Riding the Range
Level 4: Horse Riding

4-H Skills for Life Animal Series
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.

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
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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. ________________________________________________________________
   ________________________________________________________________

Introduction: Having Fun with Riding the Range

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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?

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

### REQUIRED ACTIVITIES COMPLETION CHART

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>DATE COMPLETED</th>
<th>HELPER’S INITIALS</th>
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<tbody>
<tr>
<td>Getting Ready</td>
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Introduction: Achievement Program
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**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

<table>
<thead>
<tr>
<th>PAGE</th>
<th>ACTIVITY #</th>
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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:___________

Write your own activity here:

Date:__________________

Helper’s Initials:___________
I certify that

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

Helper’s Signature Date
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.
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.4-h.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.