

# 123 Program

## Week One

| Goals                              | Outcomes            |
|------------------------------------|---------------------|
| Safely move around a horse or pony | Build Confidence    |
| Understand basic behavior          | Respect for animals |
| Apply basic grooming               | Build Trust         |
| Know simple parts of the horse     | Build Knowledge     |
| Lead a pony or horse               | Body awareness      |

## Week Two

| Goals                           | Outcomes               |
|---------------------------------|------------------------|
| Tack & Equipment                | Acquiring Knowledge    |
| Mount and Dismount              | Gaining Confidence     |
| Sit in balanced position        | Balance and Posture    |
| Basic use of Reins and Stirrups | Balance & Coordination |

## Week Three

| Goals              | Outcomes                      |
|--------------------|-------------------------------|
| Safety in a Group  | Understanding horse behaviour |
| Introduce the Trot | Building Confidence           |
| Basic Riding Terms | Awareness and Coordination    |