



Horses, Safety, Fun



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STUDENT DIARY

Challenge Level 1 Getting Started

Your Name: _____

Start Date: _____

End Date: _____



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Before I begin . . .

What I need to learn for this level:

My challenges for this level are:



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Skill 1	Date Learned	Date Revised	Date Improved	Date Self Assessed
Explain the A.B.C's				

Criteria:

A = Attitude, having a good attitude and having confidence.

B = Balance, remember to stay balanced

C = Control, staying in control of yourself and your horse

Instructor Comments:

Instructor.

Instructors Signature

Date Assessed

Skill 2	Date Learned	Date Revised	Date Improved	Date Self Assessed
Where, What and Who				

Criteria:

Where should I ride?

What should I wear?

Who should teach me?

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed



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Skill 3	Date Learned	Date Revised	Date Improved	Date Self Assessed
Mounting				

Criteria:

Mount with mounting block

Mount with instructor holding elbow

Relaxed breathing once mounted

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed

Skill 4	Date Learned	Date Revised	Date Improved	Date Self Assessed
Halt and Walk				

Criteria:

Balanced and correct position in halt and walk

Maintain positions during transitions

Relaxed breathing in both paces and transitions

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed



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Skill 5	Date Learned	Date Revised	Date Improved	Date Self Assessed
2 point seat				

Criteria:

Maintain for at least half a 20m circle

Keep the lower leg under the body with toes higher than heels

Sitting and returning to two-point seat on command

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed

Skill 6	Date Learned	Date Revised	Date Improved	Date Self Assessed
First Trot				

Criteria:

Have a few steps sitting

Shoulders on or behind the vertical

Return to walk while maintaining position and maintaining breathing

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed



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Skill 7	Date Learned	Date Revised	Date Improved	Date Self Assessed
First Rising Trot				

Criteria:

Practice rising and sitting in the halt and walk

In the trot have the instructor call time, starting every few beat then work towards every second beat.

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed

Skill 8	Date Learned	Date Revised	Date Improved	Date Self Assessed
Handling reins				

Criteria:

Holding reins maintain a contact

Lengthen the reins

Shorten the reins

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed



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Skill 9	Date Learned	Date Revised	Date Improved	Date Self Assessed
Basic Control				

Criteria:

Turing right and left consistently
Being able to stop within four steps
Ask the horse to walk

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed

Skill 10	Date Learned	Date Revised	Date Improved	Date Self Assessed
Dismounting				

Criteria:

Bridge Reins
Dismount and take reins over head
Run up stirrups

Instructor Comments:

Instructor's Name

Instructors Signature

Date Assessed



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Level 1 Summary

What did I enjoy?

What have I learnt?

What do I need to improve on?