

## PHYSICAL EDUCATION

### EQUESTRIAN SPORTS

#### I. Course description

This physical education course is designed to give the student the physical skills, concepts and strategies for competing in equestrian events.

#### II. Objectives

- A. Student will apply the fundamental principles of riding.
  - 1. Student will demonstrate the use of hands, legs and seat to influence the horses movements.
- B. Student will display knowledge of the concepts and strategies of events.
  - 1. Gymkana ( timed events )
  - 2. Vaulting
  - 3. Equitation
  - 4. Precision events ( trail, reining, etc.)

#### III. Teaching methods

- A. Individual horse and rider instruction.
- B. Observe and practice patterns for events.
- C. Compete in events

#### IV. Evaluation

- A. Consistent practice with the assigned horse 50%
- B. Shows signs of improvement and illustrates understanding of concepts 25%
- C. Participation in competitive events 25%

#### V. Grading

- 90-100% = A
- 80-89% = B
- 70-79% = C
- 60-69% = D
- below 60% = F