

Achievement Level C Orange



Name.....

- Free kneel - Hands by side
- Mill with Pause
- Flare - Leg Only
- Mount - Ladies seat with Bunk-
- Inverted Bench
- Turn from back to front over handles
- Plank arms and Legs extended
- Name food that horses eat
Should horses have treats - when and what
Sort of treats are good
- How do you transport a horse
- Discuss which moves are compulsories
and which ones are freestyle

Achieved.....Date.....

Achievement Level D Green



Name.....

- Basic seat - Arms out
- Mill - No Pause
- Forward Swing
- Dismount - Roll over handles (with Support)
- Arabesques - Holding Handles
- Push up on rear
- Perform 3 freestyle moves of your
own choice
- What does B.E.V stand for
- Help to put away equipment & Poop scoop
- Discuss why vaulters should warm up
And take part in warm up exercises

Achieved.....Date.....