

Riding the Range



PEER REVIEWED

NATIONAL 4-H CURRICULUM
Product Number 01521Y



Level 4: Horse Riding



4-H Skills
for Life
Animal Series



Note to The Horse Project Helper

You have a key role in helping youth learn about both horses and themselves. Your enthusiasm and ability to ask thought-provoking questions are essential to helping youth get the most out of this project. You can help in goal setting, identifying resources, creating presentations, thinking about choices, and evaluating youth progress.

HORSE PROJECT ACTIVITY GUIDES

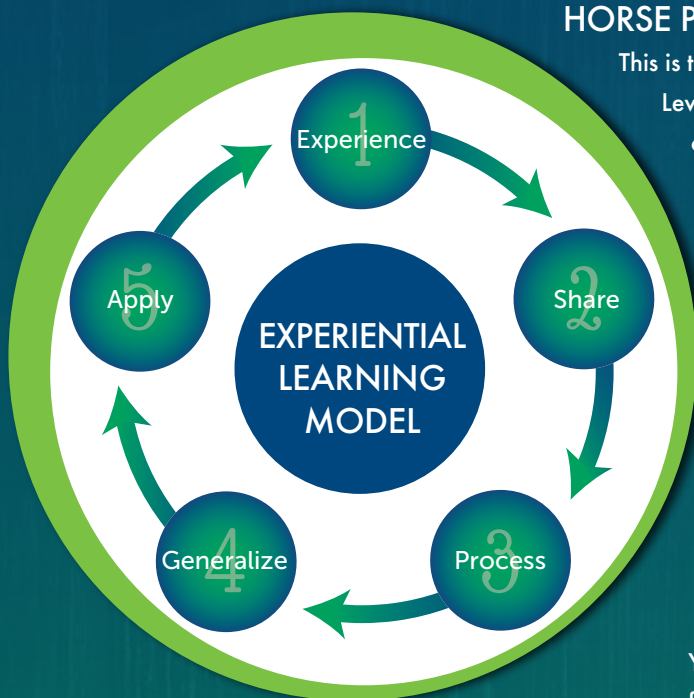
This is the fourth in a series of five horse project activity guides for youth.

Levels 1-3 focus on "horseless" activities, while Levels 4 and 5 zero in on riding and horsemanship. Each guide contains an achievement program to encourage youth to learn and develop life skills.

Your assistance in completing the achievement programs is very important.

In each activity, you'll find a description of the project and how it relates to other life situations. Life skills are recognized, questions follow each activity, suggestions are given for activity extensions, and additional helpful information is presented. The activities are designed for youth to experience new information in a hands-on format. With your help, youth reflect on what they did and how it relates to their lives.

Your challenge is to allow youth to explore the activities and learn from their experiences, even if it doesn't work the way he or she expects. In the "Stable Talk" sections, the best way for you to help a young person learn is to listen as he/she considers each question and draws individual conclusions. You may also need to help youth find additional resources.



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals" ©1983 John Wiley & Sons, Inc. reprinted with permission of John Wiley & Sons, Inc.

HORSE PROJECT HELPER'S GUIDE

This guide provides additional learning by doing activities that can be adapted for the family, 4-H project groups, clubs, classrooms, or other groups. Additionally, helpful hints about life skill development, characteristics of youth at different ages, and answer to some of the activities in the five youth guides all can be found within the helper's guide.

ACKNOWLEDGMENTS

2015 Revisions: Kristyn Harms, PhD (Agricultural Educator, Lincoln, NE) and Kathy Anderson, PhD (Extension Horse Specialist, University of Nebraska-Lincoln)

2015 Design: TM Design, Inc.

2004 Team: Ami Neiberger-Miller (Design Team Coordinator and Writer), VA; Julie Booth, CA; Amy Harder, CO; Alexa Lamm, CO; Jonathan Vrabec, CO; Colleen Brady, IN; Karol Dyson, MD; Karen Waite, MI; Lori Lease, NV; Meg Whitehouse, NJ; Bob Horton, OH; Pamela Olsen, OR; Rick Miller, VA; Leslie Prillaman, VA; Rita Schalk, VA; Susa Kerr, WA.

Previous Teams: Vicky Gianni, Mark Russell & Rex Warner, IN; Peggy Miller-Grabner, IA; Amy McCune, MA; Dick Dunn & Tom Zurcher, MI; Sara Bledsoe, Shawnee Fleener & Julie Loose, MN; Daniel Bruce, Carol Parmenter & Linda Wulf-Risner, MO; Carmelita Lamb, ND; Michael Benefield, Jeff Howard & Toby Lepley, TX; Ray Antonowicz & Nancy Kessel, WI.

Table of Contents

Having Fun with <i>Riding The Range</i>	2
Achievement Program	5
Part 1: Getting Ready	
Chapter 1: The Right Tack	9
Chapter 2: Tack Unmasked	13
Chapter 3: Bridle in a Bucket	17
Chapter 4: Coming to the Rescue	21
Part 2: Riding	
Chapter 5: Ready to Ride	27
Chapter 6: Basic Riding	31
Chapter 7: Everything's Better with Friends	35
Chapter 8: Hitting the Trail	39
Part 3: Training	
Chapter 9: Training from the Ground Up	43
Chapter 10: Plunge into Lunging	47
Chapter 11: Through the Horse's Eyes	51
Part 4: Style	
Chapter 12: Riding High	55
Chapter 13: Equitation Unraveled	59
Chapter 14: Onto the Winner's Circle	63
Horse Talk	69

INTRO

Having Fun with Riding the Range

Let's learn more about horses! Through this horse activity guide, you will improve your overall knowledge of horses. Riding skills, training techniques, tack, and trail riding are just a few of the topics covered in this activity guide. Go ahead and jump right in—Let's have some fun with horses!

The purpose of this guide is to challenge you to learn more about horses. To help you, additional resources may be needed for some activities. The internet, magazines, books, DVDs, and information from breed associations and feed manufacturers can help you. Additionally, the public library, other horse enthusiasts, and your extension center will have more information to guide you through your horse activities. The eXtension online learning site also has great learning resources related to horses. To participate in various activities referred to in this manual, create a username and password at <http://campus.extension.org/>. It's simple!

Not only will you learn a lot about horses through this project, but you will also learn a lot about yourself, too! Many skills learned can be applied in all areas of your life, such as:

- Problem solving
- Decision-making
- Personal safety
- Communication
- Career awareness

As you complete the activities, answer the questions and record your project highlights. Writing down your progress will help you realize how much you have learned. Don't forget to use the notes section to record important things you have learned. Take pictures, and have fun!

LEVEL 4 PROJECT GUIDELINES

- Complete a minimum of seven Level 4 activities each year.
 - Complete Level 4 within three years.
 - Keep the Planning Guide current by setting project goals and recording the project highlights you experience.
- Use extra paper or electronic resources (computer, tablet, smart phone, etc.) if needed.

HORSE ACHIEVEMENT PROGRAM

While you are having fun doing the activities, you'll also be completing Level 4 of the Horse Achievement Program shown on page 4. There are five levels in this program—one in each of the horse project activity guides. This program will help you set goals, record your successes, and be recognized for your work.

YOUR PROJECT HELPER

Your project helper is on your team, supporting you and making learning fun. This person may be a parent, project leader, or advisor. The choice is yours! As you complete the activities, you'll discuss what you did and the questions in the "Stable Talk" section with your helper. Sometimes, your helper will work with you to find people, groups, events, books, websites, and magazines to help complete an activity. After completing each activity, your helper will initial and date your achievement program chart on page 4. Record your progress using Twitter or Instagram, using #4HHorseProject as the hashtag!

MY RIDING THE RANGE GOALS

1. _____

2. _____

3. _____

Before and After WHAT DO YOU KNOW?

Before you begin working on the activities in this guide, indicate what you know now. Then, when you complete Level 4, write down what you know after. You may be surprised to see what you learn! Share the results with your helper.

Begin each skill with the words:

I know how to _____. Then circle 1 (to a great extent), 2 (somewhat), or 3 (not at all).

BEFORE AND AFTER—WHAT DO YOU KNOW?

I KNOW HOW TO....	BEFORE			AFTER		
Identify saddle and bridle parts.	1	2	3	1	2	3
Describe tack used in different situations.	1	2	3	1	2	3
Assemble English and western style bridles.	1	2	3	1	2	3
Observe and record vital signs.	1	2	3	1	2	3
Demonstrate basic riding skills.	1	2	3	1	2	3
Describe group riding safety procedures.	1	2	3	1	2	3
Perform trail course maneuvers.	1	2	3	1	2	3
Ground train a horse.	1	2	3	1	2	3
Describe ways to reinforce a horse's behavior.	1	2	3	1	2	3
Perform ten horsemanship steps.	1	2	3	1	2	3
Evaluate personal riding style.	1	2	3	1	2	3
Ride two equitation patterns.	1	2	3	1	2	3



Achievement Program

- Do at least seven of the required and optional "Spur You On" activities in Level 4 each year.
- Complete at least 21 of the required and optional "Spur You On" activities in Level 4 within three years to complete this program.
- Have your project helper date and initial the activities as you complete them.

When you've completed the program, don't forget to get your achievement pin from the 4-H Mall!



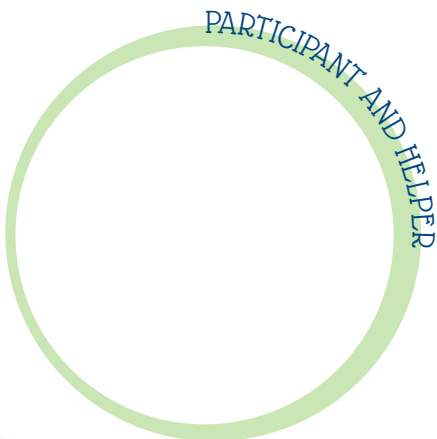
REQUIRED ACTIVITIES COMPLETION CHART

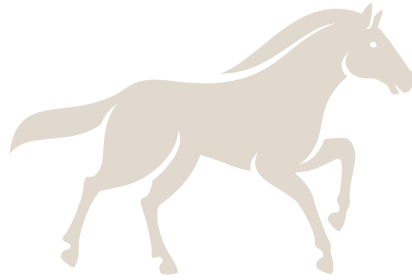
ACTIVITY	DATE COMPLETED	HELPER'S INITIALS
Getting Ready		
Chapter 1: The Right Tack		
Chapter 2: Tack Unmasked		
Chapter 3: Bridle in a Bucket		
Chapter 4: Coming to the Rescue		
Riding		
Chapter 5: Ready to Ride		
Chapter 6: Basic Riding		
Chapter 7: Everything's Better with Friends		
Chapter 8: Hitting the Trail		
Training		
Chapter 9: Training from the Ground Up		
Chapter 10: Plunge into Lunging		
Chapter 11: Through the Horse's Eye		
Style		
Chapter 12: Riding High		
Chapter 13: Equitation Unraveled		
Chapter 14: Onto the Winner's Circle		

SPUR YOU ON—OPTIONAL ACTIVITIES

Select and do any of the Spur You On activities in Level 4 or make up your own. Record the page and activity number of each one you complete in the chart provided.

SPUR YOU ON OPTIONAL ACTIVITIES

PAGE	ACTIVITY #	DATE COMPLETED	HELPER'S INITIALS
Write your own activity here:			
Date: _____		Helper's Initials: _____	
Write your own activity here:			
Date: _____		Helper's Initials: _____	
Write your own activity here:			
		Date: _____	
		Helper's Initials: _____	



Head, Heart, and Hooves HORSE PROJECT

Level 4: Horse Riding

ACHIEVEMENT CERTIFICATE

I certify that

has completed all the requirements in the
"Head, Heart, and Hooves " Achievement Program.

Helper's Signature Date



[illegible]



The Right Tack

What is your favorite sport? It is likely that, to play this sport, you need specific equipment. From basketballs to kneepads and everything in between, certain equipment is needed to be a safe and successful player. What equipment do you need to play your favorite sport?

You will need certain equipment to be a safe and successful horseman! You learned in Level 1 that tack includes any equipment used for riding, driving, and personal care. What tack is necessary to safely handle and ride a horse?

Two main pieces of tack are the bridle and saddle. You will use different tack for English and Western riding. In this activity, you will learn to identify the parts of both English and Western bridles and saddles.

Horse Project Skill: Identifying English and Western saddle and bridle parts

Life Skill: Accessing Resources

Educational Standard: NS.5-8, 9-12.1 Science as Inquiry—Abilities necessary to do scientific inquiry

Success Indicator: Identify saddle and bridle parts



The Mane Event

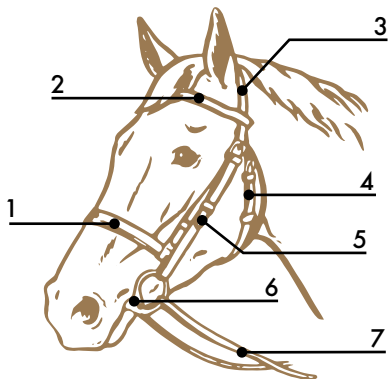
First, to help you become familiar with the parts of English and Western bridles and saddles, complete the extension lesson, "Tack and Attire," at www.4h.org/curriculum/horse.

Next, on large pieces of paper or poster board, draw the following: English Saddle, Western Saddle, English Bridle, and Western Bridle. Type up all of the parts of each saddle and bridle in a document. Print the list off and cut out each tack part. Place all of the pieces of paper in a basket. With a group of friends, take turns selecting tack parts from the basket and practice identifying each part by pasting each part on the bridle and saddle drawings. Repeat this activity to master identifying parts of tack.

Finally, test your knowledge by using the diagrams and lists below. Match each numbered part with its corresponding part name by writing the letter next to the appropriate numbered part of a saddle or bridle. Check progress with your project helper.

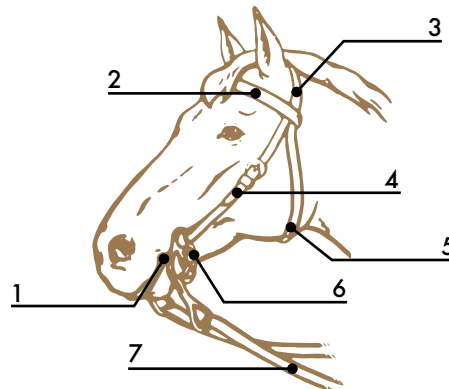
ENGLISH BRIDLE WORD BANK

- a. Bit
- b. Browband
- c. Cavesson
- d. Cheekpiece
- e. Crownpiece
- f. Reins
- g. Throatlatch



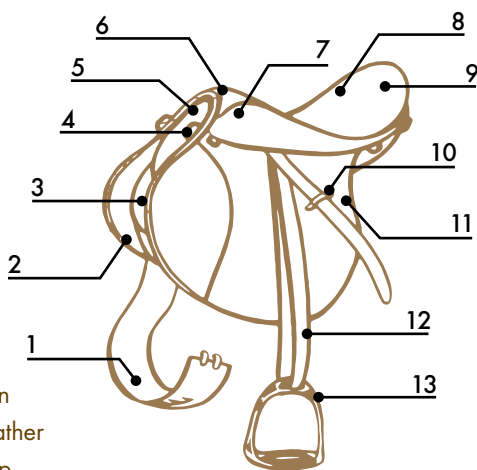
WESTERN BRIDLE WORD BANK

- a. Bit
- b. Browband
- c. Cheekpiece
- d. Crownpiece
- e. Curb Chain
- f. Reins
- g. Throatlatch



ENGLISH SADDLE WORD BANK

- a. Cantle
- b. Flap
- c. Girth
- d. Gullet
- e. Keeper
- f. O-Ring
- g. Panel
- h. Pommel
- i. Seat
- j. Skirt
- k. Stirrup Iron
- l. Stirrup Leather
- m. Sweat Flap



WESTERN SADDLE WORD BANK

- a. Cantle
- b. Fender
- c. Gullet
- d. Horn
- e. Latigo
- f. Pommel
- g. Saddle Strings
- h. Seat
- i. Skirt
- j. Stirrup
- k. Swells

