

Exploratory Outline

Title: Saddle Up!

Duration: Three times per week for four weeks (12 total sessions)

Content and Goals: Students will understand the safety tips of being around and riding horses. Students will learn the terminology and process of saddling horses. Students will be able to properly ride horses, with an end goal of a run of their choice to be performed for the student body.

Process:

- Discuss, before being around, the safety tips to know when in the presence of or on a horse.
- Explain the different grooming tools and purposes of each as the students clean up their horses.
- Learn how to saddle, mount, and dismount a horse correctly.
- Practice riding horses while listening to the basic start and stop instructions.
- Begin walking, trotting, and cantering as skills and knowledge improve with practice.
- Learn and run the various patterns performed in a show (barrels, poles, keyhole, flags, etc.).
- Choose and perfect one of the runs performed in shows to be completed in front of the student body during a “rodeo” of sorts.

Experiences: Students will learn how to be safe around and on horses, groom and tack horses successfully and safely ride horses, and run the show patterns.

Class Connections:

- Physical Education: students will be physically active for the duration of the exploratory.
- History: students will learn the important role horses have had in our nation’s history.
- Science: students will learn the anatomy of the horses as they groom, tack, and ride.
- Geography: students will learn about the terrain and environment in which they are riding.

Total Costs:

- Call around to local stables to see which one will allow the students to learn from and ride their horses for free.

Exploratory Outline

Title: A Stitch in Time Saves Nine!

Duration: Three times per week for four weeks (12 total sessions)

Content and Goals: Students will learn the safety tips sewing with needles and thread, as well as sewing machines. Students will understand how sewing machines work. Students will be able to sew the basic stitch patterns, layout and cut pre-made patterns, and create their own project of choice to wear.

Process:

- Discuss, before beginning, the safety tips to know when using needles and sewing machines.
- Explain how sewing machines work.
- Learn to sew on buttons; this is a life lesson that will be highly beneficial.
- Practice the basic stitches by hand and then by machine (so they appreciate the wonders of a sewing machine; also, some items may only be sewn by hand and by not machine so this is an important skill to have).
- Demonstrate laying out and cutting patterns.
- Explain how to read and follow pattern abbreviations and patterns.
- Choose and create a simple sewing project that may be worn. Examples of projects include: pajama pants/shorts, bag/purse, skirt, or a blanket/quilt.

Experiences: Students will learn how to safely and effectively use a sewing machine, sew by hand buttons and garments, lay out and follow patterns, and create a garment of their own.

Class Connections:

- Business: students will learn the business of garment making, alterations, and repairs.
- Shop: students will learn the mechanisms of sewing machines.
- Math: students will use, improve, and learn new math terminology as they cut and alter patterns.
- History: students will learn the evolution of sewing techniques in correlation to the time periods.
- Art: students will design and combine fabric patterns of their choosing.

Total Costs:

- Send a letter home with the students and put an announcement in the church/school newsletters asking for parents or members of the congregation who would be willing to allow the students to learn from and sew with their machines.