



English Instructor Lesson Plan Topics – Approved List

The following Topics may be used for the English Instructor of Beginner Unmounted Lesson

- Fitting of Helmets and Safe Riding Attire
- Grooming Procedure
- Tack Cleaning
- Proper Leading and Turning of the Horse
- Bridling – Proper Fitting Technique
- Saddling – Proper Fitting Technique
- Fire Safety – Procedure
- Fire Safety – General
- Foot Care
- Tying a Horse Properly in the Stall
- Blanketing and Unblanketing a horse
- Fitting Martingales

The following Topics may be used for the English Instructor of Beginner Mounted Lesson

- 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 horse to correct the lead
- Introduce and practice changing the leading file
- Introduce and practice the 3-point position at walk and trot
- Introduce and practice the 2-point position at walk and trot

The Following Topics may be used for the English Instructor of Beginner Jump Lesson

- Introduce and practice the forward seat position throughout a simple gymnastic
- Introduce and practice the 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

Use of games and props is encouraged