

*A One Week Off™ Unit Study on...*

# **HORSES**

*Sarah C. Julicher, DVM*

Castle Heights Press, Inc.

# Table of Contents

Introduction	4
Schedule For One Week Off Format	6
<b>Monday: Plan Your Week</b>	7
Schedule Form	8
Addresses for Free Info	9
Field Trip Ideas	11
<b>Tuesday: Research</b>	13
Book List	14
Internet Sites	15
Horses in History	16
Conformation of a Horse	19
Tack	22
Safety	25
Riding	26
Horse Health	29
Further Study	30
The Age of a Horse	31
Essay	32
<b>Wednesday: Activities/Study</b>	34
Activity #4: Horse Drawing	35
Activity #10: What Is Your Horsepower?	36
Activity #11: Book Report	37
Field Trip Questions	38
<b>Thursday: Field Trip</b>	40
<b>Friday: Notebook</b>	41
<b>Appendix</b>	42
Vocabulary	43
Print Resources	44
Internet Resources	46
Careers With Horses	47

---

# Introduction

The One-Week-Off books are designed to be flexible unit studies with a bit of structure. Applicable for a wide range of age levels, these books allow the student to pursue a topic as deeply as time and interest allow. For older students, One-Week-Off unit studies build planning and time management skills by having the student design and carry out a personalized unit study. There are many questions, activities, and field trips from which to choose. In fact, there are enough options to be able to complete this unit study more than once without repeating questions!

## **Take a Break!**

A One-Week-Off unit study is a great way to take a break from your regular studies. In just one week, you will learn more about one of your favorite topics than ever before. One-Week-Off unit studies are already laid out in an easy-to-follow, pre-planned format. Your One-Week-Off is research-driven, so a trip to the local university or community library is a must (do not do all your research on the internet!). From knowledge gained at the library, the inquisitive student will formulate questions to be asked on the field trip later in the week.

## **Take a Field Trip!**

Suggestions for field trips are included and depending on where you live, you may be able to come up with some other informative and fun places to visit. Planning for the field trip is done on the first day of the week or before if advance notice is required for the trip. Be sure to research this part of your One Week Off ahead of time, since some field trips may require advance scheduling.

---

## More than One Week to Spare?

Need a bigger break? Want to dig deeper? Try using the One-Week-Off unit study for more than just one week! With so many inspiring topics and activities, it's easy to continue studying for several weeks. Take as much time as you like, there's much more to learn!

## Record Your Week

However you choose to spend your One-Week-Off, don't forget to complete your notebook. The gradable notebook establishes transcript credit for high school students.

## Ready to Get Started?

This book is laid out around the schedule on the following page. Feel free to be flexible and adjust the schedule to suit your needs.

### Important Note:

*This unit study is designed so that students of many different abilities will find some interesting topics to pursue or activities to do. There are activities for the new rider as well as activities for more experienced equestrians.*



---

# Schedule For One Week Off Format

## Monday- Planning Day

- Make phone calls to schedule field trip.
- Study activities and questions.
- Decide which activities and questions you will complete.
- Make list of topics for the library.
- Start research on the internet.
- Write letters to send off for free items. Copy the letters for your notebook before you send them.

## Tuesday- Research Day

- Trip to library
  1. Books to read
  2. Info for research
- Draw pictures.
- Read books.
- Answer questions from chosen topic areas listed in Tuesday section.
- Write essays.

## Wednesday- Study/Activity Day

- Polish and rewrite essays.
- Do chosen activities: book report, model horse, etc.
- Return trip to library if necessary.
- Write down questions for field trip.
- Read books.

## Thursday- Field Trip Day

- Go on trip, ask questions, and write down the answers.
- Take pictures on trip.
- Develop/download photos.
- Write thank you note to guide/instructor.

## Friday- Notebook Day

- Develop/download/pick up photos.
- Return library books.
- Mail thank you note (copy it first).
- Complete any unfinished activities.
- Put together notebook.

---

# Monday: Plan Your Week

The first day is set aside for organizing the week. Read through the rest of the book and develop a list of research topics. Decide which activities and questions you will be completing and ensure you have all the required materials. Consider making a trip to your local hobby store for supplies, going through your personal library for useful references, and obtaining directions to the nearest university library.

## Free Information

There are many places to which you can write for free brochures, catalogs, and other information. Monday is the day to compose your letters. Be sure to make a second copy of each letter to be included in your notebook. Handwritten letters may be photocopied at the library.

## Field Trip

You will need to schedule your field trip today. The planned time for your field trip is Thursday, but if you cannot arrange it then, you can adjust your schedule as required.

## The End of the Planning Day

When you have outlined and arranged the rest of your unit study, you are through with your planning day. Each student should have a course of action laid out: what activities to focus on, in which areas to develop questions for the field trip, and what to research at the library tomorrow.

The planning forms on the following pages will aid you in laying out your course plan.



---

# Tuesday: Research

On Tuesday you will conduct research at the library, in local bookstores, and on the internet. This section is full of questions that will guide your research.

The questions here are to guide the student in researching horses. These are fundamental to the topic and should lead students into more detailed areas. Additional topics are included so you can develop your own questions. Any of these questions can be modified or researched in lesser detail depending on the ability level of the student. The starred questions are more advanced and will require more time and thought to answer.

*Be sure to keep track of the books you use in your research, as you will need the title, author, publisher, and publication date to include in your notebook's bibliography section.*

You should complete the unstarred, basic questions in each section before proceeding to the more advanced questions. This way you will gain more from your research. At the library,

*You probably will not have time to cover all of these sections much less all the questions unless you are planning to spend more than a week studying horses and riding.*

look for the books listed in the references section of the appendix for your research. If you do not understand a question or cannot find the answer, write it down on your list of questions to ask on your field trip. If you still do not find the answer, contact a knowledgeable person in your community such as a riding instructor or a veterinarian. Remember, the more courteous you are, the more likely it is that your contact will take time out of a busy schedule to help you.

The underlined words are key words to be looked up on the internet or in an encyclopedia to aid in finding more information on the topic.

---

# Conformation of a Horse

The term conformation refers to the way that a horse is built, especially with regard to how suitable an individual horse is for a particular discipline. A horse that has perfect conformation for steer roping is not going to be shaped the same way as a horse that is perfectly designed for long distance racing. Some traits, such as straight legs, are always good for a horse to have. Other trait combinations involve a trade-off, such as strength versus speed. The study of conformation is vital in choosing a horse that is sound and capable of the discipline planned.

## Questions

1. Why can you tell the age of a horse by its teeth? By what characteristics can you tell the age? *Hint: You can only tell the age of a horse accurately by the teeth up to about eight years old.*

\*2. What is the effect of having long cannon bones as opposed to short cannons?

3. Why is a horse fuzzy in the wintertime?

4. Why are draft horses' hooves splayed out?

5. A Clydesdale will never race in the Kentucky Derby. Why not?

6. What is the common term for a horse whose hooves are turned out?

\*7. The terms used for the parts of a horse are some of the oldest in the English language. Pick three terms and look them up in the encyclopedia or on the internet. What languages did they come from originally? What was the meaning of the root word?

8. A good horse is never a bad color. How many different colors and coat patterns can you list?

9. To what condition does "sickle-hocked" refer? Why is this a problem?

10. The joint in the middle of a horse's front leg is commonly called the knee. What is this joint really called and where is the horse's actual knee?

---

# Wednesday: Activities/Study

## Activities

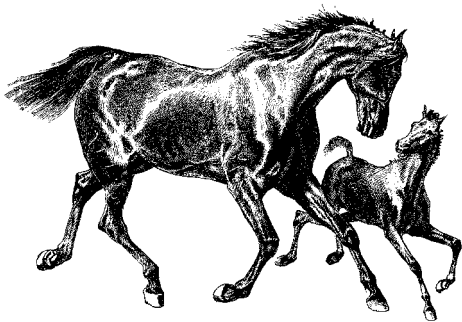
On Wednesday, the day before your field trip, you should apply what you learned at the library in the form of activities. As you encountered these activities while doing the research and questioning of the previous section, you will have seen a few that you wanted to do. You may do as many activities as you have the time and interest. In this section are forms and further information to help you do the activities you have chosen.

## Essay

Today you should correct your essay written yesterday and produce a final copy to include in your notebook which you will put together on Friday.

## Field Trip Questions

A very important item to complete today is your list of questions to ask on your field trip tomorrow. There are suggestions in this section for questions to ask during your field trip. Use your newfound knowledge to put together as many questions as possible. You should write these on notebook paper or type them, with space left between the questions so you can write the answers as you acquire them. This will also go into your final notebook.



---

# Thursday: Field Trip

You decided where to go on Monday and you scheduled your trip. Wednesday, you drafted your questions to ask on the field trip. Today is the big day. Make sure you remember to bring everything:

## Clothing

Wear proper gear for riding. Sturdy shoes, comfortable jeans, helmet (probably provided free by the academy).

## Questions

No matter where you go on your field trip, the important thing is to get your questions answered. Take your list of questions on a clipboard or in a notebook so you can write down the answers as you get them.

## Camera and film

Take lots of pictures for documentation. If you are at a riding academy, get pictures of the different horses, tack, and facilities that you see. At the end of the day, take your pictures to be developed in an hour or overnight, so you will have them to put in your notebook on Friday. If using a digital camera, download the photos to your computer to use when assembling your notebook.

When you get back, write a thank you note for your instructor. You can get the instructor's name and address while you are at the riding academy. Make sure you photocopy this letter for your notebook before you send it.

---

# Friday: Notebook

Today you will conclude the week's activities by compiling a notebook of everything you have done. Your notebook can be a three-ring binder or a folder- something to which pages can be added. Before you include your written things (essay, field trip questions), make final copies of them so that your notebook is neat. This notebook can be graded if desired. Be sure to date everything as you put it in the notebook.

Develop or download your pictures if you have not already done so. If you print them out, you can place the full page into your notebook. If they are developed photos, you can paste them onto cardstock or use photo corners to place them onto your notebook pages.

Return all library books.

Don't forget to mail your thank you note and other letters.

## Notebook Contents:

- 1. Title page (title, name, date).
- 2. Book report.
- 3. Essay.
- 4. Letters written on Monday, thank-you-note to instructor.
- 5. Field trip questions and answers.
- 6. Any drawings you have done, all labeled.
- 7. Photos.
- 8. Bibliography of books and internet sources used in this study.