



WHY EQUESTRIAN

What are the benefits of playing my sport?

Equestrian sport is unique as it requires partnership working with an animal. It encourages skills such as responsibility, personal awareness, communication, self-confidence and team work. The nature of the relationship with an animal often appeals to young people who may not be as strongly attracted to other forms of school sport. Working with ponies and horses can also promote physical and mental wellbeing.

NB: Where pony is used, this refers to both horses and ponies

EQUESTRIAN

Spirit of the Games:
Excellence through competition
 How does your sport exemplify these values?



Provides an opportunity for you to demonstrate your passion for a unique sport, especially when you start to develop a bond with your equine team mate.



You need good sportsmanship as well as respect for an animal in equestrian sport. This can develop strength of character and self-discipline.



Recognise your own improvement and that of your pony no matter where you finish in the competition.



Believe in your own ability to achieve your personal goals.



Remember you and your pony are a team as well as your other team mates from your school.



Trying to improve your score, giving you the opportunity to develop skills and experience to improve your performance, and recognising that both ponies and people can have off days!

Priority competitions:

Dressage School Games League

Dressage Anywhere is an online Dressage Competition website, meaning competitors enter with a video of their dressage test and can do this from anywhere in the country. Anyone with access to a pony - either their own, through a riding centre or borrowed is eligible to enter. All athletes can be fully included in the league, there are tests to suit everyone including those which allow the pony to be led. Callers may be used to read out the dressage test so you don't have to memorise it and side walkers walking alongside the pony to offer additional support. The classes are as follows:

	Age at 1 Sept	Class name
Pony Club Walk and Trot	11 and under	Class 1A
	Over 11	Class 1B
British Dressage Prelim 7	11 and under	Class 2A
	Over 11	Class 2B
Riding for the Disabled Assoc. Introduction to Dressage Test 3	11 and under	Class 3A
	Over 11	Class 3B

- Entries can be made by visiting www.dressageanywhere.com. Any individual wanting to take part should complete a free registration to the School Games League. Teams are made up of three or more people from the same school who can enter different or the same classes.
- The Team 'admin' creates their school team from the individuals that have registered. For a team score to be created, a minimum of three riders from that team must have entered and uploaded their test within a given month. Team positions each month are calculated using the three highest results from those team members.
- Each test submission costs £10 and you can enter a maximum of two classes per month but only enter each class once. You can enter as an individual and as a team member at no additional cost.

One competition will run every month with entries closing at midday on the last day of the month. There will be prizes every month and prizes for the league (team and individual) based on the highest average score over the year. The league will run from July to June so students can be recognised at an end of year presentation.

If you need help starting up a competition, your nearest riding centre should be able to assist: www.pcuk.org/centres or www.bef.co.uk

Young Leader/Officials courses/qualifications available:

The Young Equestrian Leaders Award (YELA) is an award scheme intended to recognise young equestrian volunteers between the ages of 13 and 25 www.yela.org.uk

Certificates are available to recognise students who have volunteered at equestrian School Games events. These are available to download at www.bef.co.uk, search School Games.

Relevant web links:

www.bef.co.uk search School Games • www.hoofride.co.uk • www.pcuk.org

Signposted competitions:

The Pony Club

Teams and individuals can qualify for local, regional and national competitions in a multitude of different equestrian sports via their Pony Club Branch (if they have access to a pony) or via a Pony Club Centre (if they do not have access to a pony).

www.pcuk.org

British Showjumping Just for Schools

School competition league with showjumping classes from 70cm to 1.10m for those who have access to a pony.

www.britishshowjumping.co.uk

British Dressage

Youth training and competition opportunities are available in dressage through the British Dressage regional structure, it is open to those who have access to a horse or pony and are under 25 years old.

www.britishdressage.co.uk/under_25s

British Eventing

British Eventing under 18 programme gives riders training and competition opportunities for those that have access to a pony.

www.britisheventing.com

Where do young people go next (from school to club/community)?

For those with their own pony or horse, the membership organisations mentioned above offer a wide range of training and competition opportunities from grassroots sport through to the more experienced rider.

Young people without access to their own horse or pony can progress by accessing riding opportunities offered by riding centres across the country. The Pony Club also offers a membership through linked riding centres providing education, coaching, competition and volunteering opportunities. www.pcuk.org

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

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Competition Card 1

Primary or Secondary:

Primary and Secondary

Name of competition:

Dressage School Games League

Age group:

All year groups

How to enter:

www.dressageanywhere.com

Tournament format:

Dressage Anywhere acts as an online competition venue making this competition open to anyone. As long as you have access to a suitable area to ride your dressage test and someone to film you you can take part in the competition.

Simple rules:

- The league will run from July to June with competitions held every month
- Competitors ride the movements as set out in their dressage test and get someone to film them doing it. This can easily be done on a phone or tablet. The video should be uploaded to the Dressage Anywhere website for judging.
- Please refer to the Dressage Anywhere website for guidance on filming the dressage tests. Tests will only be accepted where pony and rider are clearly visible throughout the test.
- The test must be performed in a 20m x 40m arena, with dressage letters clearly visible. This can be in a purpose built arena or a marked out area of a field.
- The highest percentage score will win each month; the highest average percentage score over the year will win the annual league.
- Collective scores. This is a mark provided to score the harmony between pony and rider throughout their test. They will be used to establish placings should two competitors be on the same score. i.e. the better collective score will be placed higher.
- Dressage Anywhere uses judges listed by British Dressage to ensure fairness and quality; the judge's decision is final.
- The scoreboard will be updated for individuals and teams each month on the Dressage Anywhere website
- Each competitor will receive their marked test sheet with a score and the judge's comments. Rosettes and prizes will be awarded depending on the number of entries.

Roles for young people:

- Team captains to organise the team – training and the competition itself
- Videographer
- Reporters and photographers to report on the event
- Callers may be used to read out the movements for competitors if required.
- Volunteers or side walkers may be needed to help support some riders.

How can depth in competition through extra teams be achieved?

The Dressage Anywhere league is open to all; entries will be accepted from teams and individuals. Multiple teams from the same school can be entered.

There are several roles available to offer an inclusive environment for all pupils whether riding or volunteering and supporting their school team.

How can regularity be achieved?

Your local riding centre or an equestrian coach may be able to support competitors through lessons or team practice sessions. Learning the test in advance will also help with accuracy when riding the test later on. Competitions are run every month and participants can enter a maximum of 2 classes per month. Entries are automatically entered into the individual league, but Team Managers can create teams from three or more entries from the same school.

Think inclusively!

There are many inclusive riding opportunities available. Some people may benefit from the support provided by Riding for the Disabled Association (RDA) or Accessibility Mark Centres.

To find your nearest groups and centres please visit:

RDA: www.rda.org.uk

Accessibility Mark: www.rda.org.uk and search Accessibility Mark

Relevant web links:

www.dressageanywhere.com • www.bef.co.uk search School Games

