



# Participant Goals

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please mark the boxes below which are individual goals for this participant. These goals will be used by our instructors to develop lesson plan objectives. Each lesson usually includes a pre-riding activity and actual riding, which includes mounting, warm up, a core lesson activity/goal, warm down activity, and dismounting.

Within each category, please prioritize FIVE (5) items with #1 being the most important goal.

### Physical Goals

- Improved balance
- Improved posture
- General coordination
- Eye/hand coordination
- Head control
- Trunk control
- Muscular strength
- Gross motor skills
- Fine motor skills
- Decrease tactile defensiveness
- Muscle tone
- Increased range of motion
- Sensory integration
- Endurance
- Visual/spatial orientation
- Other \_\_\_\_\_
- Other \_\_\_\_\_

### Social & Recreational Goals

- Socialization
- Cooperation
- Sportsmanship
- Enjoyment
- Confidence/self-esteem
- Communication skills
- Increased attention
- Decreased attention
- Responsibility
- Self-sufficiency
- Social skill development
- Teamwork
- Respect
- Independence
- Trust
- Interpersonal relationships
- Other \_\_\_\_\_
- Other \_\_\_\_\_

### Cognitive & Educational Goals

- Color recognition
- Shape recognition
- Verbalization
- Vocabulary expansion
- Sequencing
- Spatial awareness
- Reading skills:
  - a. Letter recognition
  - b. Word recognition
  - c. Basic sentences
  - d. Other: \_\_\_\_\_
- Math skills:
  - a. Number recognition
  - b. Add/subtract
  - c. Multiplication
  - d. Fractions
  - e. Measurements
  - f. Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

### Horsemanship Goals

- Ground Skills
  - Haltering
  - Tacking/Untacking
  - Leading
  - Training games
- Horse Management Skills
  - Knowledge Skills
- Riding Skills
- Enjoyment / Pleasure Riding
- Other \_\_\_\_\_

Additional Notes: \_\_\_\_\_

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