



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.

Prioritize FIVE (5) items within each category below:

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: _____
