

Horse Riding

Skills/Manoeuvres

Approach pony in stable, put on a head collar and tie up.

Approach and lead a pony in hand.

Mount and dismount.

Walk and halt without a leading rein in an enclosed area.

Put on a saddle and bridle.

Show simple turns and circles in a walk.

Show rising trot and knowledge of diagonals.

Show knowledge of aids for increase and decrease of pace.

Ride school movements in trot and walk.

Show canter.

Show forward position over poles.

Show knowledge of the 5 phases of the jump, and jump a small cross pole.

Show a balanced position in all school movements in walk, trot and canter.

Show correct application of aids.

Walk, trot and canter without stirrups.

Jump a 2ft 6ins track or ride with contact and on the bit.

Turn on the forehand from the halt, half pirouette at the walk and rein back.

Show shortening and lengthening.

Ride a 2ft 9ins cross country course or ride in a double bridle.

Ride a good 3ft track or show lateral movements.

Candidates will be required to design and ride a short performance of their level of ability and preferred event.

Mark Band	Gymnastics Activities – Horse Riding
9 – 10	<p>Candidate should be a confident rider who performs skills very effectively.</p> <p>He/she can jump a variety of fences at 2ft 9 Cross Country or 3ft Showjumping, showing good balance and effectiveness in the five phases of the jump.</p> <p>Or the candidate is able to show very good control in performing riding figures in walk, trot and canter, quarter pirouettes, reining back, turns on forehand demonstrating the ability to ride consistently on the bit and ride the horse to collection.</p> <p>An excellent knowledge of equitation is demonstrated and the candidate designs and rides a highly complex routine.</p>
7 – 8	<p>Candidates should ride confidently and efficiently in walk, trot and canter with or without stirrups. He/she can jump 2ft 6 fences but the technique may be basic. Candidates should have good contact and control of the horse and an ability to perform the following movements well: walk, trot on named diagonal, center on correct leg, ride school figures in walk, trot and canter and turn on forehand.</p> <p>Candidate has a good knowledge of equitation and the candidate designs and rides a complex routine.</p>
5 – 6	<p>Candidate demonstrates rising and sitting trot with growing confidence and style but canters with little or no style. He/she can ride over poles with confidence.</p> <p>The candidate can ride in canter, turns and circles, ride in walk independently of the reins and hold the reins in one hand in the walk and trot. He/she will; left and right circle, and ride on the correct diagonal.</p> <p>The candidate demonstrates a basic understanding of equitation and the candidate designs and rides a complex routine with guidance.</p>
3 – 4	<p>The candidate can put on a saddle and bridle with assistance and can mount and dismount with ease. Candidate can walk and rising trot with some style and will be able to ride turns and circles with some success.</p> <p>The candidate displays a limited knowledge of equitation and the candidate designs and rides a limited routine.</p>
1 – 2	<p>Candidate is able to mount and dismount and will walk and halt but with little or no style.</p> <p>The candidate will lead a pony by hand but may lack confidence in approaching and leading.</p> <p>The candidate has little or no knowledge of equitation and the candidate designs and rides a very limited routine.</p>