

Qualification Structure

BHS Stage 1 Ride



Learning Outcome	Assessment Criteria	Guidance on the breadth of content that may be covered during assessment	Assessment Method
1. Be able to position a horse in preparation for mounting	1.1 Position horse	<ul style="list-style-type: none"> Lead with or without a martingale to a mounting block in preparation for mounting 	Observation
2. Be able to mount and dismount from a horse	2.1 Check the tack for safety before mounting	<ul style="list-style-type: none"> Saddle Bridle Girth Stirrups 	Observation
	2.2 Mount and adjust girth and stirrups	<ul style="list-style-type: none"> Position horse at mounting block Let stirrups down Position hands and whip Adjust reins Swing into saddle landing lightly 	Observation
	2.3 Dismount and adjust tack	<ul style="list-style-type: none"> Position horse in the centre of the school Remove feet from stirrups Adjust whip and reins Dismount to left Slacken girth, run up stirrup leathers Prepare to lead horse out of arena 	Observation
3. Be able to ride horses in walk, trot and canter under supervision	3.1 State the reasons for warming up and cooling down a horse	<p>May include:</p> <ul style="list-style-type: none"> Allow for progressive physical movement Reasons for cooling down slowly to allow horse to return to normal 	Discussion
	3.2 Ride in a balanced and secure position	<p>May include:</p> <ul style="list-style-type: none"> Riding with stirrups in walk, trot and canter showing respect and consideration for the horse and other users of the school Maintain control when riding as part of a group or independently Carry a whip, (75cm/30" or less) Maintain the rules of the school 	Observation
	3.3 Ride showing respect and consideration for the horse and other riders	<ul style="list-style-type: none"> Use sympathetic aids riding walk, trot, canter Awareness of other users of the school 	Observation
	3.4 Maintain a balanced position in walk and trot without stirrups	<ul style="list-style-type: none"> Seat central in saddle Heel, hip and shoulder in line Elbow, hand, rein and horse's mouth in line 	Observation
	3.5 Maintain a balanced position in trot and canter in a light seat	<ul style="list-style-type: none"> Shorter stirrups Position of upper body Balance independent to hands 	Observation

	3.6 Maintain a balanced position over trotting paces	<ul style="list-style-type: none"> • Single pole • Three poles in line (straight line and on diagonal line) • In light seat • In rising trot 	Observation
	3.7 Ride transitions between the paces	<ul style="list-style-type: none"> • Upward and downward transitions: • Halt • Walk • Trot • Canter 	Observation
	3.8 Ride a range of simple school figures	<p>May include:</p> <ul style="list-style-type: none"> • Changes of rein • Turns and circles • Riding across the arena 	Observation
	3.9 State the aids for riding transitions and turns	<ul style="list-style-type: none"> • Leg • Rein • Whip • Riding position 	Observation and discussion
	3.10 Ride on the correct trot diagonal and change as required	<ul style="list-style-type: none"> • Rising when outside shoulder moves forward • Correcting and changing diagonal when needed and when changing the rein 	Observation and discussion
	3.11 State the number of beats within the pace and the sequence of footfalls.	<ul style="list-style-type: none"> • Walk • Trot • Canter 	Discussion
	3.12 Show where appropriate, how to use a short whip (75cm/30" or less)	<ul style="list-style-type: none"> • Carry • Change over • Use if required 	Observation and discussion
	3.13 Recognise correct canter leads	<ul style="list-style-type: none"> • Recognise if the inside foreleg is appearing to lead 	Observation and discussion