

Foot Falls

Week 1

Question 1. What are foot falls?

Question 2. What is the difference between rhythm and tempo of foot falls/beats?

Rhythm:

Tempo:

Question 4. How many beats are in the walk?

From watching the video colour the bandages in the same colours as Swish has

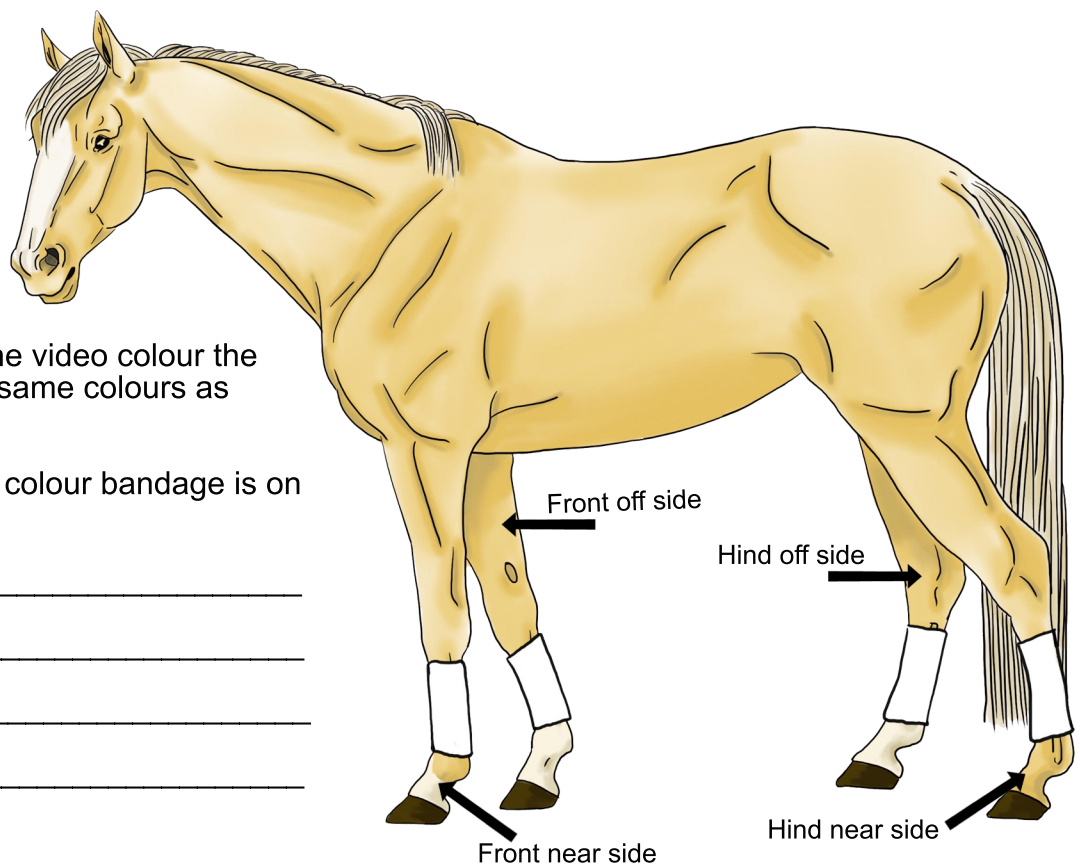
Write down what colour bandage is on each leg.

Front off side: _____

Front near side: _____

Hind off side: _____

Hind near side: _____



Question 5. What side is the near side?

Question 6. What side is the right?

Question 7. How many beats does the trot have?

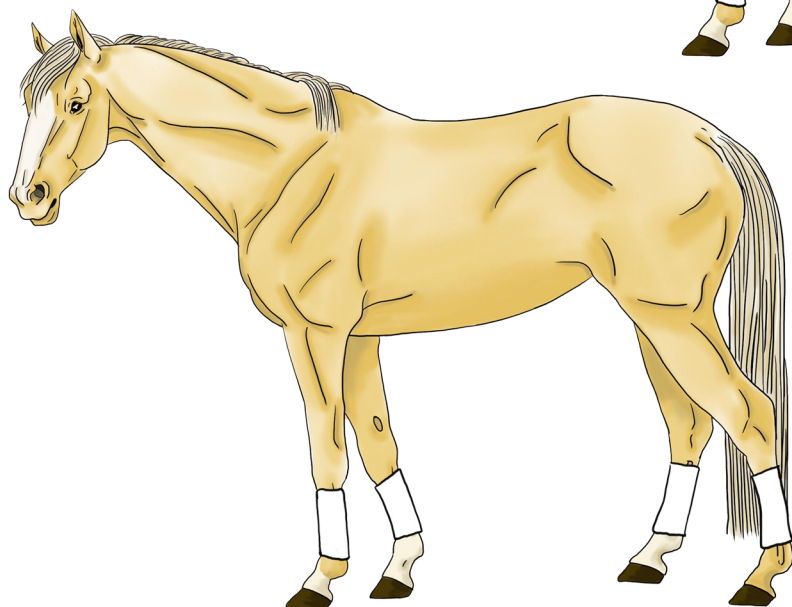
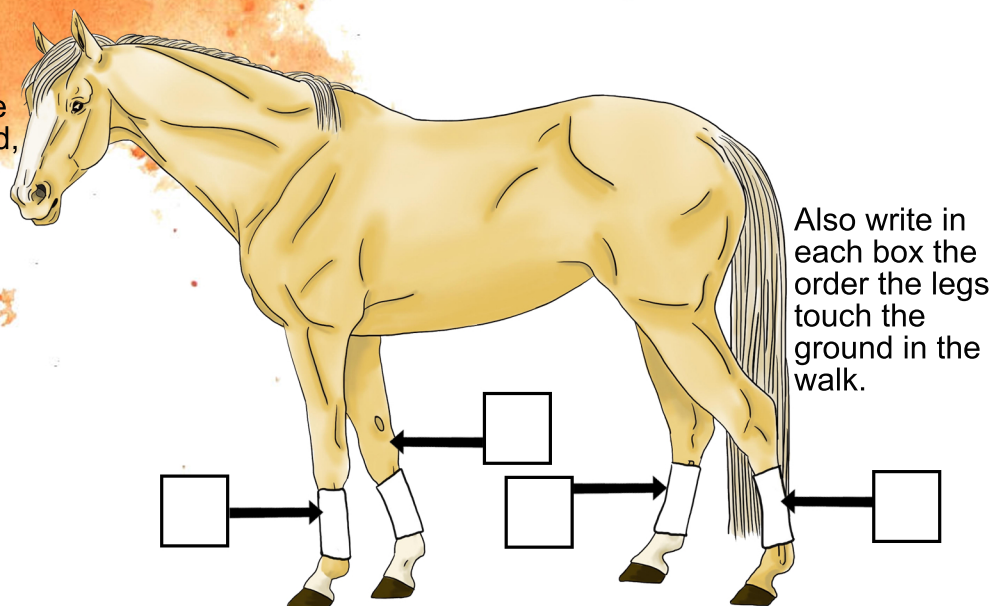
Questions 8. In the trot how many feet hit the ground at the same time?

The Walk.

Colour in the bandages the same colour as Swish. Red, White and Yellow.

Write down what order the legs touch the ground.

1. _____
2. _____
3. _____
4. _____



The Trot

Colour in the bandages the same colour as Swish. Red, White and Yellow.

What two legs hit the ground at the same time? Put the colours together.

Yellow, White, White, Red

1. _____ and _____
2. _____ and _____

Question 9. How many beats in a canter?

Question 10. In the canter, what two legs hit the ground at the same time?

Question 11. When a horse canters it depends on what direction they are going to determine which front leg is reaching the furthest forward. **True / False**

Question 12. How many beats in the Gallop?

Question 13. Where might we see horses galloping?

The Canter.

Colour in the bandages the same colour as Swish. Red, White and Yellow.

Which two legs hit the ground at the same time?

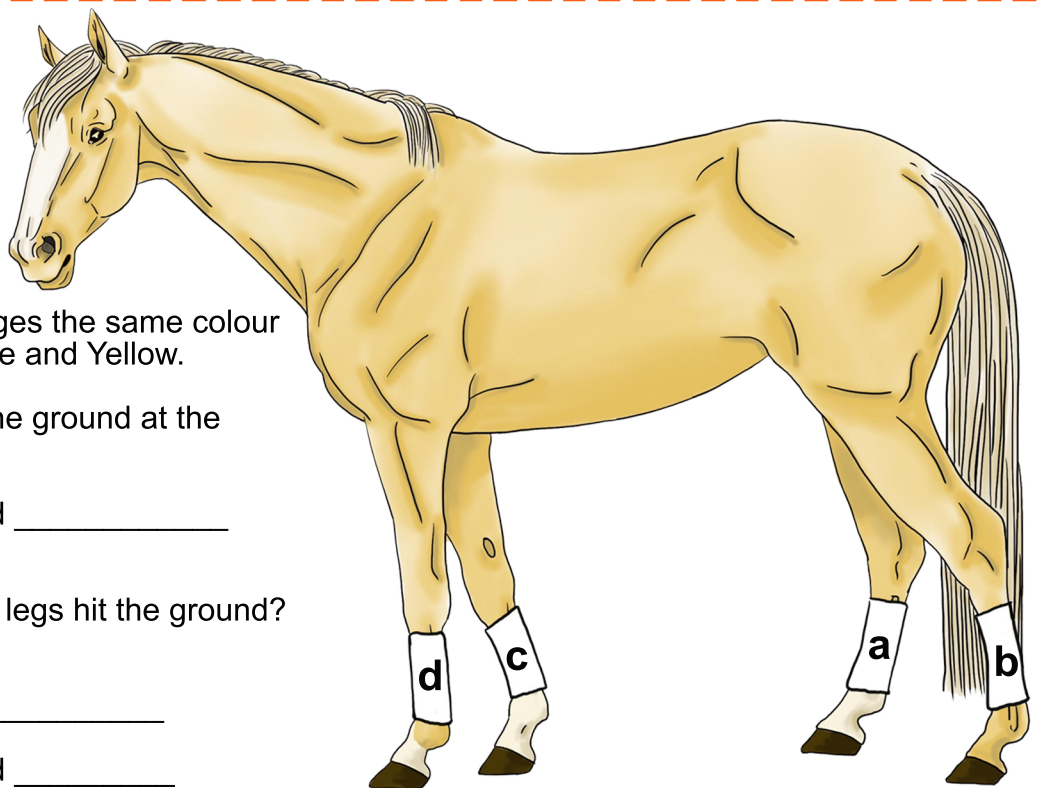
_____ and _____

In what order do the legs hit the ground?

1st. _____

2nd. _____ and _____

3rd. _____

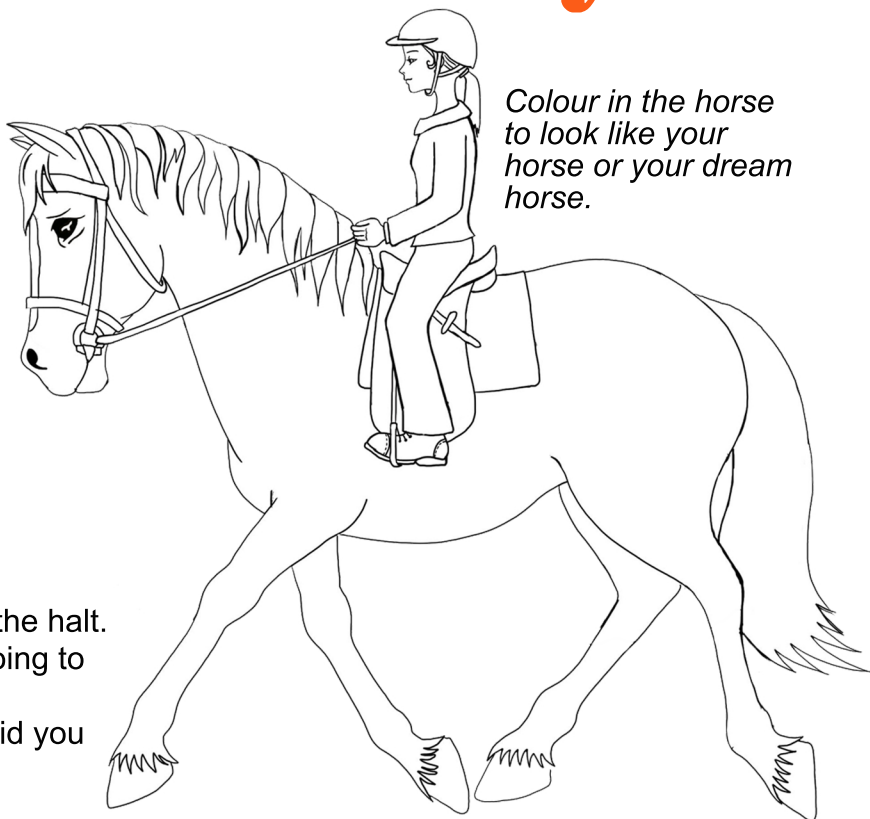


Prediction Activity

Find the meaning of the following words.

Prediction:

Guess:



Colour in the horse to look like your horse or your dream horse.

How to do this activity:

1. Get your horse to stand at the at the halt.
2. Make a prediction, which leg is going to leave the ground first.
3. Ask your horse to walk forward, did you predict correctly?
4. Ask your horse to halt.

- When lunging your horse, you can do this activity at the walk trot and canter. This can be done from the halt or through transitions.
- This can also be done when you are riding, you can predict which leg is going to leave the ground first by feeling your horse's movement.

With your horse, a friend's horse or a horse at your riding school you can now go and do the 'Prediction Activity'.

a) In the video with Annyka and Swish were you able to predict which foot left the ground first?
YES / NO

b) What are some ways that can assist in helping you predict which foot will leave the ground first?

c) When you lunge your horse is it easier to predict which leg will leave the ground first rather than when you are sitting on their back?
Why or why not?

d) Why is it important to understand foot falls and beats of our horses?
