



WHO SAYS THE HORSE DOES ALL THE WORK?

Horseback-riding is more than just sitting on a horse. The rider and the horse remain in constant communication. You probably already know that the rider uses the reins to tell the horse whether to go right or left, or when to stop. But did you also know that the rider uses her legs and heels to communicate with the horse? She squeezes the horse’s sides with her legs, or taps lightly with her heels to tell the horse to start moving. And when jumping, it’s the rider who tells the horse when to leave the ground! As they approach a jump, the rider must consider the height of the jump and gauge when would be the best time for the horse to leave the ground. Leave the ground too soon, and they won’t make it all the way over the jump. Leave the ground too late, and they’ll crash into it. You have to have strong legs and a good sense of judgment to ride a horse well.

1. Why is horseback-riding more than just sitting on a horse?

2. How does the rider communicate with the horse?

3. What must the rider do when approaching a jump?
