



# 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	 Arrival	Health & safety brief Assessment of all riders	Practical stable management and grooming	Theoretical stable management	Care of equipment workshop	Stable management Quiz Warm-up	Departure 
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		Handy Pony exercises	Depending on levels: Walking, trotting, cantering and jumping	Countryside hack	Handy Pony exercises	Show-jumping competition	
Lesson 4		Handy Pony exercises Cool-down	(cross poles, 2'6 and 3'3 courses) 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	
Lesson 6		English assessment Grammar study skills	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	
Lesson 8		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