

GOLD AWARD 3

OBJECTIVES

Work towards an effective and balanced seat on the flat and over jumps.
To have an awareness of ponies' instincts and how they affect their behaviour

To have some knowledge of the Five Freedoms (Domains)

RIDING AND ROAD SENSE

1. Be able to do mounted exercises in walk and trot
2. Start to establish rhythm in walk.
3. Show how to ride round corners and turn left and right
4. Know the aids for canter
5. Know if the pony is cantering on the correct leg
6. Be able to walk, trot and canter in an open space
7. Be able to change and carry a whip in either hand
8. Be able to jump small fences from canter
9. Describe how you would get a pony used to something scary (desensitisation)
10. Know the correct distances for trotting poles (in feet, yards or metres)
11. Describe the sequence of legs in walk
12. Name some reflective clothing riders can wear
13. Know how to pass other riders on the road
14. Dismount and lead from the off side and remount
15. Be able to ride two left and two right turns on the road
16. Recognise common road signs

HORSEMASTERSHIP

17. List and explain the importance of Five Freedoms (Domains) of pony welfare
18. Know the main signs of health in the pony
19. Know how a pony moves if he is clearly lame
20. Know how to check if a paddock is safe
21. Recognise good fencing
22. Know how to provide water in the field
23. Know what to feed grass kept ponies
24. Know how to groom grass kept ponies
25. Explain how positive reinforcement works when training a pony
26. Talk about pressure and release works when training a pony
27. Put on and take off turnout rugs
28. Know how to clean tack (daily care only)
29. Know what protection a pony needs when travelling
30. Know when a pony needs shoeing
31. Know that ponies are herd animals, when this might be a problem and how it can be avoided.

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