



## SHETLAND STRIDERS - SYLLABUS

### GOLDEN GROOM

#### BREEDS

This topic will introduce horse and pony breeds common to the UK. Discover the names of different breeds, what makes them special and where in the UK they are from.

#### \*One-star challenges:

- Identify common breeds of horses and ponies.
- Facts about some breeds of horses and ponies
- Similarities and differences between some breeds

#### \*\*Two-star challenges

- Make a poster about a breed of horse or pony detailing interesting fact.
- What does native and non-native mean? What features make native breeds more suited to living in the UK? Find out about at least two non-native breeds.
- Welsh breed varieties and the features of each

### GOLDEN GROOM

#### COLOURS AND MARKINGS

This topic will introduce common colours and markings seen on horses and ponies.

#### \*One-star challenges

- Identify common horse and pony colours.
- Identify common facial markings.
- Identify common leg markings.

#### \*\*Two-star challenges

- Discover five more colours and three markings in ponies not learnt about in 1\*. Paint a picture of them or describe them to your coach and use the correct terms and names.
- Most breeds of horses and ponies will be a range of colours, but there are some which will have one or a limited number of colours. Find out what these are.

## GOLDEN GROOM

### HANDLING PONIES

This topic introduces the safe handling of ponies. How to approach a pony, give it a fuss and offer a treat safely and how your behaviour may affect your pony.

#### \*One-star challenges

- How to behave around ponies
- The potential consequences of not behaving correctly around ponies.
- The importance of asking permission to approach a horse or pony that they do not know.
- Approach a pony safely, position themselves and move around a pony safely.
- Pat, stroke or fuss a pony safely and give a treat (only if the yard allows treats to be given)
- Why a pony would not be fed treats.
- Identify a headcollar and lead rope and untie a pony.

#### \*\*Two-star challenges

- Help to put on a headcollar.
- Lead a pony in walk with assistance.
- Tying quick release knots
- The 'flight or fight' response



## GOLDEN GROOM

### PONY OR HORSE

What's the difference between a horse and a pony, mare, gelding, and foal?

#### \*One-star challenges:

- Recognise a pony and a horse.
- Use the terms mare, gelding, and foal correctly.
- Help to measure a pony.

#### \*\*Two-star challenges

- The units used to measure horses and ponies.
- Measure some ponies on the yard. Can you find something (or someone) at the yard that is the same height? Measure lots of different things and see which is closest.
- Discover the other words we use to describe horses and ponies depending on their gender and age.

## PET PROTECTOR

### ANIMAL LOVER

Learn about local wildlife, how to show compassion and kindness to all animals and their environment.

#### \*One-star challenges

- Recognise local wildlife and the environment they live in
- Show how to be kind to animals and wildlife through own actions and behaviours.
- Why it is important to be kind to all animals and wildlife.

#### \*\*Two-star challenges

- Become a Pet Protector role model! Tell people why what you care about is important. By telling others you can have a bigger impact.
- Get crafty and make a collage of your favourite animal. You could include things from a nature walk like leaves, flowers, or small twigs. Write on your poster how to show kindness to this animal.
- Make a bug or hedgehog hotel at the yard; a safe space for small critters to live. Could be as simple as piles of leaves, old wood etc.

## PET PROTECTOR

### PET CARE

Learn about the responsibilities of looking after a pet, however big or small it may be!

#### \*One-star challenges

- Examples of animals that can be kept as pets.
- The basic requirements that pet will need.
- A daily care plan for a pet, such as a dog, cat, or pony



#### \*\*Two-star challenge

- Show how much you care by helping to look after an animal for a week. Write about what you did and your responsibilities and if there was anything new that you learnt. Create an advice leaflet to be able to give to someone so they would know how to look after the same pet.

## PET PROTECTOR

### ANIMAL WELFARE

All animals have basic needs that should be met to be happy and healthy.

#### \*One-star challenges

- The basic welfare needs of all animals.
- How each basic welfare needs relates to looking after an animal of their choice.

#### \*\*Two-star challenges

- In the UK, an animal's welfare is protected by law. Find out what this means and what might happen if very poor animal care is given.
- Research a national or local charity and find out what they do.



## PET PROTECTOR

### IF MY PONY COULD TALK

What is your pony trying to say when his ears go back or forward? Interpret basic horse behaviour and expressions to help keep yourself safe and enjoy your time together.

#### \*One-star challenges

- What a pony's ears and body language can tell you about their behaviour
- Recognise behaviour which may mean it is not safe to approach a pony.
- React appropriately to a pony's behaviour to keep themselves safe.
- Recognise a pony that may be asleep or sleepy and how to approach to not startle them.

#### \*\*Two-star challenge

- What causes you to be happy, sad, grumpy, angry, or scared? What do think causes ponies to change their mood and are these the same reasons as you?



## JUNIOR JOCKEY

### MY RIDING KIT

Find out what needs to be in your riding kit to be comfortable and safe when riding your pony.

#### \*One-star challenges

- Wear a hat, gloves and appropriate footwear and clothing when riding.
- Identify a body protector and its use.
- Why it is important to wear the appropriate clothing when riding.
- Look after their riding equipment when in use and store appropriately after use.
- Find an appropriate adult to have their hat checked for fit before riding.
- Why jewellery is not recommended to wear when riding.

#### \*\*Two-star challenges

- Signs which may indicate your riding hat doesn't fit.
- Create a poster to put up at the yard which lists the important clothing to wear when riding.
- What does PPE mean? What is the PPE for riding?
- There are UK safety standards with essential safety equipment such as your riding hat or body protector. Find out where this is displayed on your hat and what the current safety standards are.

## JUNIOR JOCKEY

### GETTING ON

How to prepare for and get on your pony safely.

#### \*One-star challenges

- Recognise a safe place to get on their pony.
- Approach their pony safely.
- Stand in a safe position ready to be mounted.
- Run their stirrups down before mounting.
- Mount safely with assistance
- Put feet in stirrups and hold the reins ready to ride.



#### \*\*Two-star challenges

- Lead the pony from the stable/yard to a safe place to mount.
- Check girth for comfort and adjust girth (mounted or unmounted)
- Check own stirrups and adjust stirrups.
- Begin to mount unaided.

## JUNIOR JOCKEY

### GETTING OFF

How to prepare for and get off your pony safely.

#### \*One-star challenges

- Recognise a safe place to halt their pony.
- Cross their stirrups (before getting off)
- Dismount safely with assistance.
- Walk away from their pony safely.

#### \*\*Two-star challenges

- Loosen girth (mounted or unmounted)
- Run up stirrups.
- Begin to dismount unaided.
- Lead the pony out of the arena back to stable/yard.

## JUNIOR JOCKEY

### RIDING SKILLS 1

Basic riding skills for beginner riders.

#### \*One-star challenges

- Stand in a safe position ready to mount.
- Hold their reins correctly.
- Sit in the correct riding position.
- Sit up when walking, turning, and stopping.
- Begin to use aids when walking, halting, and turning.

#### \*\*Two-star challenges

- Hold the reins in one hand and then back to two hands.
- Shorten and lengthen the reins to an appropriate length unassisted.
- Introduce school figures and apply correct rein and leg aids for turning and stopping.
- Begin to count the beat at walk.
- Walk without holding the reins.
- Demonstrate half scissors.
- Describe the basic riding position.

#### \*\*\*Three-star challenges

- Begin to walk your pony off the lead rein.
- Begin to learn about straightness in walk and how to keep your pony on a straight line.
- Work towards a balanced position in trot
- Further balance tests include putting both hands on your head, or arms outstretched when walking.
- Full scissors.



## EQUINE EXPLORER

### COUNTRYSIDE

Find out how you can look after the countryside so everyone can enjoy it.

#### \*One-star challenges

- The countryside or access code relevant to where participant lives
- The main rules in the relevant code and why they are in place.
- Why it is important to follow the Code.

#### \*\*Two-star challenges

- Follow the code when you go for a walk. Look for examples of where the code has been followed or where it has been ignored. When you spot an example make a note of it or take a picture.
- Get together with friends and make up a show all about how wonderful the countryside is. Tell people why it is important to look after it and about the code that helps us do this.

## EQUINE EXPLORER

### BE NICE, SAY HI

Find out how other road users should pass horse and pony riders safely.

#### \*One-star challenges

- Why horses and ponies can react to things that the rider cannot see or hear.
- How a walker or cyclist should pass a pony and rider safely
- How to pass a pony and rider safely in a vehicle
- The 'Be Nice, Say Hi' actions
- The risk and effect of pedestrians, cyclists and cars passing too fast or too close (or both) to a horse or pony.

#### \*\*Two-star challenges

- Create a 'Be nice, say hi' poster.
- The responsibilities horse riders have in acknowledging those that pass horses safely, wearing correct hi vis (to be seen early) and ride responsibly. If a driver that passed safely was not thanked, how might this make them feel and act with the next rider they pass.
- Tell other people how to pass ponies safely on the road. The more people you tell, the bigger impact you will have and help to create safer roads for riders.

## EQUINE EXPLORER

### FARM ANIMALS

Discover the common farm animals in the UK and what to do if you see them when out riding.

#### \*One-star challenges

- Recognise common farm animals.
- How a pony may react to farm animals on a ride out
- How to ride past farm animals
- What to do if you meet farm animals on a walk

#### \*\*Two-star challenges

- Choose one farm animal and research how you would look after them. Do they have different needs to ponies?
- As well as the common farm animals, there may be other wild animals you may see out and about, such as deer, pheasant, or rabbit. See how many you can name and think about how they may react to seeing people or ponies. How you can be respectful to them and their environment.

## EQUINE EXPLORER

### EXPLORE

Know where you can and cannot ride on your pony.

#### \*One-star challenges

- Places where you can ride on a pony.
- Places where you should not ride.
- Identify a marker for a route to ride and a route where you cannot ride.
- Know that permission from landowners may be required for some routes.
- How to dress for the weather and be comfortable for a ride out



#### \*\*Two-star challenges

- The route markers and symbols you have spotted will also be marked on a map. Look at a local map and see if you can spot a route near you.
- All types of access routes in your Nation and the markers associated with them.

## STABLE STAR

### KINDNESS

This topic establishes the behaviours and attitudes that show kindness to all to facilitate a considerate and safe environment on the yard.

#### \*One-star challenges

- How to behave appropriately on a yard
- Follow the yard rules with regards to behaviour
- Show kindness and respect to all on the yard.
- Identify who they can talk to if they are worried, or something has happened that they are concerned about.

#### \*\*Two-star challenges

- Repetitive and intentional unkind behaviour is bullying. Discuss the different forms of bullying and how you can keep yourself and others safe from bullying. Make a pledge to be united with your friends to stand against bullying.

## STABLE STAR

### ON THE YARD

This topic will introduce how to keep yourself, others, and horses safe on a yard, how to prevent accidents and what is considered good hygiene for humans and horses.

#### \*One-star challenges

- Behave appropriately for a yard to be a safe and kind environment for all.
- Yard procedure and rules to follow.
- Identify how their actions may affect their safety, that of others or horses on the yard
- Identify equipment they can use with supervision and any equipment they are not allowed to use.
- List equipment on the yard that can be used to help reduce the risk of an accident or incident.
- Follow good hygiene practice on the yard.

#### \*\*Two-star challenges

- Sometimes an accident will happen on the yard. Your coach will tell you the correct procedure to follow and why it is important that an accident is recorded.
- Learn more about good hygiene practice with ponies. New ponies on the yard should be isolated away from others for a period of time, find out why this is. Why is it good practice to not handle ponies you do not know?
- Diseases that may be spread on a yard through poor hygiene, and how this could be stopped or the spread limited

## STABLE STAR

### STAY SAFE

Riding schools are often busy, large, open environments so learn how to stay safe when at your centre.

#### \*One-star challenges

- Report to an appropriate adult when they arrive at the yard.
- Follow centre guidance with regards to signing in and signing out themselves and guests (parents/carers etc that may come to watch)
- Why it is important to let an adult know where they are.
- Why it is important to be supervised when at the centre and around ponies.
- Identify the areas at the centre that are restricted access.
- Recognise staff members and who to talk to if they feel unsafe or worried at any time.

#### \*\*Two-star challenges

- Design a poster to show others how to stay safe on a yard.
- Show someone around the yard, remembering to let them know the important rules about how to be safe on the yard.

## STABLE STAR

### WHAT TO WEAR

What to wear on the yard when working around ponies?

#### \*One-star challenges

- Appropriate clothing to wear when on the yard.
- Appropriate clothing during seasonal or weather changes
- Why it is important to wear the appropriate clothing when on the yard.
- Look after any clothing lent to them whilst on the yard.



#### \*\*Two-star challenges

- There's a particular term you may hear on the yard when people talk about safety equipment or clothing, called PPE. Discover what this means and how it relates to tasks carried out on the yard.
- Many jobs require PPE such as a police officer or firefighter. Can you think of any other jobs that require PPE and what type of PPE?



## HELPING HERO

### GROW YOUR OWN



Connect to nature and learn all about the benefits that gardening can have, then have a go at growing your own!

#### \*One-star challenges

- The basic needs of plants and flowers for them to grow.
- Benefits that plants give to the environment and wildlife.
- Identify some common flowers or plants.
- Considerations when planting near ponies or other animals.
- Plant seeds or bulbs

#### \*\*Two-star challenge

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- Create the perfect pony plant patch! Dream up the best pony friendly garden patch you can think of with pony friendly grasses, herbs, vegetables, and plants. Research what could go in your garden and design your dream patch! What will you be able to smell and see?

## HELPING HERO

### FEED THE BIRDS



Identify local birds and help to create a feeding station.

#### \*One-star challenges

- The basic welfare needs of birds.
- Identify some common birds.
- Bird friendly foods
- Create a feeding station for birds.

#### \*\*Two-star challenge

- Can you identify any birds just by their call?
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## HELPING HERO

### FIRST AID 1

This badge will introduce what first aid is, how to keep safe and who to call for help

#### \*One-star challenges

- What first aid is and how to show kindness when helping others
- How to keep safe when helping others
- The actions to take to assist a first aid situation.
- How to call 999 and what they may need to communicate on the phone
- Follow the first aid procedure on the yard.



#### \*\*Two-star challenges

- Demonstrate how to take someone's pulse.
- Allergies and how these could lead to a serious allergic reaction and the action to take.
- Practice basic wound cleaning for a graze or cut.

## HELPING HERO

### CLEAN UP

Ponies produce a lot of poo! It's important to keep the yard paddocks and stables clear of mess and droppings to benefit the health and welfare of your pony.

#### \*One-star challenges

- Types of waste that a riding centre may produce.
- How to dispose of that waste safely and considerately
- Dispose of their own rubbish correctly when at the centre.
- The use of a muck heap for composting and fertilising
- The importance of keeping a muck heap tidy.
- Dispose of muck correctly and maintain the muck heap.
- The importance of keeping the yard and feed room tidy.
- Help to sweep the yard and feed room.



#### \*\*Two-star challenges

- The muck heap will be a thriving bug hotel! Find out what types of bugs love to live there!
- Where a muck heap should be located and why
- Can you influence someone else to reduce their waste? Find out some facts about why people should reduce waste and use them to prove your point and give a stronger argument.