

## **POSSIBLE TEACHING TOPICS**

### **Unmounted Lesson Topics**

- Fitting of helmets and safe riding attire
- Grooming Procedure
- Tack Cleaning
- Proper leading and turning of the horse
- Bridling - Proper fitting and technique
- Saddling - Proper technique and fitting, including girth and breastplate
- Fire Safety - Procedure
- Fire Safety - General
- Foot Care
- Tying a horse properly in the stall
- Blanketing and unblanketing a horse
- Fitting martingales

### **Mounted Lesson Topics**

- Introduce and practice the trot
- Introduce and practice the posting trot
- Introduce and practice the canter
- Introduce and practice a circle
- Introduce and practice a turn
- Introduce and practice changing the rein
- Introduce and practice exercises to practice eye control
- Introduce and practice exercises at the walk to teach steering and control
- Introduce and practice identifying the correct canter lead and how to correct the lead
- Introduce and practice changing the leading file
- Introduce and practice 3-point position at walk & trot
- Introduce and practice 2-point position at walk & trot

Use of games or props should be encouraged, where appropriate

### **Jumping Module Teaching Topics**

- Introduce and practice the forward seat position throughout a simple gymnastic
- Introduce and practice control of trot and straightness on the approach to an "X" and departure from the "X" at the canter.
- Introduce and practice a course of cross-rails
- Introduce and practice riding a line with a trot approach to the first element
- Introduce and practice cantering the approach to a single fence