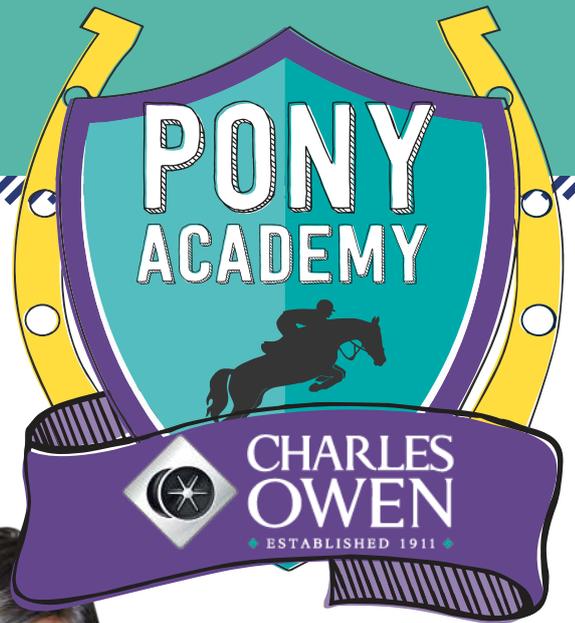




JOIN THE PONY ACADEMY!

Prove your pony knowledge by taking a PONY Academy test

- ★ The PONY Academy is open to everyone – so why not have a go?
- ★ Everyone who passes will receive a fab PONY Academy certificate!
- ★ If you score highly, you'll receive a silver (merit) or a gold (distinction) star!
- ★ PONY Academy papers appear every few months in PONY mag – how many certificates will you gain? Go on, show off your pony knowledge!



HOW TO GAIN YOUR CERTIFICATE

Complete the paper opposite and send it with a **stamped, self-addressed A5 envelope** to the address on the back of the paper.

”

JOIN IN...

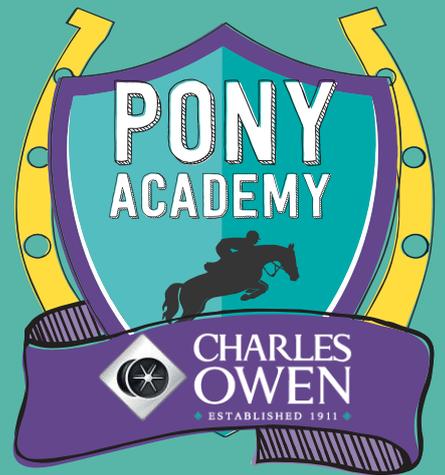
All topics and questions are based on features in previous issues of PONY magazine.

“



THIS MONTH:

Fitness



This month, our paper is all about keeping your pony fit. Answer as many questions as you can, but don't worry if there's an answer you don't know – you can still send us your paper for marking. **This paper is based on *Fitness foundations*, which appeared on p14 in the February 2018 issue of PONY.**



1

Where's the easiest place to work on your pony's fitness?

- Out hacking
- In the arena
- When he's turned out in the field

2

Why is keeping your pony fit so important?

- It makes sure you ride him regularly so he doesn't get bored
- It helps him stay sound and helps make his bones, tendons and ligaments stronger
- He won't have to see the vet as often

3

Hacking can be super-fun but why is it so useful when building your pony's fitness?

- There's loads of space and different terrain to help your pony work all the muscles in his body
- Hacking's way more fun than being stuck in the school – simple as!
- With fewer distractions it's easier to concentrate on your pony

4

What should you do when starting to increase your pony's fitness?

- Make sure his tack is clean so he feels super-comfy for your first workout
- See how long you can ride your pony for before he starts to get sweaty and tired to help gauge his current fitness level
- Increase the time and distance your pony can be ridden for, starting at around 20 mins in walk and increasing the length each ride

5

Why are hills really useful for increasing your pony's fitness?

- They're super-fun to gallop up
- It's a good change to stop him getting bored
- They make him work harder and change the way he uses his body



6

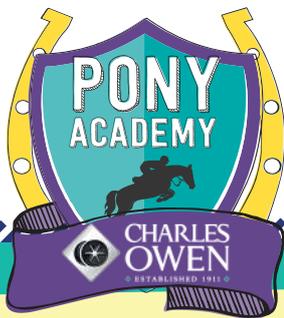
What's the best way to arrange your fitness building sessions over the week?

- Spread them out so your pony has time to rest and recover between each session
- Ride every day so your pony gets fit as quickly as possible
- Aim to work on his fitness at least once a week – you don't want to do too much too soon

7

Why's it important to build up your pony's fitness slowly over a few weeks?

- It'll give your pony time to understand what you're asking him to do
- Increasing his workload too quickly could risk injuring your pony
- You need time to adjust and increase your fitness, too



COMPLETE THIS FORM AND SEND EVERYTHING ON THE LIST SO WE CAN MARK YOUR PAPER



8

What's interval training?

- When you train at regular times throughout the week
- It's when you mix up your pony's schooling sessions so he does a different activity every day
- It's a type of training, with periods of fast work followed by a short recovery period

9

What's the final stage of getting your pony fit?

- Seeing how long he can gallop for without stopping
- Increasing the length of time he's worked for in each session
- Tailoring his work specifically to the discipline you want to do

Name _____

Address _____

Postcode _____ Age _____

Email _____

Do you have your own pony?

- own pony loan pony share pony
- ride at a riding school

Signature of your parent or guardian _____
(If under 13 years old)

DJ Murphy (Publishers) Ltd will hold and collect your personal information to process your entry. From time-to-time, we may provide you with details of our other products and services. Please tick if you wish to receive this information by email . Your data will be kept securely for six months and we will not pass your details on to any third parties.

IMPORTANT!

Ensure all these things are included with your paper so we can send you your certificate.

I am enclosing...

- My completed paper
- An A5 envelope with **my name and address on**

This envelope **MUST** have postage for a small envelope and be correct for the country of destination (for Ireland, please ensure an Airmail Large 2nd class stamp is on the envelope).

We are unable to send certificates to entries without a correctly stamped and self-addressed A5 envelope included with the paper. This is not the envelope you send your entry to us in!

Now send your completed paper to:

PONY Academy Fitness Paper, PONY magazine, Marlborough House, Headley Road, Grayshott, Surrey GU26 6LG