

INTERACTIVE VAULTING

“Interactive Vaulting is an activity in which the students perform movements on and around the horse. These movements can be very simple such as sitting without holding onto the surcingle or a more elaborate vaulting position move, such as kneeling or standing on the horse. An Interactive Vaulting Instructor is able to create a safe, dynamic environment that offers educational, social, creative and movement opportunities to participants engaged in horsemanship activities.”

~PATH Intl



Warm Up Activities

Allow students to warm up and build rapport with each other and horse.



Focused Activity on the Barrel

Introduce and practice vaulting positions.



Focused Activity on the Horse

Practice vaulting position on horse.



Cool Down Activities

Summarize lesson, allow reflection, and support group interactions.

Benefits of Interactive Vaulting for Participants

- Fosters teamwork and turn taking
- Teaches empathy towards equine partner
- Encourages social interaction
- Improves strength, flexibility, and balance
- Builds confidence and independence
- Helps participants practice communicating needs.

Benefits of Interactive Vaulting for Centers

- Cost effective
- Requires fewer volunteers per student
- One horse serves an entire group
- Horse is managed by instructor rather than volunteers
- Effectively serves a large group with limited resources
- Group oriented

