

Jumping to New Heights



PEER REVIEWED

NATIONAL 4-H CURRICULUM
Product Number 01522Y



Level 5: Horsemanship



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

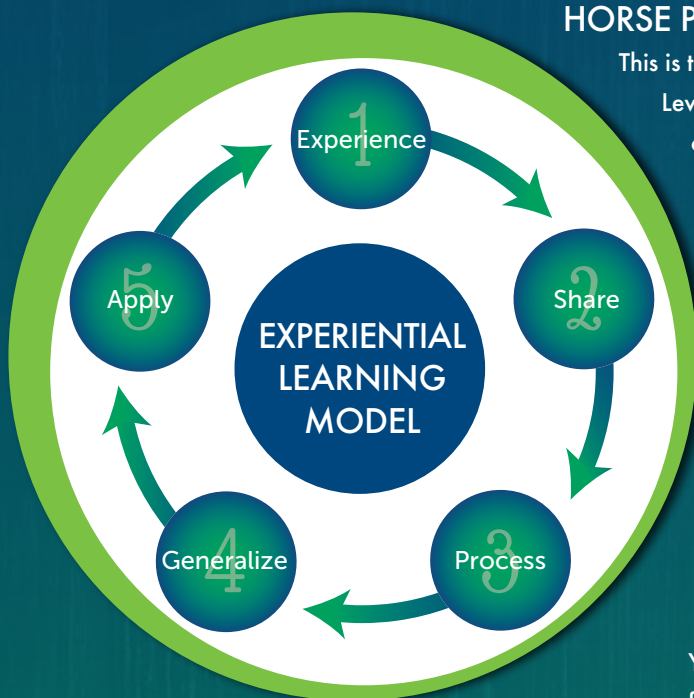
This is the fifth in a series of five horse project activity guides for youth.

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.

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INTRO

Having Fun with Jumping to New Heights

Let's learn more about horses! Through this horse activity guide, you will improve your overall riding abilities. Riding and showing skills, the "Quarter System," ethics, and leadership are just a few of the topics covered in this activity guide. Go ahead and jump right in—Let's jump to new heights!

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:

- Decision-making
- Self-Discipline
- Critical thinking
- Leadership
- Communications

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 5 PROJECT GUIDELINES

- Complete a minimum of seven Level 5 activities each year.
- Complete Level 5 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 5 of the Horse Achievement Program shown on page 5. 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!

PHOTO OF PROJECT HELPER

MY PROJECT HELPER

Name:

Phone Number:

Email:

MY HEAD, HEART, AND HOOVES 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 5, 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 horse project goals and action steps.	1	2	3	1	2	3
Compare factors in purchasing decisions.	1	2	3	1	2	3
Debate pre-show fitting techniques.	1	2	3	1	2	3
Judge horse showmanship.	1	2	3	1	2	3
Perform a showmanship pattern.	1	2	3	1	2	3
Perform five basic horsemanship skills.	1	2	3	1	2	3
Ride a pattern successfully.	1	2	3	1	2	3
Present a horse using the "Quarter System."	1	2	3	1	2	3
Consider ethical implications of personal decisions.	1	2	3	1	2	3
Describe features of good character.	1	2	3	1	2	3
Teach a younger person to ride.	1	2	3	1	2	3
Teach the basic seat and three gaits.	1	2	3	1	2	3
Plan and conduct a charity horse show.	1	2	3	1	2	3



Achievement Program

- Do at least seven of the required and optional Spur You On activities in Level 5 each year.
- Complete at least 21 of the required and optional Spur You On activities in Level 5 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

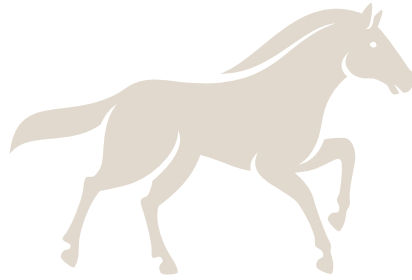
ACTIVITY	DATE COMPLETED	HELPER'S INITIALS
Ready to Show		
Chapter 1—Reach for the Stars		
Chapter 2—Get Fit in Horse Fashion		
Chapter 3—Show Ring Ready		
Chapter 4—It's Show Time		
Patterns		
Chapter 5—Pattern Perfect!		
Chapter 6—Practice Makes Perfect		
Chapter 7—Applying the Pieces		
Chapter 8—It's a Square Deal		
Ethics		
Chapter 9—Winning Isn't Everything		
Chapter 10—Ethics Debated		
Chapter 11—Is Your Character Terrific?		
Leadership		
Chapter 12—Helping a Buddy		
Chapter 13—Who's in Charge?		

SPUR YOU ON—OPTIONAL ACTIVITIES

Select and do any of the *Spur You On* activities in Level 5 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: _____	



Jumping to New Heights HORSE PROJECT

Level 5: Horsemanship

ACHIEVEMENT CERTIFICATE

I certify that

has completed all the requirements in the
"Jumping to New Heights" Achievement Program.

Helper's Signature Date



[illegible]



Reach for the Stars

For many tasks you are trying to accomplish, it's important to set goals in order to measure progress and master activities. When was the last time you set a goal? What was the goal? Did it help you accomplish something?

What is one horse goal you can set for yourself?

As you advance to a higher level of riding and training, it can be easy to lose sight of the big picture. In this activity, you will identify your horse project goals and outline action steps to help you reach your goals.

Horse Project Skill: Setting horse project goals

Life Skill: Goal Setting

Educational Standard: NS.5-8, 9-12.6 Personal and Social Perspectives—Risks and benefits

Success Indicator: Identify horse project goals and action steps to achieve them



The Mane Event

Discuss with your helper three goals you would like to achieve in the horse project. Write each goal in one of the boxes. Next, write three action steps you will do to successfully accomplish each goal. Below the action steps, write a risk to achieving your goal and a prevention step you will take to reduce that risk.

A sample is provided, and additional ideas to assist you can be found in Horse Sense. To learn more about setting goals and creating manageable action steps, visit the horse curriculum website at www.4-h.org/curriculum/horse. After you have completed the Level 5 project manual, review these goals and check the action steps you have completed to see where you stand in reaching your goals.

EXAMPLE PROJECT GOAL:

Ground train my new horse.

ACTION STEPS TO REACHING MY GOAL:

1. Spend time with tied horse getting used to me by brushing and combing horse.
2. Walk the horse around the barn getting it used to different environments.
3. Work with my horse to get it to lunge properly.

RISK:

My horse could get injured while practicing.

PREVENTION:

Use proper safety techniques to ensure safety every time I work with my horse.

PROJECT GOAL 1:

ACTION STEPS TO REACHING MY GOAL:

RISK:

PREVENTION: