

Aitchison College Lahore

Equestrian & Polo Department

Riding Lesson for Seniors School Riders

This syllabus is designed for senior riding students aged 16 and above who are ready to advance their horse riding and care skills. The focus is on improving control, balance, horse handling, and preparing for more independent riding both in the arena and outdoors. Students will develop a deeper understanding of horse behavior, master key riding techniques, and learn essential safety and care practices.

Lessons are taught in a safe, supervised environment, with gradual progression based on each rider's comfort and confidence.

Lesson Outline:

1. Stable Management & Advanced Horse Care

- **Daily grooming practices:** Start grooming by brushing the horse with a curry comb in circles, then use a soft brush to clean off the dust. Clean each hoof carefully with a hoof pick.
- **Understanding horse behaviour:** Watch the horse's ears and body to understand how it feels. Always move calmly and gently around the horse.
- **Tack checking and maintenance (Saddling & bridling independently):** Before riding, check the saddle and bridle for any damage or loose parts. After the ride, clean the tack using a damp cloth and saddle soap. Hang the equipment properly in its place. Keeping tack clean and safe helps protect both horse and rider.

2. Mounting and Rider Position Correction

- **Emphasis on proper riding posture and balance:** Stand on the left side of the horse and gently get on by placing your left foot in the stirrup and swinging your right leg over. Sit up straight, keep your heels down, and hold the reins softly. Look ahead, not at the horse. Stay balanced and calm in the saddle.

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3. Saddlery

- **Learning about advanced saddler parts:** A **breastplate** is a piece of tack that goes across the horse's chest and connects to the saddle. A **martingale** is a piece of tack used to **help control the horse's head position**.
- **Understanding the purpose and use of different saddler components:**
 - Place the breastplate over the horse's chest and clip it to the saddle and girth.
 - Fit the martingale through the girth and reins.
 - Make sure nothing is too tight. Ask your instructor to check bits.

4. Advanced Riding Techniques

- **Walk, trot, and controlled canter:** Ask the horse to walk by gently squeezing with your legs. For trot, rise up and down with the horse's movement. When ready, try the canter slowly with help from the instructor. Stay relaxed and follow the horse's rhythm.
- **Rein control, leg aids, and transitions between gaits:** Hold the reins gently and steer with small movements. Use your legs to guide the horse and control speed. Practice moving smoothly between walk, trot, and canter. Keep your hands soft and your legs steady.

5. Arena Riding Practice

- **Riding on patterns (circles, serpentines, figure-8):** Follow the pattern your instructor gives you. Ride big circles, snake-like serpentines, or figure-8 shapes. Use your legs and reins to turn smoothly. Keep your horse steady and follow the shape properly.
- **Working on coordination and rhythm:** Try to move with the horse in a steady rhythm. Rise and sit at the right time during the trot. Keep your body in balance and your hands and legs working together. Stay calm and keep the pace smooth.

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6. Introduction to Jumping / Pole Work (if applicable)

- **Ground poles, trot poles, and basic jump positioning:** Start by walking or trotting over poles on the ground. Look forward and ride straight. Practice standing slightly in your stirrups (two-point position). If you're ready, try a small jump with the instructor's help.

7. Trail Riding / Outdoor Riding Basics

- **Riding outside the arena under supervision (optional):** Follow your instructor and keep a safe space from the horse in front. Stay calm and hold the reins gently. If your horse gets distracted, talk to it softly. Always listen to instructions and ride in control.

8. Cool Down & Post-Ride Care

- **Proper dismounting:** After stopping, take both feet out of the stirrups and gently swing your right leg over. Land softly on the ground and hold the reins. Give your horse a gentle pat. Wait for your instructor before moving away.
- **Grooming and untacking the horse:** Take off the saddle and bridle carefully. Brush the horse to clean sweat and help it cool down. Offer fresh water if needed. Put away all tack neatly and thank your horse for the ride.

Visiting Schedule and Assessment

- Visit stable thrice a month and learn about it.
- One quiz per month will be conducted
- One written theory test per semester will be conducted
- 80 % Riding attendance and clearance of theory test is compulsory for riding color and captaincy.