

ELO Title: Equestrian Skills

School: Raymond High School

Essential Question: How can I meet the Physical Education requirement through horseback riding?

Area(s) of Study: Physical Education

Amount of credit earned: Full Year, 1 credit

Competencies:

Short description	Full text of competency
Psychomotor	Student will demonstrate competency in motor skills and movement patterns through horse training and riding.
Cognitive	Student will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
Affective	Student will exhibit responsible personal and social behavior that respects self and others.
Physical Fitness	Student will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

(Adapted from the NH Department of Education Physical Education Competency Standards)

Student Activities (up to 10):

1. Care for and ride horses at least three times a week.
2. Work regularly with trainer to learn and practice habits and exercises to prepare for horse shows.
3. Research the correlation between the healthy dietary needs of a horse and the importance of a healthy rider.
4. Write biweekly journal entries with a concentration on the four competency areas.
5. Research the health benefits of horseback riding and its relation to physical education.

Community Partner:

Professional Equestrian Trainer

Community Partner responsibilities in this ELO:

1. Mentor and guide the student in proper horse training techniques and safety.
2. Support and educate the student in horse and rider health and nutrition.
3. Prepare the student for upcoming expectations of each horse show.
4. Assure that the student is physically and mentally capable of riding.

Assessment:

1. Biweekly updates with ELO Coordinator.
2. Formative journal writings.
3. Informal online assessment quizzes.
4. Confirmation from the trainer that the student is a Junior Advanced Rider.
5. Final presentation including research findings.

Connection to student's measurable postsecondary goals (for students with IEPs): N/A

Comments and suggestions for other schools implementing a similar ELO:

If you have the opportunity to attend a horse show, this would be most beneficial to view firsthand the students' skills and techniques.

Willing to be contacted by another school interested in developing something similar to this?

No

Yes. If yes, please list contact information: h.londo@sau33.com

Supporting material included. List and briefly describe:

1. ELO student approval form.
2. Copy of the P.E. school competencies.
3. Examples of journal writings.
4. Photos of horse shows and horse jumps.
5. Documentation of the physical and mental health benefits of horseback riding.
6. Informal online riding level quizzes <https://www.allthetests.com/personality-tests/animals/horses/riding/quiz33/1482197312/what-level-horse-rider-are-you-quiz>, <https://www.nerdtests.com/mq/uttake.php?id=58602>
7. Video demonstration of the health benefits of care and riding a horse. [Health Benefits of Horseback riding](#)

Photos or student work submitted:

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