

123 Program

Week One

Goals

Safely move around a horse or pony

Understand basic behavior

Apply basic grooming

Know simple parts of the horse

Lead a pony or horse

Outcomes

Build Confidence

Respect for animals

Build Trust

Build Knowledge

Body awareness

Week Two

Goals

Tack & Equipment

Mount and Dismount

Sit in balanced position

Basic use of Reins and Stirrups

Outcomes

Acquiring Knowledge

Gaining Confidence

Balance and Posture

Balance & Coordination

Week Three

Goals

Safety in a Group

Introduce the Trot

Basic Riding Terms

Outcomes

Understanding horse behaviour

Building Confidence

Awareness and Coordination