

**PCQ- Activity Sheet- Number 8**

These activities are divided into E, D/D\*, C/C\* and above.  
 You can simply do your level or all of them! It's up to you!



**Topic: Holding the reins- independently, one hand and a bridge**

What could be causing the following riders to have these issues with their reins? Can you offer them any suggestions?

1. "My reins keep getting too long! What can I do to help me hold the reins better?"  
 \_\_\_\_\_  
 \_\_\_\_\_
2. "If I want to be able to pick up something when riding my horse, how do I need to hold my reins?"  
 \_\_\_\_\_  
 \_\_\_\_\_
3. "I have noticed that when I ride my hands sometimes move a bit too much and I am worried I might be hurting the horse mouth. What can I do to improve the steadiness of my hands when I'm riding?"  
 \_\_\_\_\_  
 \_\_\_\_\_
4. "When would I use a bridge to hold my reins and why?"  
 \_\_\_\_\_  
 \_\_\_\_\_

How did the cavalry hold get its name? What was its purpose?  
 \_\_\_\_\_  
 \_\_\_\_\_

**Find a word-** Find as many words you can in the find-a-word that are related to rein holds!!!!

**THERE ARE 7 WORDS TO FIND!!**

R	A	D	W	G	Z	D	L	Y	L	Y
G	O	A	Q	R	E	I	N	H	O	R
N	S	T	E	A	D	Y	K	N	R	B
S	D	V	A	A	N	D	X	L	T	R
T	N	E	D	N	E	P	E	D	N	I
C	A	V	A	L	R	Y	Q	N	O	D
S	H	N	F	T	O	H	S	X	C	G
U	Y	L	J	U	I	J	U	W	Y	E

Can you list all 7 words!!!!