



Lesson Levels Explained

Under 5's

Under 5's lessons are all about your child having **fun** and feeling **confident**. At this level lessons will include:

- Mount with assistance
- Learn how to start, stop and turn the pony
- Develop balance and confidence through some simple fun exercises/games
- Progress towards rising trot
- Learn how to treat ponies kindly

Level 1

At this level the aim is to establish a correct and secure position that will enable the rider to influence the horse effectively when they move up the levels. Lessons will include:

- Mount with assistance
- Learn how to use basic aids to communicate with the pony sensitively and effectively
- Learn the terms for the equipment used and understand its function
- Learn how to sit correctly and understand why this is vital
- Learn simple changes of rein, 20 meter circles and figures of 8
- Develop balance and confidence through simple exercises
- Work towards rising trot
- Learn basic parts of the horse's anatomy

Level 2

At this level the overarching aim is to enable the rider to be skilled and confident enough to be able to ride without a leader. To do this they need to develop their balance, confidence and core strength in order to effectively influence the horse. Lessons will include:

- Learn to lead a horse correctly
- Mount with assistance
- Learn to check the horse's girth
- Learn how to adjust stirrup length with assistance
- Maintain rising trot keeping balanced and remaining in control
- Learn about rising trot diagonals
- Learn to ride simple school movements
- Learn to ride without a leader

Level 2 advanced

At this level riders are all riding independently on quiet horses and beginning to canter. Lessons at this level will include:

- Mount with assistance
- Learn to adjust the horse's girth
- Ride continually throughout the lesson without a leader
- Learn to ride basic school movements accurately
- Develop skills to best influence a variety of different horses

- Develop confidence in dealing with problems as and when they occur
- Introduction to canter (at this point some of our clients find a few private lessons very useful)

Level 3

At this level riders begin to develop their positions so that they are in optimum balance to produce fluid, harmonious riding. More work in canter is included at this level and riders learn the 'forward seat' position. Lessons will include:

- Mounting without assistance
- Adjust stirrup length
- Learn to ride more complex school movements accurately with an understanding of 'straightness' and 'bend'
- Develop a wider understanding of equestrian terms
- Begin to ride in 'open order'
- Learn to balance in a forward seat in walk, trot and canter
- Begin to develop some 'feel' and understanding for each horse's way of going

Level 4

At this level the riders should be confidently riding a wide range of different horses and developing their understanding of the rider's influence on the horse's balance and performance

- Collect the horse from the stable and prepare for mounting
- Mount without assistance
- Learn to assess how each horse goes and begin to be able to suggest exercises that will improve the horse's way of going
- Learn to sit to the trot maintaining balance and harmony
- Begin to incorporate lateral movements

Level 5

At this level riders should be able to positively affect the way that the horse moves through their body position and application of the aids. More complex lateral work is included at this level.

Jumping is never included in standard group lessons. If you wish to learn to jump please book onto the specified lessons outlined below or onto indoor private lessons. We will only begin to teach jumping to clients who we assess to be safe and balanced.

Show jumping for beginners

This lesson is suitable for riders at level 2 advanced and level 3 or anyone who feels a bit nervous about jumping. Riders will develop their forward seat so that they can maintain balance over small fences and will work on riding accurate turns in order to navigate around a simple course. They will learn to jump single and combination fences on quiet horses.

Intermediate Show Jumping

This lesson is suitable for riders at level 4 and 5 wishing to further develop their jumping. Riders will ride a variety of horses over larger fences and riding more complex courses. Grid work is included in this lesson.