

ALBERTA EQUESTRIAN

F E D E R A T I O N

2022 - WESTERN INSTRUCTOR LESSON PLAN TOPICS

THE FOLLOWING TOPICS MAY BE USED FOR THE WESTERN INSTRUCTOR EVALUATION

UNMOUNTED LESSON

- Grooming Procedure
- Basic Horse Handling
- Bridling – proper fitting and technique
- Bandaging (stable, shipping, tail)
- Saddling – proper fitting and technique
- Hoof Care
- Tying a Horse

MOUNTED LESSON

- Introducing the Walk
- Introducing the Jog
- Introducing the Lope
- Mounting/Dismounting Safely
- Speed Control
- Body Position
- Stop
- Back up
- Rein Effects (Open rein, direct rein, indirect rein, rein of opposition)
- Circling
- Introducing Leg Yielding
- Posting Trot
- Correct Diagonals
- Identifying leads at the lope
- Introducing turn on the forehand
- Introducing turn on the haunches
- Figure 8

Use of games and props is encouraged

Lesson Plan Topics will be assigned by AEF 45 days prior the evaluation

Lesson Plan and EAP Template Available