm up - Warm up riders in walk and trot using turns and changes of rein in preparation to turning onto a specific line later in the lesson. Give feedback and make corrections to the rider's basic flatwork position.</p>
60 mins	<p>ACTIVITY</p> <p>1) Halt riders and talk about the rider's responsibilities when riding over poles:</p> <ul style="list-style-type: none"> • Activity in the pace - the horse should be moving forward. • Lines - accurate and well prepared turns and lines aiming to get straight to the centre of the pole. • Balance and effectiveness of the rider <p>The horse's job:</p> <ul style="list-style-type: none"> • To take the rider over the pole! <p>2) Discuss how the horse will move over the pole – lift his joints higher</p> <p>3) Discuss the sensation of the horse walking and trotting over a pole – horse lifts legs higher and flexes joints, more exaggerated step which has the potential to unbalance the rider, and how to maintain position. The importance of being straight</p> <p>Exercise ideas: Riders should be encouraged to look up and forward and not down at the pole. Discuss the effects of looking down at the poles - loss of position, loss of rhythm; rider loses focus of the departure from the pole.</p> <p>a) Practice riding straight to channel of poles - Ride to walk and trot the 3/4 line on one or both sides of the school. Place cones/blocks at the turning points. Discuss the turns as a 1/4 of a circle. Recap aids for turning and straightness. Placing two poles to create a channel on the 3/4 line opposite E/B to help with straightness. SAFETY: Ride to adjust their distances to 2-3 horse's length between them - reasons.</p> <p>b) Once the riders are confident with the turns and riding straight. Place a</p>

	<p>single pole on the 3/4 line opposite E/B, keep channels of poles to help with straightness before and after the pole. Riders to start in walk individually, repeat on both reins and then progress to trot rising. Focus on rider position, rhythm, lines.</p> <p>c) Leave cones at the ends of the long side for riders to make turns around, place a pole on the ¾ line at E or B. Focus on rider straightness- stand to the front and back of to view riders from the front and back. Encourage riders to concentrate on their turns. Can place poles on either side of the arena.</p> <p>5) Cool down</p>
<p>15 mins</p>	<p>SUMMARY</p> <p>Moving through the ride ask each rider to list a point they are responsible for when going over poles</p> <p>Give general feedback to each rider about their control of the horse around the turns, straightness towards and away from the pole and through transitions</p>
<p>PROGRESSION</p> <p>Riding over 3 poles at E/B.</p>	

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Name		Level	Bronze
Topic	Jumping	Lesson	6 of 8
Subject	3 Poles	Location	Arena
Resources & Requirements	Cones/blocks, 6 poles		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Recap responsibilities of the horse and rider when riding over poles.</p> <p>Warm up - Warm up walk and trot, practice turns across the arena and focus on rider ability to keep the horse active through the turn. Make corrections to basic flatwork position.</p>
60 mins	<p>ACTIVITY</p> <p>1) Discuss the difference between the horse trotting over a single pole compared to 3 poles. Stride length even throughout, require activity in walk/trot. Discuss the sensation of riding over 3 poles, and how to maintain rider balance, and aids to assist the horse's balance and rhythm. Holding neckstrap so don't pull back on reins and restrict the horses forwardness</p> <p>2) Exercise ideas:</p> <p>Place cones in the corners and channels of poles to help riders with the turns and straightness over the poles (preparation for riding course).</p> <p>a) Start with a single pole and then add extra poles. Opposite E/B, set the distance between 3 poles for the average horse within the group. Riders to go one at a time and poles can be adjust as necessary. With prior knowledge, you can advise the riders to approach with a quieter or more energetic trot for those horses with a longer/shorter stride. Ensure straightness after the poles. Be aware of riders looking down over the poles, lifting hands up to balance, allowing pace to slow or quicken as they get to the poles.</p> <p>b) Place single pole on one side of the arena and a line of 3 poles on the other, individually riders to ride around the arena starting with the single pole. Place cones in the corners to help riders use the school and make good turns towards and away from the poles Focus on the rider being able to keep the horse at the same speed throughout and rider position – be aware riders are not tipping forward as they approach the poles, or allowing their reins to go loose. Riders in an upright position or rising trot over the pole.</p> <p>c) Place a line of 3 poles on each long side, individually riders to ride around the arena and over the poles. Place cones in the corners to help riders use the school and make good turns towards and away from the poles (preparation for</p>

	<p>riding course). Focus on the rider keeping horse at the same speed throughout and rider position – be aware of riders tipping forward as they approach the poles, or allowing their reins to go loose. Riders in an upright position or rising trot over the poles.</p> <p>d) Place line of 3 poles on one side of the arena and a single pole on the other side. As a ride (2-3 horse’s distance between each rider) trot over the poles. SAFETY: Create an action plan to be followed in the case that a horse knocks one of the poles out of position - riders to circle away. Focus on rider control of the horse – not allowing to catch up with one in front, reactions if horse in front knocks a pole out of position. Use cones and channels of poles to help riders keep straight and use the arena space.</p> <p>e) Set up poles at E/B as above, individually riders trot over one set, change the rein and then trot over the poles on the opposite side. Focus on using corners and keeping the horse at the same speed throughout, rider looking up and ahead.</p> <p>f) Riders can practice over the poles in both flatwork position and light seat. (Goal - change position fluently so that the adjustment does not influence the horse’s rhythm and balance negatively.) Be aware of the rider leaning too far forward over the poles and unbalancing the horse.</p> <p>3) Cool down</p>
<p>15 mins</p>	<p>SUMMARY Ask riders what they felt the main difference was between riding over 3 poles compared to a single pole, give feedback to each rider regarding their ability to control the speed of the horse, the straightness over the poles, rider balance (did they pull on the reins over the poles?) . Where they able to balance in light seat over the poles?</p>
<p style="text-align: center;">PROGRESSION</p> <p>Poles in trot across the diagonals.</p>	

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Name		Level	Bronze
Topic	Jumping	Lesson	7 of 8
Subject	1-3 Poles Positioned on the Diagonal Lines	Location	Arena
Resources & Requirements	Cones/blocks, 6 poles		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Recap turning and straightness aids.</p> <p>Warm up - Warm up walk and trot include turns and changes of rein focusing on accuracy, smoothness and rider ability to keep horse active.</p>
60 mins	<p>ACTIVITY</p> <p>1) Discuss the greater challenge presented by riding over poles across the diagonals. No wall/fence as a gauge for straightness, as there is with the poles at E/B. More challenging to judge the right angle line to the poles, and therefore more challenging to ride the turn.</p> <p>Exercise ideas:</p> <ol style="list-style-type: none"> Recap the lesson riding across the long diagonals. Cones/blocks in the corners are useful to encourage riders into the corners, use poles to create channels to help straightness. Horses have more of a tendency to drift on the diagonals, therefore coach the increased effectiveness of straightness aids. Set up single pole near X on both long diagonals. Place cones in the corners and poles as channels for straightness across the diagonal. Riders to ride change of rein in walk focusing on straightness and looking up and ahead. Ride individually and build up to ride two changes of rein across the diagonal to make a figure of 8. Ride as a ride (2-3 horse's distance between riders) over single poles on both diagonal lines. Riders further back in the ride have to make sure their horses are not following the one in front and cutting corners or altering speed. Alternate lead file throughout. Remove the channels of poles so riders have to take more responsibility for where the horse is going. Develop the exercises to include 3 poles across the diagonals. Ride the exercise in trot. For a more challenging exercise, position the poles slightly off the diagonal lines FXH, KXM. This encourages riders to visualise the right angle line to the centre of

	<p>the pole, and determine the correct place to turn.</p> <p>Cool down</p>
15 mins	<p>SUMMARY</p> <p>Give feedback to each rider regarding their ability to ride the turns smoothly and keep the horse straight on the diagonal line. Rider ability to look and plan for the turns.</p>
<p>PROGRESSION</p> <p>Practice riding in light seat and over poles on a variety of horses</p>	

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Name		Level	Bronze
Topic	Jumping	Lesson	8 of 8
Subject	Developing rider balance with the horse over poles	Location	Arena
Resources & Requirements	Cones/blocks, 7 poles		

Time	Activity
15 mins	<p>INTRODUCTION</p> <p>Recap the term: Balance from Bronze Flatwork. What it means to the riders when riding poles.</p> <p>Warm up - Warm up walk and trot using school figures and transitions. Attention to rider basic flatwork position. Practice light seat.</p>
60 mins	<p>ACTIVITY</p> <p>1) Recap all covered during Bronze Jumping - Light seat - position and reasons, responsibilities of the rider and horse in relation to pole work, effectiveness and influence of the rider's balance and aids in light seat.</p> <p>2) Discuss pole work and jumping as an extension of flatwork.</p> <p>3) Exercise ideas:</p> <p>a) Allow the riders to demonstrate balance with the horse in walk and trot, both flatwork position – rising trot and light seat, whilst going large and 20m circles, riders should have built up some stamina and be able to balance for several laps of the school and through school figures. Neck straps should be used.</p> <p>b) Place single poles around the arena (E/B) either with or without poles and cones as a guide. Riders to walk and trot over them showing good turns, straightness and an awareness of the speed of the horse.</p> <p>c) Position either a single pole or three poles on the diagonal line. They should not without interfering with the line of the 20m circles at A/C. Riders to ride a 20m circle in light seat at one end, change the rein across the poles and ride a 20m circle in light seat at the other. Riders can go over the poles rising or in a light seat focusing on position and shoulder not tipping too far forward.</p> <p>d) Set up an exercise with single poles on inner track at E and B and three poles across both long diagonals. Riders to ride over single poles and change the rein across the diagonal demonstrating they can keep the horse straight and make smooth corners and turns and control the speed of the horse.</p> <p>e) Using the single pole at E/B and poles on the diagonals, riders to</p>

	<p>demonstrate their understanding of safe distances between horses when riding over poles, rhythm, balance, turns, straight lines, balance in their positions and effectiveness of the aids, feel for and adjusting the horse's trot to be comfortable over the poles, and what to do in the event that the horse in front rolls a pole. Alternate leads files as appropriate.</p> <p>4) Cool down</p>
<p>15 mins</p>	<p>SUMMARY Discuss with each rider individual areas of strength and areas the rider may develop. Discuss if you think they are balanced enough to progress onto jumping fences or whether they need to continue to work on their balance and security further.</p>
<p style="text-align: center;">PROGRESSION</p> <p>Continue to practice content until all riders are confident and able to demonstrate a balanced independent position on the horse in a light seat. Move onto Silver syllabus when appropriate.</p>	

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