

### Riding fit silver

- I can describe how to bend forward correctly, and understand why it is important
- I can give examples of ways to improve my strength and mobility
- I can describe how to sit in a chair in the best way for my body
- I can describe where the core is
- I can describe a posture that will strengthen my lower back
- I can describe the following movements, and give a benefit for each of them
  - a) founder pose
  - b) shoulder mobility exercise
  - c) calf stretch
- I can list 3 things to improve my symmetry
- I can list 3 things I can do to improve my cardiovascular fitness
- I can state the effect of rider weight on horse performance