

### Pole Work Exercise 3

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| <b>Suitable For:</b> | First Ridden & Upwards  |
| <b>Set Up:</b>       | <ul style="list-style-type: none"> <li>place 3 pairs of poles in a row down the length of the arena (either side of the centre line) about 1.5m apart</li> <li>place a pair of cones at the A &amp; C ends of the arena to help achieve an accurate turn</li> </ul> |
| <b>Activities:</b>   | <ul style="list-style-type: none"> <li>riding straight down the centre line</li> <li>halting squarely and saluting properly</li> <li>progressive transitions on the centre line</li> </ul>  |
| <b>Variations:</b>   | <ul style="list-style-type: none"> <li>remove the cones</li> <li>turn the poles through 90 degrees (i.e. these now cross the centre line)</li> <li>this provide guide rails for a 3 loop serpentine.</li> </ul>   |

