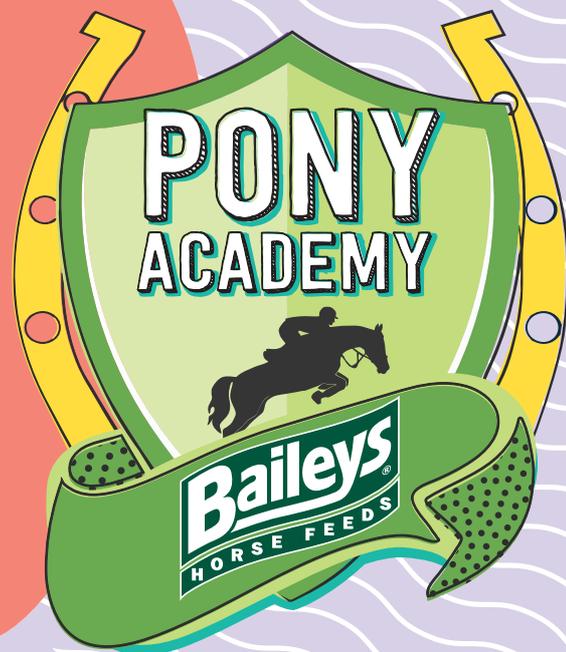


JOIN THE PONY ACADEMY!



Prove your pony knowledge by taking our awesome test



HOW TO GAIN YOUR CERTIFICATE

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



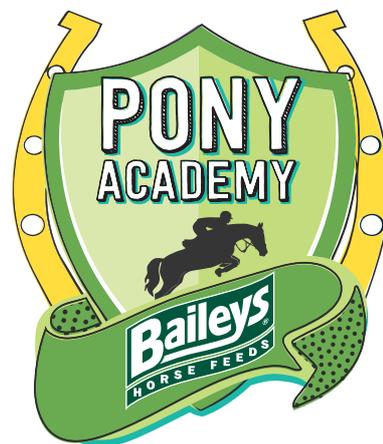
JOIN IN...

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

This month: POLEWORK

This month, our paper's all about polework. Answer as many questions as you can, but don't worry if there's one you don't know – you can still send in your paper for marking.

This paper's based on *Fancy Footwork* from the October 2022 issue of PONY mag.



1 Polework's super-beneficial for both you as a rider and your pony. But, which one of these is a benefit for you?

- Teaches you to see a stride
- Improves your paces
- Highlights weaknesses in your position so you can work to improve them!

2 Which one of these is NOT a benefit of polework for your pony?

- Enhances his responsiveness to your aids
- Teaches him to pick up his legs over jumps so he doesn't knock them
- Improves his balance, suppleness and strength

3 Your pony needs to be switched-on and travelling forwards before you ride over the poles. What can you do in your warm up to get him in the zone?

- Lots of transitions
- Walk over the poles
- Lots of circles

4 If your pony's feeling really tired in the warm up, what should you do with the rest of your session?

- Cool down and call it a day – he needs to be fully focused so save it for another time
- Carry on with your planned session – he'll wake up soon enough
- Pop over a cross-pole to encourage him to focus on his work

5 How should you change your position over the poles to let your pony stretch out and work forwards?

- Lean your upper body forward
- Keep a short rein contact but widen your hands
- Allow with your hands slightly

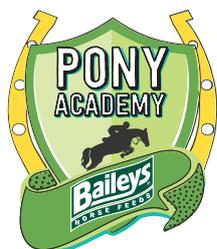


6 It's normal for a pony's trot to feel bouncier than usual as he travels over the poles, but how might this affect your riding?

- It'll make me do sitting trot
- It'll encourage me to rise higher
- It won't change anything

7 Which one of these positions might lead to your pony becoming unbalanced?

- Looking down at the poles and dropping the rein contact
- Keeping your eyes up and focused on a point ahead of you
- Sitting level in the saddle



8 Using standard 3m poles to build polework layouts, rather than measuring distances, will mean your pony has to... (tick all that apply)

- Become more responsive
- Adapt his stride length quickly
- Concentrate more!



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

Name

Address

.....

.....

Postcode Age.....

Email.....

Parent/Guardian signature

(If under 13 years old)

DJ Murphy (Publishers) Ltd will hold and collect your personal information to process your entry only, unless you agree to sign up to our email newsletters

Yes, I want to hear about the latest offers, competitions, news and videos from PONY

Please confirm you are over the age of 13, or have your parent or guardian's permission to sign up to the PONY mailing lists

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 out your certificate.

I am enclosing...

my completed paper

an A5 stamped 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:
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