



Introductory Riding Competency Standards

Rubric: Principles of Lunging – IR Assessment Slip 3

Criteria	Competent	Not Competent
Identify safe environment	Able to talk about the safe area, surface, potential hazards, correct lungeing attire/ gear for horse	Doesn't understand the safety procedures with the area or the correct gear for the horse and lunger
Explains that lunging builds confidence and relaxation in horse and rider	States that lunging helps create confidence and calmness	Omits or misunderstands how lunging affects confidence or relaxation
Identifies that lunging introduces the horse to equipment	Mentions lunging helps the horse accept or get used to equipment	Fails to mention equipment or misrepresents the purpose
Addresses mental and physical development of the horse	Describes lunging as a method to support the horse's mental and physical development	Omits or misunderstands developmental benefits
Describes how lunging helps the horse accept bit contact through forward movement	Clearly states bit acceptance is achieved through forward, round movement	No mention of bit acceptance or forward movement
Explains that lunging introduces the horse to the aids	Indicates that lunging helps the horse begin to understand rider aids	Misses or misinterprets the teaching of aids
Advanced: Describes use of side reins and whip to develop roundness and engagement	Accurately explains how side reins and whip encourage roundness, hind leg engagement, and activity	Omits tools or misstates their function in advanced lunging
Advanced: Mentions development of balance and impulsion through contact and topline roundness	Identifies how lunging helps improve balance and impulsion via contact and topline activity	Lacks explanation of balance, impulsion, or their development



Introductory Riding Competency Standards

Criteria	Competent	Not Competent
Advanced: Recognizes that lunging develops lateral flexibility and rhythm on the circle	Explains that correct bending on the circle improves flexibility, balance, and rhythm	Does not mention circle work or misrepresents its importance
Notes that lunging is used for re-education or post-injury rehabilitation	Mentions lunging can help retrain problem horses or aid recovery after illness/injury	Fails to mention re-education or rehabilitation role