

Core Skills Analysis

Physical Education and Social Development

- Gained understanding of equestrian sports skills and the physical coordination necessary for horseback riding.
- Learned about the significance of perseverance and determination in competitive sports settings like the Special Olympics.
- Experienced the social and emotional aspects of participating in inclusive athletic events, fostering empathy and teamwork.
- Developed awareness of accessibility in sports and the value of celebrating diverse abilities.

Emotional and Ethical Growth

- Gained insight into the importance of sportsmanship and respect for all athletes, regardless of ability.
- Reflected on personal feelings connected to competition and achievement in a supportive environment.
- Learned about community inclusion and the role of specialized programs in empowering individuals.
- Enhanced emotional resilience by witnessing or participating in an event that celebrates overcoming challenges.

Tips

To deepen Faith's understanding of equestrian sports and the values exemplified at the Special Olympics, encourage her to research different horse breeds and their attributes to appreciate the partnership between rider and horse. Engaging in a local visit to a stable or riding school can provide hands-on experience and solidify her knowledge of equestrian care and safety. Additionally, involves her in community volunteering opportunities supporting inclusive sports, which will help her connect emotionally and socially to peers with diverse abilities. Finally, discussing stories of perseverance—either through athlete profiles or documentaries—can inspire learned traits like resilience and empathy, reinforcing the ethical lessons of this activity.

Book Recommendations

- [The Last Shot: A Final Four Mystery](#) by John Feinstein: A sports-themed mystery that touches on overcoming challenges and the importance of teamwork.
- [Riding Freedom](#) by Pam Muñoz Ryan: A historical fiction novel about a young girl who overcomes obstacles through her love of horseback riding.
- [Wonder](#) by R.J. Palacio: A novel emphasizing empathy, kindness, and inclusion, aligning with the spirit of the Special Olympics.

Learning Standards

- CCSS.ELA-LITERACY.RI.9-10.1: Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text (applied to athlete stories, research).
- CCSS.ELA-LITERACY.W.9-10.3: Write narratives to develop real or imagined experiences or events (used in reflective journaling on the activity).
- CCSS.ELA-LITERACY.SL.9-10.1: Initiate and participate effectively in a range of collaborative discussions (applied through social and community engagement activities).
- PE.9-12.2: Understand fundamental physical skills and concepts (relating to equestrian coordination and athletic development).

Try This Next

- Create a worksheet exploring equestrian terminology, horse care basics, and the rules of Special Olympics equestrian events.
- Develop a reflective journal prompt where Faith expresses her feelings about participating or observing the event and what inclusion in sports means to her.