

Objective

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

Materials and Prep

Materials needed:

- Helmet
- Proper riding attire
- A horse or pony
- Jumping poles or small obstacles

Before starting the lesson, make sure you have a safe and clear area to practice your jumps. It's important to warm up your horse properly before attempting any jumps.

Activities

- **Warm-up:** Begin your lesson with a gentle warm-up for both you and your horse. Practice some basic riding exercises to get in sync with your horse.
- **Jumping Position:** Work on your jumping position by practicing two-point position. This will help you maintain balance and stability over jumps.
- **Jumping Practice:** Set up a simple jump with poles on the ground. Practice approaching the jump at a trot or canter and focus on your form over the jump.
- **Obstacle Course:** Create a small obstacle course with a few jumps and practice riding through it smoothly and confidently.

Talking Points

- **What is horse jumping?**
"Horse jumping is a sport where a horse and rider jump over obstacles in a timed event. It requires skill, coordination, and trust between the horse and rider."
- **Importance of Safety:**
"Always wear your helmet and proper riding attire when practicing horse jumping. Safety should always come first."
- **Developing Trust:**
"Building a strong bond with your horse is crucial in horse jumping. Trust and communication are key to successful jumps."
- **Practice Makes Perfect:**
"Don't get discouraged if you make mistakes while jumping. Practice regularly and learn from each experience to improve your skills."