

## Lesson Plan September 2010

During lesson commencing September 2010, our rider's will be working towards the following levels. As you all learn at a different pace we don't expect everyone to be able to reach the required level at the same time. There will be ongoing assessments and certificates will be award at the end of term.

Sat 8.40:      Advanced Level 3\4  
Sat 9.45        Level 10\11  
Sat 10.20       Advanced Level 2  
Sat 11.30       Level 4\5  
Sat 12.15       Level 1\2

Sun 9.10        Level 1\2  
Sun 9.45        Level 2\3  
Sun 10.20       Level 3\4  
Sun 10.55       Level 4\5  
Sun 11.30       Level 6\7  
Sun 12          Level 10\11

Tue 4.15        Level 3\4  
Tue 5            Level 6\7  
Tue 5.30        AvancedLevel1

Wed 4.15        Level 1\2  
Wed 5            Level 4\5\6  
Wed 5.30        Level 7\8\9

Thur 4.30       Level 1\2\3  
Thur 5           Level 12

Fri 4.30        Level 1\2  
Fri 5            Level 3\4  
Fri 5.45        Level 8\9

### **Wellow Trekking Centre Progressive Tests**

- Level 1        Approach, mount with help. Correct position at walk, know aids to walk, know and recognize 3 colours of ponies, know if, how to go out on the road (with an adult), how to reward pony.
- Level 2        Mount from(mounting block with help), ride on track at walk without leader, know and do left and right turns, do simple bending line, aids to trot, rising trot with help, dismount, 3 parts of tack, which side of the road you ride on.

- Level 3 Mount unassisted from block, ride rising/sitting trot on own around track, small course of obstacles in walk on own(including stopping to move /place objects), dismount, run up stirrups, hold correctly, 3 simple parts of pony, know about safe distances on ride
- Level 4 Mount unassisted from ground, ride in trot with simple turns/going past the ride, halt/trot transitions on a straight line, dismount, run up stirrups, be able to lead correctly, 6 colours of ponies, simple green cross code, know how to check mood of pony/ ears etc.
- Level 5 Mount, check girth, ride in trot figure of 8, trot/halt on straight line, show few canter strides, dismount, lead back to stable-loosen girth, 6 parts of tack, know how to say thank you to other road users.
- Level 6 Collect a pony from stable, check girth, pull down stirrups and check from ground, ride in sitting trot without stirrups, ride over a set of trotting poles, show aids to canter and some control in canter, 6 parts of horse, know how to cross a road safely,
- This is equivalent to Pony Club D Test,
- Level 7 Collect pony, check, mount, ride a 20m circle in walk, trot an obstacle course with stopping to place/move objects, canter on both reins at least ½ the school, know sequence of footfalls in walk, be able to ride leading file, so understanding simple movements-such as change the rein, ride 20m circle, ride down the centre line, know how to signal left and right on road, know leg markings.
- Level 8 Collect pony, do own stirrups on pony, ride 20m circle in trot, trot figure of 8 without stirrups, know natural aids, canter ¾ school, know letters in school and remember half markers ACBE, dismount, lead back, take off saddle, know how to ride with a friend on road, know face markings.
- Level 9 Collect pony, check girth whilst mounted, trot independently away from ride and in opposite directions, show jumping position at walk, trot over a pole, know sequence of footfalls in trot, canter whole of school, learn quarter markers HFMK, dismount, lead back, put on head collar, know order of traffic lights, learn main food of ponies.
- Level 10 Collect pony, put on saddle, learn about diagonals, trot over course of poles, learn position of DXG aids to halt, ride a shallow loop on long side of arena, learn artificial aids, dismount, take back to stable, untack saddle and bridle,

- know about dangers on the roads, know the basic needs of a pony-food, water, shelter
- Level 11 Collect pony, tack up, mount, learn sequence of footfalls in canter, aids to canter, canter without stirrups, ride 10m circle in trot, jump small cross pole in correct position, dismount and put pony away safely, know about weather conditions and what to wear, know 3 basic rules of feeding.
- Level 12 Put on a bridle and saddle, collect, mount, girth, stirrups, be able to ride a figure of 8 on correct diagonals, canter 20m circle, show change of rein on loose rein, jump small course of jumps, dismount, tie up correctly, know things that frighten ponies and may cause slipping, know 6 basic rules of feeding

### Advanced Levels Tests

Although we have picked out specific goals for children to work towards these levels, at this stage of riding, emphasis is mainly on the refinement improves balance, coordination and rapport with their ponies, all essential for their progress.

- Level 1 Know and ride warm up procedure for ponies, short stick transfer, knowledge of 'impulsion' / 'tracking up', 3 loop serpentine in trot, check / correct canter lead. Jump a line of 3 small jumps with and without reins; know whose instructions are to be obeyed on the road.
- Level 2 Mount from both sides, rules of riding in a school, learn importance of lateral aids, ride ½ circle EXB in trot, Canter without stirrups. Learn how to count a stride into a jump, know what to carry when out hacking.
- Level 3 Knowledge of warm up procedures for riders, dressage whip transfer, knowledge of 'outline', perfect square halt / salute. Be able to jump a course with a 2'3" jump in it, know what road signs are to be obeyed and which are warning signs.
- Level 4 Be able to check fit of tack, ride with reins in one hand, turn on the forehand. Canter figure of 8, position in gallop and footfalls, jump a small jump without stirrups, know country lore.