

Horsemanship Skills

- Stop and steer with reins
- Use aids (hands, feet, voice, seat) independently
- Ride independently
- Ride with no side walkers
- Ride with one side walker
- Trot
- Post the trot
- Transitions
- Reverse direction
- Back up
- Changing speed
- Gait extensions
- Whoa
- Walk on
- Arena spacing
- Sitting trot
- Two point
- Steering at the two-point
- Ride a shape (circle, square)
- Improving seat
- Rhythm and tempo
- Mount
- Dismount
- Groom
- Lead
- Tack
- Untack
- Horse safety

Therapeutic Riding Benefits

- Gain balance
- Gain self-confidence
- Enhance social skills
- Learn independence
- Fine motor skills
- Gross motor skills
- Pattern recognition
- Short-term memory
- Hand-eye coordination
- Follow direction
- Safety awareness
- Behavior regulation
- Posture
- Attending to task
- Expressive communication

Life Goals

- Ride a bike
- Tie shoes
- Live independently
- Sit up independently
- Stand, walk or run on the ground
- Drive a car
- Own a horse
- Develop relationships
- Hold a job