

Middle California Region USPC

Preparing For Your HB Test

Teaching

For the HB test, The USPC HB Standard requires that the candidate:

- **Teach unmounted lesson of choice at D2 – C1 Standard, to D1 – D3 Pony Club members (limit 10 minutes).**
- **Present two 20-minute written lesson plans, one for flat work and one for jumping, up to C1 Standard.**
- **Discuss how to do a safety check and other safety aspects of teaching.**
- **Candidate must bring a letter from DC stating that he/she is assisting in simple mounted lessons at the D and up to C1 level with supervision. A minimum of six hours teaching prior to the test is suggested.**

For your unmounted lesson, the examiners are looking for:

- A clear introduction, explanation, review and summarization. Language that defines clearly these different sections of your lesson.
- A thorough knowledge of your selected topic and the ability to answer questions from students.
- Creativity. The ability to make the lesson fun and interesting for students.
- Confidence and enthusiasm. Speak loudly, clearly and positively.
- Ability to use time well. Ten minutes is a very short period of time. Candidates should be able to complete a concise, informative lesson in that time.
- Be sure to keep it to the D2 – C1 Standard.

Unmounted lesson topic ideas:

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| • How to clean out hooves | • Leg and face markings |
| • How to lead and turn horse | • Trailer safety |
| • How to clean a stall | • Tack cleaning |
| • How to put on a bridle or saddle | • Kinds of feed |
| • How to tie a quick-release knot | • Rules of feeding |
| • Colors or breeds of horses | • Stable vices |
| • Parts of horse | |

For your two mounted lesson plans, the examiners are looking for:

- Two concise, typed lesson plans clearly stating the topic (example; canter leads), level (example: D2), equipment needed (example: standards & poles for a jump lesson) and time (20 minutes).
- Give an outline of your lesson procedure and detail what you plan to do. Tell us what you will say, what you will do and how long it will take.
- Example of a lesson procedure:
 - Safety check
 - Introduce idea
 - Teach
 - Review/Evaluation

- Remember, you need one flat and one jumping lesson plan, each 20 minutes in length, suited to the C1 Standard.

Mounted lesson topic ideas up to C1 Standard. Please review the USPC D Manual (pages 23 – 127) and the USPC C Manual (pages 1 – 48) for lesson ideas:

- Turns, Circles, Reverses (D2)
- Riding the Canter (D2)
- Trotting Grid before a Cross Rail (D2)
- Riding w/o Stirrups at Sitting Trot (D3)
- Learning to Rein-Back (D3)
- 20-Meter Circles (D3)
- The Basic Aids – Leg Aids, Rein Aids, Seat or Weight Aids (D3)
- Forward and Out Exercises (C1)
- Transitions (C1)
- Riding Accurate Ring Figures (C1)
- Ground pole canter grid (C1)
- Striding and Jumping in Stride (C1)

To discuss a safety check and other safety aspects of teaching:

- Please review the USPC C Manual (pages 303 – 306) and USPC B, HA and A Manual (pages 209 – 219).