



Sample Language Plus Horse Riding Programme

(this is a sample programme only and changes are at the discretion of the Head Instructor)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Breakfast & Morning Meeting						
Lesson 1		Health & safety brief Assessment of all riders	Practical stable management and grooming	Theoretical stable management	Care of equipment workshop	Stable management Quiz Warm-up		
Lesson 2		Warm-up Riding assessment of all riders	Warm-up exercises Training posture	Warm-up Countryside hack	Warm-up Jumping exercises	Show-jumping competition		
Lesson 3	 Arrival	Handy Pony exercises	Depending on levels: Walking, trotting, cantering and jumping (cross poles, 2'6 and 3'3 courses) Cool - down	Countryside hack	Handy Pony exercises	Show-jumping competition	Departure 	
Lesson 4		Handy Pony exercises Cool-down		Countryside hack Cool-down	Handy Pony exercises Cool-down	Gymkhana competition Cool-down, Awards		
		Lunch, Afternoon Meeting & Free Time						
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills		Grammar study skills
Lesson 6	English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking		
Lesson 7	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review		
Lesson 8	Project	Project	Project	Project	Project	Progress test		
		Dinner, Free Time, Evening Entertainment & Bed Time						

Please note:
English lessons can take place in the mornings or the afternoons