

# **Western Lesson Plan Guidelines**

The first lesson is an evaluation to judge the riders comfort level and ability.

## **Lesson One - 30 minutes**

- Meet & Greet the horse!
- Go over safety around horses.
- Fully groom the horse while the student watches. Going over all grooming supplies
- Saddle the horse while the student watches. Going over the entire process with them.
- Teach the student how to mount.
- Go over Stopping, Turning in both directions, and the cues to make the horse go.
- Teach Dismount
- Give HORSE PARTS sheet to take home.
- Discuss with parent where the student is respectively.

## **Lesson Two - 30 minutes**

- Review Safety
- Fully groom the horse while the student watches.
- Go over horse parts.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Practice staying on the rail at a walk.
- Introduce the pole pattern
- Dismount, Tie-up, brush down, put away.
- Give SADDLE PARTS sheet to take home.

## **Lesson Three - 30 minutes**

- Fully groom the horse while the student watches.
- Go over Saddle parts.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on Pole Pattern
- Introduce Barrel Pattern
- Dismount, Tie-up, brush down, put away.
- Give BRIDLE PARTS sheet to take home

## **Lesson Four - 30 minutes**

- Fully groom the horse while the student watches.
- Go over Bridle parts.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form

- Review previous riding lesson.
- Work on Barrel Pattern
- Introduce Figure 8
- Dismount, Tie-up, brush down, put away.
- Give HOOF PARTS sheet to take home

### **Lesson Five - 30 minutes**

- Fully groom the horse while the student watches.
- Go over hoof parts.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on Figure 8
- Introduce the Trot
- Dismount, Tie-up, brush down, put away.

### **Lesson Six - 30 minutes**

TRAIL RIDE!!! BASIC

### **Lesson Seven - 30 minutes**

- Fully groom the horse while the student watches.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on Barrel Pattern
- Introduce Figure 8
- Dismount, Tie-up, brush down, put away.

### **Lesson Eight - 30 minutes**

- Have the STUDENT fully groom their horse.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on trotting the pole pattern.
- Dismount, Tie-up, brush down, put away.

### **Lesson Nine - 30 minutes**

- Have the STUDENT fully groom their horse.
- Saddle the horse while the student watches.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on trotting the pole pattern.
- Dismount, Tie-up, brush down, put away.

### **Lesson Ten – 30 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on trotting the barrel pattern.
- Introduce Circles at a walk.
- Dismount, Tie-up, brush down, put away.

### **Lesson Eleven – 30 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on trotting the Figure 8
- Introduce Circles at a Trot.
- Dismount, Tie-up, brush down, put away.

### **Lesson Twelve – 30 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on Circles at the Trot.
- Introduce Lope.
- Dismount, Tie-up, brush down, put away.

### **Lesson Thirteen – 60 minutes**

TRAIL RIDE!!! INTERMEDIATE

### **Lesson Fourteen – 60 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their own horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Practice loping on the rail.
- Review Trotting Circles.
- Cool out horse.
- Dismount, Tie-up, brush down, put away.

### **Lesson Fifteen – 60 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.

- Work on Loping on the rail
- Introduce loping through poles.
- Cool out horse.
- Dismount, Tie-up, brush down, put away.

**Lesson Sixteen – 60 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Work on loping thorough poles.
- Work on loping on the rail.
- Introduce Loping barrels
- Cool out horse.
- Dismount, Tie-up, brush down, put away.

**Lesson Seventeen – 60 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Introduce Loping Circles.
- Cool out horse.
- Dismount, Tie-up, brush down, put away.

**Lesson Eighteen – 60 minutes**

- Have the STUDENT fully groom their horse.
- Have the STUDENT fully saddle their horse.
- Warm Up horse
- Go over correct riding form
- Review previous riding lesson.
- Practice Loping Circles.
- Cool out horse.
- Dismount, Tie-up, brush down, put away.

**This lesson plan is only a guideline as to how each lesson should go. Each student is different and the lessons may need to be spread out over more lessons or could even take fewer lessons. Once the student is able to do everything in their lessons well at each gait they should move up to their chosen disciplines.**

**If the students are NOT cantering/loping, then their lessons are to remain at 30 minutes in length and they should continue to practice maneuvers in Lessons 1 – 11.**

**If students are to the point of needing to advance to cantering, then their lessons will be bumped up to an HOUR in length. (There is also a price bump for the time increase.)**

*Thank you for choosing River Ranch Educational Charities!*