



## STUDENT GOALS

### Endurance

Recommended for:

### Goal 1

1A High-functioning

1B Moderate-functioning

1C Low-functioning

### General Riding/Correct Posture

Students with decreased motor control in upper body (Down's Syndrome, MD, CP), but all could benefit

### *Physical Stamina*

The student will be able to complete 30 - 45 minutes of riding, without increased fatigue, while horse walks within 2 - 4 sessions.

The student will be able to complete 20-30 minutes of riding, without increased fatigue, while horse walks within 2 - 4 sessions.

The student will be able to complete 5 - 15 minutes of riding, without increased fatigue, while horse walks within 2 - 4 sessions.



## STUDENT GOALS

### Endurance

#### Goal 2

2A High-functioning

2B Moderate-functioning

2C Low-functioning

#### Goal 3

3A High-functioning

### General Riding/Correct Posture

#### *Riding Posture*

The student will be able to maintain correct upper body riding posture for 10 minutes of riding within 2 - 4 sessions.

The student will be able to maintain correct upper body riding posture for 5 minutes of riding within 2 - 4 sessions.

The student will be able to maintain correct upper body riding posture for at least 1 - 2 minutes of riding, with moderate to maximal verbal cueing within 5 sessions.

#### *Holding Reins*

The student will be able to hold reins for the duration of one entire session within 2 - 4 sessions.



## STUDENT GOALS

### Endurance

3B Moderate-functioning

3C Low-functioning

### General Riding/Correct Posture

The student will be able to hold reins for at least half of one entire session within 2 - 4 sessions.

The student will be able to hold reins with moderate verbal cueing from sidewalkers for 1 - 2 minutes within 5 sessions.



## STUDENT GOALS

### Strengthening

#### Goal 1

4A High-functioning

#### Trotting

The student will be able to maintain correct riding posture, while holding reins with minimal assistance, for 20 seconds while trotting within 2 - 4 sessions.

4B Moderate-functioning

The student will be able to maintain correct riding posture, while holding reins or saddle horn with moderate assistance from sidewalkers, for 20 seconds while trotting within 2 - 4 sessions.

4C Low-functioning

The student will be able to maintain correct riding posture, while holding reins or saddle horn with maximal assistance from sidewalkers, for 20 seconds while trotting within 2 - 4 sessions.



## STUDENT GOALS

### Strengthening

#### Goal 2

Recommended for:

5A High-functioning

5B Moderate-functioning

5C Low-functioning

### Mounting/Dismounting

Students with low body weakness, but all could benefit

The student will independently lift leg over horse during mounting and dismounting within 2-4 sessions.

The student will lift leg over horse during mounting/dismounting with minimal to moderate assistance within 2-4 sessions.

The student will initiate lifting leg over horse during mounting/dismounting with maximal assistance within 5 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Strengthening**

**Goal 3**

6A High-functioning

6B Moderate-functioning

6C Low-functioning

***Mounting saddle stand***

The student will demonstrate mounting and dismounting on and off the saddle stand with minimal assistance within 2 - 4 sessions.

The student will demonstrate mounting/dismounting on the saddle stands with moderate assistance within 2 - 4 sessions.

The student will demonstrate mounting and dismounting on and off the saddle stands with maximal assistance within 5 sessions.

**Goal 4**

7A High-functioning

***Grasping Saddle***

The student will be able to actively grasp the saddle with hands when preparing to /and assisting to mount with no verbal cueing within 2 - 4 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Strengthening**

- 7B Moderate-functioning The student will be able to actively grasp the saddle with hands when preparing to/and assisting to mount with minimal assistance and cueing within 3-4 sessions.
- 7C Low-functioning The student will be able to actively grasp the saddle with hands when preparing to/and assisting to mount with moderate assistance and cueing within 5 sessions.

**Goal 5**

- 8A High-functioning *Leg Exercises* The student will be able to lift bottom up and down on saddle with feet in stirrups x 5 for strengthening in 2 sessions.
- 8B Moderate-functioning The student will be able to perform knee extensions on horseback x 10 with 3 second hold for leg strengthening in 3 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Strengthening**

8C Low-functioning

The student will be able to perform inner thigh squeezes on horseback x10 for leg strengthening in 5 sessions.





## STUDENT GOALS

### Coordination

#### Goal 1

9A High-functioning

9B Moderate-functioning

9C Low-functioning

#### Goal 2

10A High-functioning

### Holding reins/directing horse

#### *Steering with arms*

The student will consistently be able to hold reins/direct horse (right/left/slow) with minimal verbal cueing within 2-4 sessions.

The student will consistently hold reins/direct horse (right/left/slow) with moderate verbal cueing from sidewalkers within 2-4 sessions.

The student will consistently hold reins/direct horse with maximum assistance for 5 minutes within 5 sessions.

#### *Steering with legs*

The student will demonstrate the ability to squeeze legs into sides of horse to cue walking/trotting for at least 50% of the class session within 2-4 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Coordination**

10B Moderate-functioning

The student will demonstrate the ability to squeeze legs into sides of horse to cue walking/trotting on at least 1 occasion during a session within 2-4 sessions.

10C Low-functioning

The student will demonstrate muscle activation to squeeze legs into sides of horse to cue walking/trotting on at least 1 occasion during a session within 5 sessions.

**Goal 3**

11A High-functioning

***Nuts & Bolts Matching***

The student will take initiative to find the correct match with other students with minimal verbal cueing and assistance within 2-4 sessions.

11B Moderate-functioning

The student will find the correct match with other students with moderate verbal cueing and assistance within 2-4 sessions.

11C Low-functioning

The student will engage in/not decline social interaction with other students within 5 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Sensory Trail**

**Goal 1**

12A High-functioning

***Tire Hoop***

The student will be able to throw ball through tire hoop, while maintaining balance on horse, at least 2 times with 5 attempts within 2 - 4 sessions.

12B Moderate-functioning

The student will throw ball towards tire hoop 3 times while on sensory trail within 3 sessions within 2 - 4 sessions.

12C Low-functioning

The student will hold ball at tire hoop station within 5 sessions.

**Goal 2**

13A High-functioning

***Bell Station***

The student will reach for and ring at least 2 - 3 bells, while maintaining balance on horse with minimal assistance within 2-4 sessions.

13B Moderate-functioning

The student will reach for and ring at least 1 bell, while maintaining balance on horse with moderate assistance within 2-4 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Sensory Trail**

13C Low-functioning

The student will initiate the motion to reach for 1 bell, while maintaining balance on horse with maximal assistance within 5 sessions.

**Goal 3**

14A High-functioning

***Bridge***

The student will demonstrate the ability to lean forward/backward during ascending/descending bridge with minimal verbal cueing and without sidewalker back support at least 50% of attempts within 2 - 4 sessions.

14B Moderate-functioning

The student will demonstrate the ability to lean forward/backward during ascending/descending bridge with moderate verbal cueing and minimal sidewalker back support on at least 2 occasions during class within 2 - 4 sessions.



## STUDENT GOALS

### Sensory Trail

14C Low-functioning

The student will demonstrate the ability to lean forward/backward during ascending/descending bridge with maximal verbal cueing and maximal sidewalker back support on at least 1 occasion during class within 5 sessions.



# RIDEABILITY

## STUDENT GOALS

### Balance

Recommended for:

#### Goal 1

15A High-functioning

Students with weakened core muscles (Down's syndrome, MD, CP), but all could benefit

#### *Advanced Activity*

The student will demonstrate lifting arms up or out to the side while riding for at least 1 minute at a walk within 2 - 4 sessions.

15B Moderate-functioning

The student will demonstrate lifting arms up or out to the side while riding at a walk for 20 - 30 seconds within 2 - 4 sessions.

15C Low-functioning

The student will lift arms up or out to the side and return to center while riding, on at least 1 - 2 occasions during 1 class within 5 sessions.

#### Goal 2

16A High-functioning

#### *Holding Reins*

The student will demonstrate holding reins in both hands not letting them touch saddle or horse for at least 50% of one class session within 2 - 4 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Balance**

16B Moderate-functioning

The student will demonstrate holding reins in both hands not letting them touch saddle or horse for 2 - 5 minutes at a walk within 2- 4 sessions.

16C Low-functioning

The student will demonstrate holding saddle horn with both hands not letting them touch horse for 1 minute with moderate assistance at a walk within 5 sessions.

**Goal 3**

17A High-functioning

***Macarena/Hokey Pokey***

The student will maintain balance, learn and perform Macarena/Hokey Pokey within 2 - 4 sessions.

17B Moderate-functioning

The student will maintain balance, learn parts of and perform some of Macarena/hokey pokey within 2 - 4 sessions.

17C Low-functioning

The student will maintain balance, and try to perform at least one part of Macarena/hokey pokey within 5 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Balance**

**Goal 4**

18A High-functioning

***Around-the-world***

The student will perform around- the - world with minimal assistance within 2 - 4 sessions.

18B Moderate-functioning

The student will perform around- the- world with moderate assistance within 2 - 4 sessions.

18C Low-functioning

The student will perform around - the - world with maximal assistance within 5 sessions.

**Goal 5**

19A High-functioning

***Backward riding***

The student will ride backwards with minimal assistance for 3 minutes within 3 sessions.

19B Moderate-functioning

The student will ride backwards with moderate assistance for 1 - 2 minutes within 3-5 sessions.

19C Low-functioning

The student will ride backwards with maximal assistance for 30 seconds within 5 sessions.





**RIDEABILITY**  
**STUDENT GOALS**

**Communication**

Recommended for:

Students with Autism, ADHD, but all would benefit

**Goal 1**

***Horse Communication***

20A High-functioning

The student will consistently communicate all verbal commands to the horse (walk on/trot on/whoa) within 2 - 4 weeks with minimal verbal cueing.

20B Moderate-functioning

Student will consistently use verbal commands (Walk on/trot on Whoa) with maximal verbal cuing within 3 sessions.

20C Low-functioning

Student will increase volume of verbal commands (Walk on/trot on Whoa) with maximal verbal cuing within 5 sessions.

**Goal 2**

***Interpersonal***

21A High-functioning

The student will verbalize any discomforts or concerns they may have to horse leader or sidewalkers within 2 - 4 weeks.



## STUDENT GOALS

### Communication

21B Moderate-functioning

The student will signal any discomforts or concerns they may have to horse leader or sidewalkers within 2 - 4 sessions.

21C Low-functioning

The student will signal any discomforts or concerns they may have to horse leader or sidewalkers within 5 sessions.

### Goal 3

22A High-functioning

### *Interpersonal*

The student will engage in conversation with horse leader and sidewalkers at least 50% of the session within 2 - 4 weeks.

22B Moderate-functioning

The student will respond to conversation by horse leader and sidewalkers at least 50% of the session within 2 - 4 sessions.

22C Low-functioning

The student will respond with signals to conversation by horse leader and sidewalkers on at least 2 occasions during 1 class within 5 sessions.



## STUDENT GOALS

### Communication

#### Goal 4

23A High-functioning

#### *Interpersonal*

The student will engage with his/her sibling or other students in class, on at least 3 different occasions, during one session within 2 - 4 weeks.

23B Moderate-functioning

The student will wave or signal to his/her sibling or other students in class, on at least 2 different occasions, during one session within 2 - 4 sessions.

23C Low-functioning

The student will wave or signal to his/her sibling or other students in class, on at least 1 occasion, during one session within 5 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Stretching**

Recommended for:

Students with spastic muscles (CP), but all could benefit

**Goal 1**

***Saddle stand***

24A High-functioning

The student will mount and perform all stretches on saddle stand with minimal verbal/tactile cuing within 2 sessions.

24B Moderate-functioning

The student will mount and perform all stretches on saddle stand with moderate assistance, verbal/tactile cuing within 3 sessions.

24C Low-functioning

The student will perform at least one of the stretches with maximal assistance without the need to be on the saddle stand within 5 sessions.

24D Alternate Low-functioning

The student will stay seated on saddle stand for inner thigh (adductor) stretch with maximal assistance within 5 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

Stretching

**Goal 2**

Recommended for:

25A High-functioning

*Calf/lower leg (Plantar flexors)*

**Student with CP, but all could benefit**

The student will independently use stirrups to stretch plantar flexors (3 reps x 5 seconds each) during each session.

25B Moderate-functioning

The student will use stirrups to stretch plantar flexors (3 reps x 5 seconds each) with minimal verbal/tactile cuing during each session.

25C Low-functioning

The student will use stirrups to stretch plantar flexors (3 reps x 5 seconds each) with maximal manual assistance during each session.



**RIDEABILITY**  
**STUDENT GOALS**

**Safety**

**Recommended for:**

**Goal 1**

26A High-functioning

**All students**

***Feet in stirrups***

The student will demonstrate riding with heels down for improved safety and proper technique for at least 50% of one class session within 2 - 4 sessions.

26B Moderate-functioning

The student will demonstrate riding with heels down for improved safety and proper technique on at least 2 occasions during 1 session within 2 - 4 sessions.

26C Low-functioning

The student will demonstrate riding with heels down for improved safety and proper technique with moderate to maximal assistance during 1 session within 5 sessions.

**Goal 2**

27 Everyone

***Proper behavior***

Students to demonstrate calm behavior towards animals within 2 - 5 sessions.



**RIDEABILITY**  
**STUDENT GOALS**

**Safety**

**Goal 3**

28A High-functioning

*Helmet*

The student will independently demonstrate proper placement and latching of helmet for safety and increased independence with minimal assistance within 2 – 4 sessions.

28B Moderate-functioning

The student will demonstrate proper placement and latching of helmet for safety with moderate assistance within 2 – 4 sessions.

28C Low-functioning

The student will demonstrate proper placement and latching of helmet for safety with maximal assistance within 2 – 4 sessions.