

# Horse Riding

Students of all abilities can select the English Plus Horse Riding option. Students will ride horses in the beautiful New Forest, approximately 30 minutes from Canford. Beginners will be taught the basics of horse riding, while more advanced students will go on a hacking route. Afterwards, students will have the opportunity to learn about horse care and get involved in looking after the ponies.

This course aims to develop our students':

## Communication

Students will learn how to give effective signals to the horses, reading signals back in return

## Balance

Students will develop their sense of balance necessary to ride a horse

## Patience and growth mindset

Students will practice learning new skills and improving their abilities through continually putting in effort

## Independence

Students will improve their confidence in their own abilities to direct the horse by themselves

## Responsibility

Students will have the opportunity to take part in caring for the horses, learning what is needed to look after an animal in their care and instilling a sense of accountability and respect for animals and the natural world



## At A Glance

**Location:** A British Horse Riding Centre, located in the New Forest National Park

**Times:** 6 hours per week

**Levels:** All levels. Sessions will be adapted to the level of the students

**Fee:** £275 per week

**Dates:** Weeks beginning 8th, 15th, 22nd, and 29th July

**Ages:** 11-15



## Who will lead the course?

Sessions will be led by a qualified British Horse Riding instructor, and at least one member of SBC staff will accompany the group.

## What do students need to bring?

Students will need to bring comfortable clothing that they do not mind getting dirty and is suitable for riding, as well as appropriate footwear, ideally with a small heel. All other equipment will be provided.