

WHITEBROOK *Farm*

Semester 1 Riding Lesson Pacing Guide

Month 1

Week 1: Properly groom and tack up, Correctly Lead, walk/halt transitions in hand. Correctly mount and dismount. Holding reins correctly. Shorten and lengthen reins. Correctly ask for walk and halt.

Week 2: Week 1 is repeated working toward comfortably mastering skills. Body alignment (ear, shoulders, hip, heel) is introduced. Work toward keeping body alignment while using aids through walk, halt transitions. Introduce change of direction and turning. Work toward keeping alignment and leading with shoulders and torso through turns while keeping leg long. The post (up-down) at walk is introduced.

Week 3: The post (up-down) at walk is used as a warm up for many many weeks. Variations in up downs (sit-sit-stand changing diagonal, standing for segments of walk etc) Ideally the trot is introduced between week 2 and 3 if rider balance and confidence is sufficient. Instructor trots along side the rider maintaining horses gait for short segments of trot. Rider is trotting with the help of instructor, and instructor uses discretion as to how many trot steps are put together into longer segments over several weeks. Use poles, cones, and games to build confidence, balance, and have fun!

Week 4 Drop and pick up stirrups correctly. Continue developing skills from weeks 1-3. Students will progress at different paces. Everyone's body and mind are different. Skills are developed accordingly. Students are never pushed beyond what their balance, strength, and confidence can support.

Month 2

Week 1 Introduce suppling exercises for the rider at the walk warm up. Arm circles, ankle rolls, torso twists. Walk halt transitions should now be decent and responsive. Body alignment of horse and rider should be in sync. Rider should understand shortening and lengthening of reins for changing gate, for halting, and other safety scenarios. Begin work on trot transitions as rider is ready.

Week 2 Continue to develop skills from previous weeks.

Week 3 Introduce riding over a pole to maintain straightness. Introduce standing while holding reins and saddle for balance and to avoid pulling on horses mouth.

Week 4 Up down post should be becoming more solid as riders core muscles begin to develop and rider becomes aware of using them.

Month 3

Week 1 Introduce 4 Pillars of Riders Position: Alignment, Seat, Legs, Hands

Week 2 Discuss examples of how the 4 Pillars of Riders Position affect previously learned skills. Continue practicing skills

Week 3 Walk halt Walk, change of direction both ways.

Week 4 As rider is ready, introduce change of direction at trot. Many riders won't be able to do this for many months because they can't balance using their core without balancing or pulling on horse's mouth. For horse welfare, we continue to work on rider strength rather than hurry a rider and allowing them to unfairly balance on the horse's mouth.

Month 4

Week 1 Alignment

Week 2 Seat

Week 3 Legs

Week 4 Hands