

Riding fit bronze

- I can give examples of why it is important to be fit to ride
- I know why BHS Approved Riding Schools have weight limits in place for their horses and ponies
- I know why correct alignment is beneficial for riding
- I can describe how to improve my alignment
- I can demonstrate mindful breathing and describe how it can help my riding
- I can list five signs of dehydration
- I know how to prevent dehydration
- I can list the nutrient groups of a balanced diet
- I can list five healthy foods
- I know where to access advice about mental well-being