



# Sample Language Plus Horse Riding Programme

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

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mornings	<div></div> <div>Arrival</div>	Breakfast & Morning Meeting					<div>Departure</div> <div></div>
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		Handy Pony exercises	Warm-up exercises Training posture Level depending: walking, trotting,	Warm-up Countryside hack	Warm-up Jumping exercises	Show-jumping competition	
Lesson 3		Handy Pony exercises Cool-down	cantering and jumping (cross poles,2'6 and 3'3 courses) Cool-down	Countryside hack Cool-down	Handy Pony exercises Cool-down	Gymkhana competition Cool-down Awards	
Afternoons		Lunch, Afternoon Meeting & Free Time					
Lesson 1		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
Lesson 2		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
Lesson 3		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					

Please note:  
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