

Expanded Core Curriculum Guide to Horse Riding

The Expanded Core Curriculum is specifically designed for individuals with vision impairments, and covers nine designated areas that children with vision impairments miss because of their vision loss.

Objective: Empower parents and students with skills needed to prepare, experience, and reflect on community events.

Access

- Assistive Technology
 - Where can I find information about horse riding?
 - How will I know where the horses and equipment are?
 - What devices will I need to support me at this event?

Question: What devices will you need to bring with you to the arena and how will you store them to make sure they are safe while you are participating in horse riding?

- Compensatory
 - Will I need a tactile representation of a horse, equipment, and the arena prior to the event?
 - What environmental clues do I think will be at the arena that I can use to help me orient myself?
 - How will I know where I am in relation to objects, people, and horses around me?

Question: Where can you find tactile representations of a horse and equipment?

- Sensory Efficiency
 - Is this a noisy event?
 - What is my plan to communicate with staff if I become overwhelmed by the sensory input at the event?
 - Do I need to change the volume and pitch of my voice while I'm around the horses?

Question: Reflect on the activity afterwards. 1. What was the activity? 2. What went well and what did you do to make it go well? 3. What didn't go well and what was your role in that?

Community Readiness

- Career Awareness
 - What time do I need to be at the event? How am I getting there? Where are we meeting?
 - How will I organize the items I am bringing to the event so I can access them and keep track of them?

- What is my plan to make sure I hear instructions that are given to me and follow them?

Questions: What is my plan to work cooperatively with my group members? How will I manage a difference of opinion?

- Self-Determination
 - How long will I be at the horse riding activity?
 - How can I communicate my wants and needs while at the horse riding activity?
 - What's my responsibility to enjoy the event?

Question: Design a cooperation plan including how to regulate negative and positive emotions while at the event. Share your plan with a USB staff member.

- Orientation & Mobility
 - How will I know how to orient my body in relation to the horses?
 - How will I navigate through the event?
 - Where is the restroom?

Question: Take some time to anticipate what your vision needs will be. What support needs will you need to be successful? What will you need to bring, and what support from staff will you need?

Independent Living Skills

- Social Interaction Skills
 - Am I participating with a group?
 - Am I turning my head/body toward the person that is speaking to me?
 - Do I know how to appropriately ask for support?

Question: How will you communicate my support needs to staff? How can I communicate my wants, needs, and opinions to others in my group?

- Recreation & Leisure
 - Is this activity offered in the town where I live?
 - Is there a waiver for this activity that needs to be signed?
 - What did I enjoy and not enjoy about horse riding? And why?

Question: Share with a USB staff member what you would do differently when coming horse riding again.

- Independent Living Skills
 - What do I need to consider about this activity to help me plan what to wear?
 - How much do I need to budget for this activity if I choose to do it again?
 - I will need to wear a helmet while riding. What assistance will I need to put the helmet on? Do I need to style my hair differently in order to wear a helmet?

Question: I need to bring a sack lunch to this activity. What assistance do I need to pack a sack lunch?

*All Family Event Activities competencies at USB are based on the ECC High School Readiness Checklist and the [Utah Portrait of a Graduate](#). For more information about this and the ECC please visit our [website](#).