



# 4-H HORSE AND PONY PROJECT



In this project, youth will take part in a wide variety of 4-H equine projects including breeding, draft, drill, driving, English & western, gymkhana, judging, miniature, trail riding, and ponies. Horses and humans interact in many ways, not only in a wide variety of sports and non-competitive recreational pursuits, but in activities like agriculture, entertainment, assisted learning, and therapy.

- Appreciate riding as a recreation and promote love and humane treatment of animals.
- Learn horsemanship skills and understand equestrian breeding, training, and raising.
- Acquire safety skills to prevent injury to persons and animals.

## 4-H THRIVE

### Help Youth:

#### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

#### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

#### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

#### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

### Starting Out *Beginner*

- Learn the breeds of horses.
- Identify the parts of a horse.
- Study the nutritional needs of a horse.
- Explore horse diseases and how to prevent and/or treat illness and injury.
- Identify and know the functions of tack and equipment.
- Understand the basic care practices of horses.

### Learning More *Intermediate*

- Learn the basics of riding a horse in one of many styles like Western or English.
- Research the different types of horse showmanship and competitions.
- Find out how to clean horse tack.
- Practice riding safely with a group.
- Improve your riding skills in the ring and on trails.

### Exploring Depth *Advanced*

- Assist younger members in improving their horse knowledge.
- Improve your show and/or riding performance.
- Plan and conduct an experiment in horse care.
- Learn about horse diseases and their treatment.
- Improve your showmanship patterns.
- Learn about and evaluate ethics in showing.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Explore various horse feeds and compare differences in ingredients.
- Design an experiment to see which saddle pad material keeps the horse the coolest.
- Examine the height of a jump on the trajectory of a horse.
- Learn about and help with restoration of horse trails.

## Healthy Living

- Create a presentation to teach young riders how to safely care for, handle, and ride horses.
- Compare nutritional needs of horses to those of humans and other mammals.
- Explore the need for biosecurity measures when handling livestock. Create a list of recommendations for competitive equine events.

## Citizenship

- Collaborate with others to provide a horse therapy event for disabled youth.
- Learn about various horse breeds and trace their heritage to understand other cultures.
- As your expertise grows, offer to judge at horse shows for youth.

## Leadership

- Teach others the importance of caring for another animal.
- Use your new skills and knowledge to relay hippology to younger peers.
- Become a role model for others by taking the position of Junior or Teen Leader.

## Resources

- eXtension  
[www.extension.org/horses](http://www.extension.org/horses)
- Certified Horsemanship Association  
[www.cha-ahse.org](http://www.cha-ahse.org)
- California Dept. of Food and Agriculture  
[www.cdffa.ca.gov/AHFSS/Animal\\_Health/](http://www.cdffa.ca.gov/AHFSS/Animal_Health/)
- UC Davis Veterinary Medicine  
[www.vetmed.ucdavis.edu/ceh/](http://www.vetmed.ucdavis.edu/ceh/)
- Harvest of the Month  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)
- 4-H Safety Manual  
[//safety.ucanr.org/files/3067.pdf](http://safety.ucanr.org/files/3067.pdf)

### Connections & Events

Horse Classic Championship Horse Show & Educational Contests – Compete at a level beyond local events, while the educational contests allow members to showcase their equine knowledge.  
[http://4h.ucanr.edu/4-H\\_Events/Horse\\_Classic/](http://4h.ucanr.edu/4-H_Events/Horse_Classic/)

State 4-H Equine Field Day  
[http://4h.ucanr.edu/4-H\\_Events/4H\\_Equine\\_Field\\_Day/](http://4h.ucanr.edu/4-H_Events/4H_Equine_Field_Day/)

Contact your UC Cooperative Extension office to determine additional opportunities available.

### Curriculum

- National 4-H Curriculum - [www.4-h.org/resource-library/curriculum/4-h-horse/](http://www.4-h.org/resource-library/curriculum/4-h-horse/)
- Ohio State University - [//estore.osu-extension.org/showproducts.cfm?Step=1&FullCat=197](http://estore.osu-extension.org/showproducts.cfm?Step=1&FullCat=197)
- University of Wisconsin - [www.uwex.edu/ces/animalscience/horse/links.cfm](http://www.uwex.edu/ces/animalscience/horse/links.cfm)

### 4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.



## University of California Agriculture and Natural Resources

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