

### Introduction to riding

- I can list what I should wear to ride
- I can assist leading my horse to the arena
- I can assist with:
  - a) checking the girth
  - b) estimating my stirrup length
- I can mount from a mounting block with assistance
- I can give a reason why I have to land gently in the saddle
- I can position my feet correctly in the stirrups
- I can hold and shorten the reins
- I can sit in the correct position in halt and walk
- I can use my aids to ask the horse to halt and walk on
- I can ride three different changes of rein in walk
- I can show some steps of rising trot
- I can dismount safely
- I can run up the stirrups and loosen the girth