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| **Name** |  | **Level** | GOLD |
| **Topic** | Ride Fit | **Lesson** | 1 of 3 |
| **Subject** | Rider fitness | **Location** | Classroom |
| **Resources &****Requirements** | White board |

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| **Time** | **Activity** |
| ***15******mins*** | INTRODUCTION1. Ask the group why they think rider fitness is important?* Being fit to ride is about correct movement *and* stamina
* It is important to be able to hold a balanced position for the duration of your ride so that you don’t burden the horse with an unbalanced rider
* if they have worked through the Silver booklet – did anyone find a difference in their fitness when they started to included more activity in their day?
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| ***45******mins*** | ACTIVITIES1. Discuss as a group ways in which the group incorporate fitness/movement into their day.
2. Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscles and the ability of the muscles to use that oxygen to produce energy for movement. Riding may not appear to utilise much muscular activity, but holding the rider in position through all paces and affecting how the horse moves requires high levels of muscular endurance.
3. Riders must be able to support their own body in the saddle, for the duration of the lesson, as it is critical for the welfare of the horse. A tired rider puts themselves and their horse at risk of injury, particularly when jumping.
4. Cardiovascular fitness can be improved by:
	* Walking
	* Jogging
	* Running
	* Swimming
	* Walking uphill
	* Rowing machines/cardio machines at the gym
5. Walking is the most natural movement for the human body, and does improve cardiovascular fitness whilst being safe and low impact for the body. Aim to walk for at least 30 minutes a day, outside, over varying terrain.
6. Incentives to help people improve their fitness: Find an accountability partner, or invite friends, or encourage colleagues to go walking with you.
7. Fitness trackers can be a great motivator, and a good way of setting up some

friendly competitions with friends. Challenge the group to see who can take the |

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|  | most number of steps over a period of time (could offer free/discount on lesson or similar to the winner?)1. As well as improving cardiovascular fitness improving balance and co-ordination can help improve rider balance.
	* Look at the exercises in the booklet
	* Pelvis mobility/finding neutral pelvis work through the steps:
		+ Stand up, place hands on hips
		+ Lift tail bone back and up (poke bottom out behind you)
		+ Tuck tail bone under
		+ Keep knees straight and upper body still
	* Explain why this movement is important when riding
	* Discuss the use of a fitball to help improve this

Read through the exercises in the booklet and encourage riders to incorporate them into their week as often as possible to help improve their riding position |
| ***10******mins*** | SUMMARYEncourage group to get together and encourage each other with fitness goals or to find and follow an online fitness plan at home.Ask riders to assess how they feel at various stages of their next lesson regardingtheir fitness levels and/or position and work to improve this off of the horse |
| **PROGRESSION**Yard walking groupsFitness tracking competitions Exercise/wellness diary/journal |

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| **Name** |  | **Level** | GOLD |
| **Topic** | Ride Fit | **Lesson** | 2 of 3 |
| **Subject** |  | **Location** | Classroom |
| **Resources &****Requirements** |  |

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| **Time** | **Activity** |
| ***15******mins*** | INTRODUCTIONIt is always important to consider your mental wellbeing, below are some things that will help you as you progress with your riding. They will enable you to check in and give yourself some tools to deal with anxieties or challenges that might occur.We will talk about:* Mindful breathing
* Visualisation
* Setting goals
* Progression
* Reflection
* Consideration for others
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| ***40******mins*** | ACTIVITIESMENTAL WELLBEING1. Breathing – Recap on breathing techniques covered in Bronze. Mindful breathing is a great way to help to keep yourself relaxed and can be used prior to mounting and whilst riding, if you are relaxed this will also transfer to the horse you are riding.
2. Visualisation – picturing something in your mind and breaking it down step by step, imagining how you are going to ride it perfectly.

As a group pick a movement such as riding a 20m circle at C. Talk through each stage of riding it e.g. horse in active pace, rider in good position (can break this down further), half halt as turn the corner(describe how to do this), start to look around line of circle, turn shoulders/hips, open inside rein, use inside leg to bend horse and continue through the wholemovement .Ask the group to think of a movement they want to visualise and write down step by step how they are going to achieve it. Help and support where required. Encourage the group to read this daily until their next session and then see if it helps during the session.1. Setting goals – Talk through setting goals and how this can be useful for rider progression and motivation. Remember you have the end goal and then interim goals to help achieve this. Ask each of the group to write down their main goal and then help them to break it down into smaller goals/steps to help them achieve it.
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|  | 1. Progression – Discuss between members of the group whether they are naturally competitive. This can be good for progression however it is important to stress that sometimes comparing yourself to others, especially with riding, can have a negative effect – all horses are different and everyone will learn at a different pace.
2. Reflection - Undoubtedly throughout your riding you will make mistakes or may have a negative experience. Its important turn these into positive learning experiences rather than letting negativity take hold. When something goes wrong, take the time to reflect on why and how you can prevent it from happening again.
3. Consideration for others – Discuss ways that the group can continue to support each other and create a supportive environment.
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| ***10******mins*** | SUMMARYRecap on visualisation and remind group to practice.Make a note of the groups goals and discuss ways in which you can help to achieve them |
| **PROGRESSION**Continue to work towards the long term goals that have been set and regularly review short term goals with your coach |

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| **Name** |  | **Level** | GOLD |
| **Topic** | Ride Fit | **Lesson** | 3 of 3 |
| **Subject** | Visualisation | **Location** | Arena |
| **Resources &****Requirements** | Horse suitable for the group |

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| **Time** | **Activity** |
| ***15******mins*** | INTRODUCTIONRecap on visualisation and discuss with rider what they are aiming to achieve Encourage rider to spend a few minutes visualising the movement they want to work on before mountingDiscuss with rider their aims for the session |
| ***20-30******mins*** | ACTIVITIESTailor the session to suit if private session. In a group consider working riders individually after the warm up to allow riders to practice on their own.In the warm up include:1. Breathing exercises to help the rider to relax and loosen up
2. In halt talk through positioning of seat bones to check if pelvis is in neutral, encourage the rider to feel that their weight is equal into both seat bones
3. Rider can rock their pelvis forwards and back (rounded back to arched back) to find neutral in the middle
4. Check the alignment of the rest of the body
5. Spend some time in walk with the rider maintaining this position but feeling and allowing movement through the lower back and hips.
6. Move on through warm up to rest of session to include the riders aims
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| ***10******mins*** | SUMMARYMake sure highlight the positives achieved throughout the sessionGain feedback from rider; how they felt at the beginning and at the end Set goals/new visualisation for the next session |
| PROGRESSIONRecap goal setting discussed in previous session – discuss rider’s long term goals and how this can be broken down to achievable short term goals. |

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