Junior – Horseback Riding

Let’s work on the Junior Horseback Riding badge together! Riding a horse is one of the most exciting things you can do. Get clued into horses and get ready to ride. Start by watching this video, then use the suggested materials list to complete the requirements!

Material list:
• Internet connection and computer (for research)
• Boots, long pants (i.e. jeans), and a helmet if not provided by the stable.
• Broomstick or other “pretend horse”
• Ball or pillow for leg workout
• Yoga mat for planking (optional)

Watch each video in order:
Step One – Know the basics of horseback riding
Step Two – Take care of a horse and learn about safety
Step Three – Prepare for your ride
Step Four & Five – Practice your ride and go on a ride

Chance to win:
To enter for a chance to win a camp shirt in the weekly drawing, send two of the following to Jory –

• Picture/video of you performing one of the exercises from step 3
OR
• Picture/video of you performing the exercise from step 4
• Pictures/videos from your horseback riding adventure
OR
• Pictures/videos of you practicing the gaits of a horse