

## 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