



Name _____ Class _____ Date _____



Have you ever seen someone skateboarding and wanted to try it?

If you're just starting out, skate on a smooth, flat surface so you can practice keeping control of your board. Don't forget to wear a **helmet**, **knee** and **elbow pads**, and **wrist guards**. Non-slippery shoes are a good idea too, so you can have better control of your board.

Play it Safe

It's best to skate out of the way of traffic and other people (skate parks are great places to skate). But if you are skating in streets near your house, be aware of cars and people around you, and stay out of their way.



PREVIEW

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Fun Facts

- If you ride with your right foot forward, you have what's called a **goofy stance**. If you ride with your left foot forward, you have a **regular stance**.
- Professional skateboarder **Tony Hawk** is in the Guinness Book of World Records for being the only skateboarder to successfully do a "900." That's 2 ½ rotations in the air from a ramp!
- The **first X Games** competition was held in June **1995** in Rhode Island.
- Skateboarding will become an **Olympic sport** in the 2020 Tokyo Olympics!





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Styles of Skateboarding



PREVIEW

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What equipment do you need?

- _____
- _____
- _____

