

# Mounted Games Checklist Guidance

Mounted Games	Notes for guidance
<ul style="list-style-type: none"> <li>• I can outline the benefits of mounted games</li> <li>• I can describe an appropriate warm up for my horse and myself</li> <li>• I can ride with my reins in one hand in walk and trot</li> <li>• I can ride with an independent seat in walk and trot</li> <li>• I can demonstrate how to:               <ul style="list-style-type: none"> <li>a) Pick something up from a raised platform/bin</li> <li>b) Drop an object into a bucket</li> <li>c) Pass an object to another rider in walk</li> </ul> </li> <li>• I can complete three different mounted games races using the correct aids</li> <li>• I can cool my horse down after a mounted games session</li> </ul>	<ul style="list-style-type: none"> <li>▫ <i>Benefits could include: improve rider co-ordination, rider balance, improve partnership with horse/bond/trust, team sport. Or any other acceptable answer.</i></li> <li>▫ <i>Warm up should be appropriate to rider and horse</i></li> <li>▫ <i>Ride with reins in one hand: reins knotted, rider able to demonstrate control in walk and trot through transitions, turns, halt, on both reins</i></li> <li>▫ <i>Rider able to demonstrate a balanced position in walk and trot without reliance on the reins for balance, able to use weight/seat aids as appropriate for level</i></li> <li>▫ <i>a) Awareness of lines, approach, speed, balance, co-ordination</i></li> <li>▫ <i>b) Awareness of lines, approach, speed, balance when leaning down and sitting up, co-ordination, object stays in bucket</i></li> <li>▫ <i>c) Object passed safely, awareness shown of distance, horse reaction, lines taken</i></li> <li>▫ <i>Any games listed in the booklet or any other appropriate games. Played safely with awareness of speed, balance, co-ordination, aids used, neck reining used if appropriate</i></li> <li>▫ <i>Cool down appropriate for horse and rider</i></li> </ul>

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The British Horse Society is a Registered Charity Nos. 210504 and SC038516

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