

Unit 20: Horse Riding

Unit type: Certificate and Diploma

Learning hours: 60 hours

Unit level: 1

Unit description

This is an optional unit in the BTEC Introductory Certificate and Diploma in Land and Environment.

In this unit you will learn the basic skills for handling and riding a quiet horse including mounting, dismounting, walking, trotting, cantering and adjusting stirrups and girths. You will need to know how to handle a horse safely both in the stable and when leading to and from the riding area. Knowledge of the horse's gait will be essential to enable you to control the horse in a confident and balanced manner.

Working with others is an integral part of this unit, especially when riding as a group where co-operation and concentration play a vital role. Practical ability, underpinning knowledge and an awareness of health and safety at all times will be developed together to ensure informed and safe working practices.

This unit is internally assessed.
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Summary of learning outcomes

To achieve this unit you must:

- 1 **Make preparations for riding**
- 2 **Lead and mount** a quiet horse
- 3 **Ride and control** a quiet horse
- 4 **Dismount and care for the horse** after riding.

Suggested skills opportunities

This unit provides the opportunity to develop the following skill(s) at Level 1:

*Either **Adult Literacy** or **Adult Numeracy** and/or **key skills in application of number** or **communication** or **information technology** or **improving own learning and performance** or **working with others***

You need to:

Read: *straightforward texts of varying lengths, from a variety of topics accurately and independently.*

Write: *information, ideas and opinions clearly using length, format and style appropriate to purpose and audience.*

Adult Literacy: Reading and writing

Generate results: *to a given level of accuracy using methods, measures and checking procedures appropriate to the specified purpose.*

Adult Numeracy: Calculating and manipulating mathematical information

Communication: **C1.2:** Read and obtain information from at least one document
C1.3: Write two different types of documents

Application of number:

N1.1: Interpret information from two different sources. At least one source must include a table, chart, graph, or diagram

N1.2: Carry out and check calculations to do with:

- amounts or sizes
- scales or proportion
- handling statistics

Information and communication technology:

ICT1.1 Find and select relevant information

ICT1.2 Enter and develop information to suit the task

Improving own learning and performance:

LP1.1: Confirm your targets and plan how to meet these with the person setting them

LP1.2: Follow your plan, to help meet targets and improve your performance

LP1.3: Review your progress and achievements in meeting targets, with an appropriate person

Working with others: **WO1.1:** Confirm you understand the given objectives, and plan for working together

WO1.2: Work with others towards achieving the given objectives

WO1.3: Identify ways you helped to achieve things and how to improve your work with others.

Content

1 Preparations for riding

Rider's clothing and Personal Protective Equipment (PPE): appropriate footwear, BSI-standard hat, gloves, jodhpurs, chaps, reflective clothing, inappropriate items eg jewellery and perfume

Tack and associated equipment: snaffle bridle with cavesson noseband, GP saddle, numnah, tacking up for riding

Basic tack fitting: correct fitting, problems (eg ill-fitting tack, worn tack)

Health and safety: appropriate procedures at all times around horses

2 Lead and mount

Leading the horse: leading correctly, halt and turns

Preparation for riding: reins into riding position, tightening girth, running down stirrups, checking length of leathers

Mounting: mounting from floor or mounting block, appropriate control of horse, awareness of others

Mounted checks: independently re-check girth, adjust stirrups, correct rein hold

3 Ride and control

Basic position: appropriate, balanced riding position which is not detrimental to the horse

Ride a quiet horse: follow simple directions, changes of pace (walk, trot, canter and halt), changes of direction, change of diagonal

Ride in an enclosed area: school letters, circles 20m, changes of rein, serpentine, awareness of others

Transitions: aids for halt, walk, trot, canter and turns

4 Dismount and care for the horse

Dismount: safe dismount, running up stirrups, slacken girth, reins into leading position

Untacking: head collar and lead rope, tying up, removal of tack, putting on a rug

Storing tack appropriately: stripping and cleaning tack, re-assembling tack

Assessment

This unit is internally assessed

To pass this unit, your evidence for assessment must show that you can meet all the learning outcomes of the unit.

Pass	Merit	Distinction
P1 Describe and wear correct clothing for riding	M1 Demonstrate tacking up a quiet horse	D1 Describe the main hazards associated with tacking up a horse and give examples of how these are managed
P2 Lead a quiet horse correctly, prepare it for mounting and mount with assistance	M2 Independently mount a quiet horse demonstrating appropriate control	D2 Check and adjust tack independently when mounted
P3 Ride a quiet horse maintaining an appropriate, balanced riding position at walk, trot and halt in an enclosed area	M3 Ride a quiet horse at canter in an enclosed area	D3 Demonstrate the aids for halt, walk, trot, canter and turns
P4 Demonstrate a safe dismount and the procedure for leading a horse after exercise.	M4 Untack a horse, clean and store tack.	D4 Explain the reasons for rugging and untacking a horse after exercise.

Guidance for teaching and assessment

Delivery

Throughout the delivery of this unit tutors should provide learners with frequent innovative opportunities to practise and develop basic reading, writing and numeracy skills that are relevant to the content of the unit and to any linked units. Development of these skills in this manner should motivate and encourage learners to learn, to remain on the course (and subsequent higher-level courses) to achieve the qualification and to be professional.

This unit is designed to develop practical abilities and safe working practice, together with introducing supporting theory. Routine duties performed under supervision will support the learner in developing knowledge and skills in preparation for employment or progression to a Level 2 programme of study. Learners should be encouraged to undertake their own research and to contribute their own suggestions in order to develop their understanding of horse riding. Underpinning knowledge must be provided in an accessible format so that learners understand its relevance to their practical activities. Access to the internet would enable learners to undertake their own research.

Access to a selection of quiet horses and ponies in a safe environment, mounting blocks, appropriate tack and equipment and safe riding areas is essential. It is recommended that learners have experience of riding and working with several quiet horses before they are assessed. This is to enable them to build confidence and skills that will be evident whichever animal may be available for assessment. However, it is equally possible that learners could provide evidence which meets one or more criteria on any one animal with which they are familiar.

Correct practice should be demonstrated and then learners supervised and encouraged to develop their own skills. Videos are a valuable learning resource and can provide visual representation of correct practice and health and welfare. Appraisal of performance should be clear and ongoing, so that learners are fully aware of their progress towards satisfactory achievement of the assessment outcomes.

Good habits of safe working practice should be developed from the outset so that they become standard practice. All staff should ensure that they set and maintain consistently high standards. Learners should only be assigned tasks and horses that they can realistically be expected to handle and ride safely at this level, to enable competence and confidence to be developed effectively.

Suggested skills activity

Learners could achieve the identified Level 1 Adult Literacy, Adult Numeracy and/or key skills by providing evidence from a range of sources in the teaching and learning of this unit. For example, learners need to work in a realistic yard environment assisting with tacking up and riding appropriate horses. They need to handle horses in and out of the stable, lead safely and correctly, mount and dismount and demonstrate the ability to maintain an appropriate balanced riding position.

The achievement of the skills is not compulsory. If the centre decides to develop these skills and/or carry out an assessment as part of this unit, the specification and guidance published by QCA must be used. Learners need to gather evidence and would need to be registered separately.

Assessment

Assessment for this unit could be in the form of routine practical assessment on an ongoing basis throughout the period of study. Tutors could endorse the level of practical ability and achievement at regular intervals, providing feedback to learners to indicate performance and aspects that need further work to meet the required standard. Learners would also need to present some information in written form eg knowledge of tack fitting and health and safety. Videos and/or photographs could provide suitable evidence.

Links

This unit links to *Unit 1: Starting Work in the Land-Based Industries*, *Unit 2: Working Safely in the Land-Based Industries*, *Unit 3: Skills Development in the Land-Based Industries*, *Unit 11: Horse Husbandry* and to relevant National Occupational Standards at Level 1.

Learners could also be given the opportunity to take the British Horse Society Progressive Riding Tests 1-6 and/or the Stage 1 Riding.

Suggested resources

Access to a yard of suitable horses and ponies, tack and tack room, safe riding areas (ideally an indoor school 20x40 metres), mounting blocks, school letters and associated equipment. Transport for visits to other equine establishments will be required to ensure learners experience the range of facilities available. Learners must have and use the correct Personal Protective Equipment (PPE).

Suggested reading

British Horse Society – *The Complete Horse Riding Manual* (Kenilworth Press, 2001)

British Horse Society – *Training Manual for Progressive Riding Tests 1-6* (Kenilworth Press, 2003)

British Horse Society - *Training Manual for Stage 1* (Kenilworth Press, 2001)

Loch S - *The Classical Seat* (D J Murphy, 1988)

Loch S – *Classical Riding – Being at One with Your Horse* (J A Allen, 1997)

Moffett H – *Enlightened Equitation* (David & Charles, 2001)

Suggested websites

www.bhs.org.uk

British Horse Society

www.ilph.co.uk

International League for the Protection of Horses

www.classical.dressage.net

Silvia Loch Classical Dressage