

Skateboarding





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.









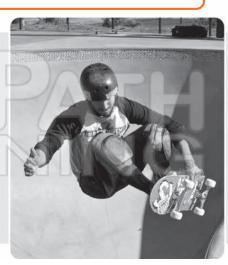
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PREVIEW

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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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Name	Class	Date	

Styles of Skateboarding









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