

## Objective

By the end of this lesson, you will have a better understanding of horse show jumping techniques and be able to practice some basic jumps with your horse.

## Materials and Prep

- Helmet
- Riding boots
- Horse
- Jumping poles
- Jump standards
- Flat riding area
- Basic knowledge of horse riding and handling

## Activities

- **Warm-up:** Begin with a proper warm-up routine for both you and your horse to get ready for jumping.
- **Practice Trotting Over Poles:** Set up some poles on the ground and practice trotting your horse over them to work on coordination and timing.
- **Jumping Small Cross Rails:** Set up a small cross rail jump and practice jumping over it at a comfortable pace.
- **Obstacle Course:** Create a small obstacle course with a few jumps and practice navigating it smoothly with your horse.
- **Cool Down:** Finish the lesson with a cool down routine for both you and your horse to relax and stretch after jumping.

## Talking Points

- **Positioning:** "Keep your heels down, eyes up, and back straight to maintain a good riding position."
- **Rhythm:** "Establish a steady rhythm with your horse to approach jumps confidently."
- **Release:** "Remember to release your horse's neck over the jump to allow them to jump freely."
- **Practice:** "The more you practice, the better you and your horse will become at show jumping."
- **Have Fun:** "Enjoy the process and the bond you create with your horse through show jumping."