



Goals and Definitions for High Needs Participants

Physical Goals

Strength - the quality or state of being strong; bodily or muscular power; vigor.

Goal - Rider will demonstrate strength improvement by being able to maintain correct positions for longer periods of time during the session without showing signs of muscle fatigue.

Improved Muscle Tone - the internal state of muscle-fiber tension within individual muscles and muscle group that produces the degree of muscle tension or resistance during rest or in response to stimulus.

Goal - Rider will demonstrate improvements in flexibility and posture when given different task during the riding session.

Core Strength - the ability to maintain the upper body form and spine in upright and dynamic positions using the muscles of the abdomen and trunk.

Goal - Rider will demonstrate core strength by maintaining correct posture with the upper body while riding the horse in the saddle or standing up in the stirrups.

Gross Motor Skill - the ability to use large muscle groups that coordinate body movements involved in activities such as walking, running, jumping, throwing, and maintaining balance.

Goal - Rider will demonstrate improvement and ability to control larger muscle groups (gross motor skills) by maintaining balance and correct posture when involved in activities while on horseback either moving or still.

Fine Motor Skills - the use of precise coordinated movements of small muscle groups in isolation such activities as writing, buttoning, cutting, tracing, or visual tracking.

Goal - Rider will demonstrate fine motor skill improvement by being able to handle reins with proper positioning consistent with demands on horse throughout lesson.

Improved Posture - the position of the limbs or the carriage of the body as a whole.

Goal - Rider will sit with a straight back, shoulders back, eyes facing straight forward and a neutral spine. Rider will not be hunching over or leaning forward or back when not instructed to do so.

Improved Balance - a state of equilibrium or equipoise; equal distribution of weight, amount, etc.

Goal - Rider will demonstrate improved Balance by staying seated in the middle of the saddle (not leaning side to side) and able to stand up in the stirrups in various positions.

General Motor Coordination - is the combination of body movements created with the kinematic (such as spatial direction) and kinetic (force) parameters that result in intended actions.

Goal - Rider will demonstrate ability on his/her own to comprehend and show body movements instructed by instructor showing coordination of fine and gross motor skills.

Head Control - the ability to maintain the head and the cervical spine in an upright position.

Goal - Rider will demonstrate control of the head by not bobbing head back in forth while in the saddle or leaning it side to side.

Improved Tactile Tolerance – ability to reduce hypersensitivities to touch. Tactile sensations that cause excessive emotional reactions, hyperactivity, or other behavior problems are diminished.

Goal - Rider will show significant change in reaction to stimulus while proceeding in the lesson. Reactions will be less excessive involving hyperactivity, complaining, anger outburst, refusals to cooperate.

Increased Range of Motion - the range, measured in degrees of a circle, through which a joint can be extended and flexed; during a **motion of movement or exercises**.

Goal - Rider will be able to rotate muscle groups and extended and flex muscle groups in a wider range of muscles showing improvement over semester of riding.

Spatial Awareness - a person's perception of or relating to space, or existing or occurring in space.

Goal - The Rider will demonstrate spatial awareness by not bumping into objects as frequently or giving correct physical space in communicating with people and or animals as well as knowing and demonstrating responsible actions controlling the horse when they are getting too close to another rider.

Emotional Goals

Self-Confidence - belief in oneself and one's abilities to perform specific tasks or given situations.

Goal - Rider will show improved self-confidence by following through instructions while riding without hesitation and with very little assistance.

Self-Esteem – Appreciating and valuing your abilities, appearance and general self-worth and having a positive self-image.

Goal - They will show increased self-esteem through showing a sense of pride by reactions to improved skills.

Well-being/Enjoyment - the state of being comfortable, healthy, or happy. To have and use with satisfaction or to find or experience pleasure while undergoing activity or sensation.

Goal - Rider will demonstrate enjoyment during riding lesson by reacting positively to task, horse and instructor by smiling, laughing, and other expressions.

Reduced Anxiety – to decrease a feeling of fear, dread or uneasiness (signs: sweating, restlessness, tension, rapid heartbeat).

Goal: Rider will recognize anxiety or feeling nervous and take small steps to overcome it by slowing down the task.

Independence - the state of detachment between an individual and others in order to meet basic needs.

Goal - Rider will show improved independence by performing task and activities with decreased amount of prompting and guidance throughout the sessions.

Self-Awareness – being able to recognize our strengths and weaknesses (being able to objectively evaluate yourself).

Goal - Rider will show self-awareness by asking questions about their ability to perform a skill during lessons and how they might improve.

Participation - to take part in an event or activity.

Goal - Rider will demonstrate improvement in participation by willingness to be involved in more activities without resistance during riding session.

Sportsmanship - sportsmanlike conduct, as fairness, courtesy, being a cheerful loser.

Goal - Rider will demonstrate sportsmanship by cheering others on to succeed as well as reacting in an appropriate manner when they do not succeed immediately themselves.

Cognitive Goals

Problem-solving- to search for a solution for a given problem or find a path to reach a given goal.

Goal – Rider will be able to navigate patterns and obstacles to reach an end goal.

Follow Multi-Step Directions –the ability to hear/see directions, understand, remember and execute them.

Goal - The rider will show ability to recall and execute step-by-step directions given during the lesson.

Improved Focus/ Attention Span - the element of cognitive functioning in which the mental focus is maintained on a specific issue, object, or activity.

Goal - Rider will demonstrate improved attention span by being able to focus and maintain focus on activities during lessons with increased increments of time.

Listening Skills – paying attention to information given by another person, comprehending it and integrating that information into your actions.

Goal – Rider will actively pay attention to the instructor during lessons and follow directions correctly. Appropriate rider questions will reflect ability to listen and comprehend.

Social Skills - the personal skills needed for successful social communication and interaction with others.

Goal - Rider will show improvement in social skills by appropriately interacting with peers, instructors and animals before, during, and after the session.

Verbal Communication - to express thoughts in words in a clear, understandable voice (proper enunciation).

Goal - Rider will be able to increase ability throughout weekly lessons to use words instead of gestures to verbalize communicational needs and meanings.

Communication Skills - abilities in the areas of language understanding, communicating expressively, and practical language skills.

Goal - Rider will show improvement in Communication skills by using language verbal or sign to communicate ideas thoughts more frequently throughout each lesson.

Teamwork - to work or act with another or other persons willingly and agreeably to reach a common goal.

Goal - Rider will demonstrate improved cooperation throughout sessions of riding by increasing willingness to be instructed and corrected and work with others without emotional refusals or outburst.

Responsibility - being answerable, or accountable for something within one's power, control, or management. A person's reliability, trustworthiness and accountability for their actions and decisions.

Goal - Rider will demonstrate an increase in responsibility by focusing and following through on tasks assigned to them involving horse skills or activities at the barn with a commitment to completing a task in a timely manner.

Concentration – ability to effectively focus on a task or skill ignoring other sources of information or distractions.

Goal – Rider will choose to respond to a task or skill and remain focused on it until it's completion.

Educational Goals

Color Identification - to recognize and differentiate names of colors.

Goal - Rider will be able to name and identify basic primary colors presented to them throughout a lesson.

Shape Recognition - to identify particular names of shapes.

Goal - Rider will be able to name and identify basic shapes presented to them throughout a lesson.

Touch Recognition - ability to touch an item and identify it.

Goal - Rider will be able to identify all objects they come in contact with by touch pertaining to lesson and or horses.

Letter Recognition - ability to recognize letters in the alphabet by shape and name.

Goal - Rider will demonstrate ability to recognize letters by stating the names and or sounds of them during a lesson.

Word Recognition - the ability of a reader to recognize written words correctly and virtually effortlessly.

Goal - Rider will be able to decode words/instructions in written form by decoding them (reading them) before, during and after lesson.

Vocabulary Expansion - the stock of words used by or known to a particular people or group of persons.

Goal - Rider will increase and expand their knowledge of vocabulary including horse terms and will demonstrate by understanding and using those terms before, during, and after riding lessons.

Reading Skills - the ability to orally interpret written language.

Goal - Rider will show increased ability to read instructions given to them throughout lessons.

Math Skills - the ability to recognize figures and forms, and relations between quantities expressed symbolically.

Goal - Rider will show increased ability to recognize, count, and calculate numbers expressed in symbolic forms.