

# Skills on the wheels DSE

Level:  1



## Let's think!

1. Have you ever tried skateboarding?
2. What do you think about skateboarding making its way to Olympics?

PLAYLIST



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STEAM



<https://www.funweekendactivities.com.hk/sports/guide-to-skateboarding/>

Home

Leisure

**Sports**

Films

Exhibitions

Forum

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## A beginners' guide to skateboarding

By William Lee

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**1** Skateboarding used to take on a more negative light. As skateboarding made its debut in Tokyo 2020 Olympics, this is no longer the case. This iconic street sport is no longer an 'underground' hobby. It has become a popular recreational activity that people of all ages can engage in. This may tempt you to hop on the board and start surfing right away. However, if you are a newbie to this game, you had better take professional advice to prevent this 'cruising' journey from turning into a 'bruising' one. Earlier, I had met Bam Hawk, a pro skater with 20 years of experience, and his sharing inspired me to write this not-so-comprehensive guide for skateboarding rookies.



### **2** Safety comes first

Skateboarding is regarded as an extreme sport since it involves a high level of physical risk. Beginners must always put safety first and use all means to protect themselves while skateboarding. Bam told me that he still considers skateboarding a dangerous sport after years of training. 'Beginners should wear a helmet that fits their head snugly, a pair of wrist guards as well as some knee and elbow pads. When you fall (oh yes you will), the protective gear can reduce the severity of cuts, scrapes, bumps and bruises. More importantly, choose some good skate shoes which are durable and slip-resistant. Don't ever attempt to skate in sandals or flip-flops simply because they are comfortable to wear,' Bam said.



### **3** Ideal places to skate

Though skateboarding is a street sport representing youth subculture which holds aspects of creativity and freedom, you are not recommended to learn it on the streets. Ideally, you should practise balancing on shaggy grass or carpets first. Then, find a spacious area with a smooth

concrete floor free of cracks, loose stones and potholes for further practice. Skateparks are amazing places to skate once you have got some experience. Bam shared, 'In Hong Kong, Po Kong Village Road Skatepark, On Lok Mun Street Playground and Morrison Hill Road Playground are some of the top picks among skaters. They all provide a variety of slopes and bowls for your tricks.'



#### 4 Hop on, turn, stop or fall



Before hopping on the board, you have to choose your stance—regular or goofy. Regular stance means that you skate with your left foot forward and push your board with your right foot while goofy stance means the opposite. Once you get the hang of pushing off and riding for some distance, you can try turning the board gently by shifting your body weight and slightly rotating your ankles. To stop, you can simply put your pushing foot down, which slows down and halts your momentum. Bam said that all skaters fell a lot, especially at the beginning. So, it is necessary to learn how to fall properly. 'When you feel that you are losing control of your skateboard, bail out by running, knee-sliding or rolling—putting your arms out and keeping them loose can lessen your risk of injury too,' Bam told us the tips.

#### 5 How Bam went from a beginner to a master

'I first tried to skate in an open-air parking lot when I was 15. I thought that it was lame to put on pads and I totally underestimated the difficulty of skateboarding. At that time, my brother watched me trying to manoeuvre the board through narrow lanes. I was of course wobbling as I could barely balance myself on it. I even believed that I could get myself rolling on a skateboard if I pushed harder and ran faster—how silly I was! Then, I saw an oncoming vehicle. I was fortunate enough to end up with only some scratches and bruises, and I hope this can serve as a bad example for all beginners,' Bam said jokingly.



Click to read more

~630 words

### Looking into Grammar

We can use **reported speech** to report what someone said. The reporting verb is followed by a **that-clause**. **That** can be omitted.

✓ Bam **told** (~~is telling~~; ~~tells~~) me **that** he still considered (~~considers~~) skateboarding a dangerous sport after years of training.

✓ Bam **said** (~~says~~) **that** all skaters fell (~~fall~~) a lot, especially at the beginning.

? There are two similarly structured sentences in the last paragraph of the web article. Circle the reporting verbs and underline the *that*-clauses.

Read the text and answer questions 1–14. For multiple-choice questions, choose the best answer and blacken ONE circle only. (28 marks)

1. What does 'this game' (line 7) refer to? \_\_\_\_\_

2. According to paragraph 2, what equipment should beginners wear when they skateboard?  
 \_\_\_\_\_  
 \_\_\_\_\_

3. The writer says 'oh yes' (line 18) to \_\_\_\_\_.

- A. introduce a denial sarcastically
- B. indicate agreement willingly
- C. put emphasis on a possibility
- D. express an exclamation of excitement or joy

- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A                     | B                     | C                     | D                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4. There are shoes with rubber soles that can hold onto the grip tape of the board. Are they suitable for skateboarding? Explain your answer based on paragraph 2.  
 \_\_\_\_\_  
 \_\_\_\_\_

4 Pay attention to the details that give us hints about the skate shoes.

5. According to paragraph 3, which of the following is NOT a common description of skateboarding?

- |             |             |
|-------------|-------------|
| A. creative | C. free     |
| B. ideal    | D. cultural |

- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A                     | B                     | C                     | D                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

6. According to paragraph 3, which of the following facilities is NOT normally seen in a standard skatepark?

- |                  |                    |
|------------------|--------------------|
| A. pebble roads  | C. curved surfaces |
| B. sloping areas | D. ramps           |

- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A                     | B                     | C                     | D                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

7. Based on the information in paragraph 4, put a tick (✓) next to the picture which shows a goofy stance and complete the description of it. (2 marks)

	<p>If you choose to do the goofy stance, _____</p> <p>_____</p> <p>_____</p>
--	------------------------------------------------------------------------------

8. Based on paragraph 4, complete the summary by writing ONE word to fill in each blank. Make sure your answers are grammatically correct.

To (i) \_\_\_\_\_ the skateboard, (ii) \_\_\_\_\_ your body weight and (iii) \_\_\_\_\_ your ankles. To (iv) \_\_\_\_\_, (v) \_\_\_\_\_ your pushing foot down.



9. According to paragraph 4, when skaters skate too fast and are about to fall, which of the following techniques can lessen injury?

A.



B.



C.



D. all of the above

- A  B  C  D

10. Find words in paragraph 5 to match the following definitions.

- (i) \_\_\_\_\_ (v.) failed to understand how difficult something was  
 (ii) \_\_\_\_\_ (v.) to move or turn something skilfully  
 (iii) \_\_\_\_\_ (v.) moving from side to side in an unsteady way



11. According to paragraph 5, what do you think happened to Bam after he saw the oncoming vehicle?

- A. He was shocked and he froze.  
 B. He screamed to let the driver know he was there.  
 C. He jumped from the board and rolled to the side.  
 D. He yelled to his brother for help.

11 How would you react when you see a vehicle going towards you?

- A  B  C  D



12. What content do you expect to see after tapping 'Click to read more' (line 51)?

- A. Guidelines on how to choose a suitable skateboard  
 B. Introduction of famous skateparks around the world  
 C. Bam's sharing of how he has become a professional  
 D. Bam's personal teaching of a few advanced stunts and tricks

- A  B  C  D

13. Decide whether the following statements are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) Skateboarding was not a mainstream sport.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) This guide is suitable for the experienced skaters to learn new tricks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Bam first tried to skate indoors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Skateboarding is as dangerous as ice-skating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Below is a summary of Bam's sharing. In four of the lines, there is ONE mistake. If you find a mistake, underline the mistake and replace the word with ONE word that expresses the correct idea. Write the word in the space on the right. If there is NO mistake, put a tick (✓) in the space. The first one has been done for you.

e.g. For <u>style</u> , skateboarding rookies must wear a	_____ safety // protection
(i) loose helmet and other necessary equipment.	_____
(ii) As an indoor sport, spacious skateparks with	_____
(iii) rough surfaces are great spots to skate at.	_____
(iv) Skaters, new or old, would also	_____
(v) fail and there is no shame of it.	_____

# Vocabulary

## GLOSSARY



A. Complete the blog entry below with the given words. Make sure your answers are grammatically correct.

debut (n.)

engage in (phr. v.)

extreme sport (n.)

iconic (adj.)

manoeuvre (v.)

newbie (n.)

rookie (n.)

tempt (v.)

top pick (n.)

trick (n.)

www.extremesports.com/blogs/Jaylee

Jay Lee  
posted on 7 May 20XX

### My first skateboarding experience



Ever since skateboarding, one of the (1) \_\_\_\_\_, made its (2) \_\_\_\_\_ at the Tokyo Olympics, I have been eager to take it up.

Today, I joined the skateboard club. The coach showed me a video of Yuto Horigome, who (3) \_\_\_\_\_ many professional skateboarding events in Los Angeles when he was a teenager and won the first ever Olympic gold medal in skateboarding. His incredible (4) \_\_\_\_\_ in the video (5) \_\_\_\_\_ me to hop on the board right away. As I was a / an (6) \_\_\_\_\_, I kept falling heavily to the ground while learning the basics. The coach told me that it took time and techniques to (7) \_\_\_\_\_ the skateboard. Under his careful guidance, I was skating better and better.

Skateboarding is a / an (8) \_\_\_\_\_ extreme sport which represents enthusiasm and vitality. Although the process of learning skateboarding is long and hard, skateboarding is my favourite sport among my several (9) \_\_\_\_\_. I believe that I will stand out from the (10) \_\_\_\_\_ if I put more time and effort into practising skateboarding.

B. Label the picture with the correct names of the skatepark facilities and protective equipment.

### Skatepark facilities and protective equipment

deep bowl

elbow pad

half pipe

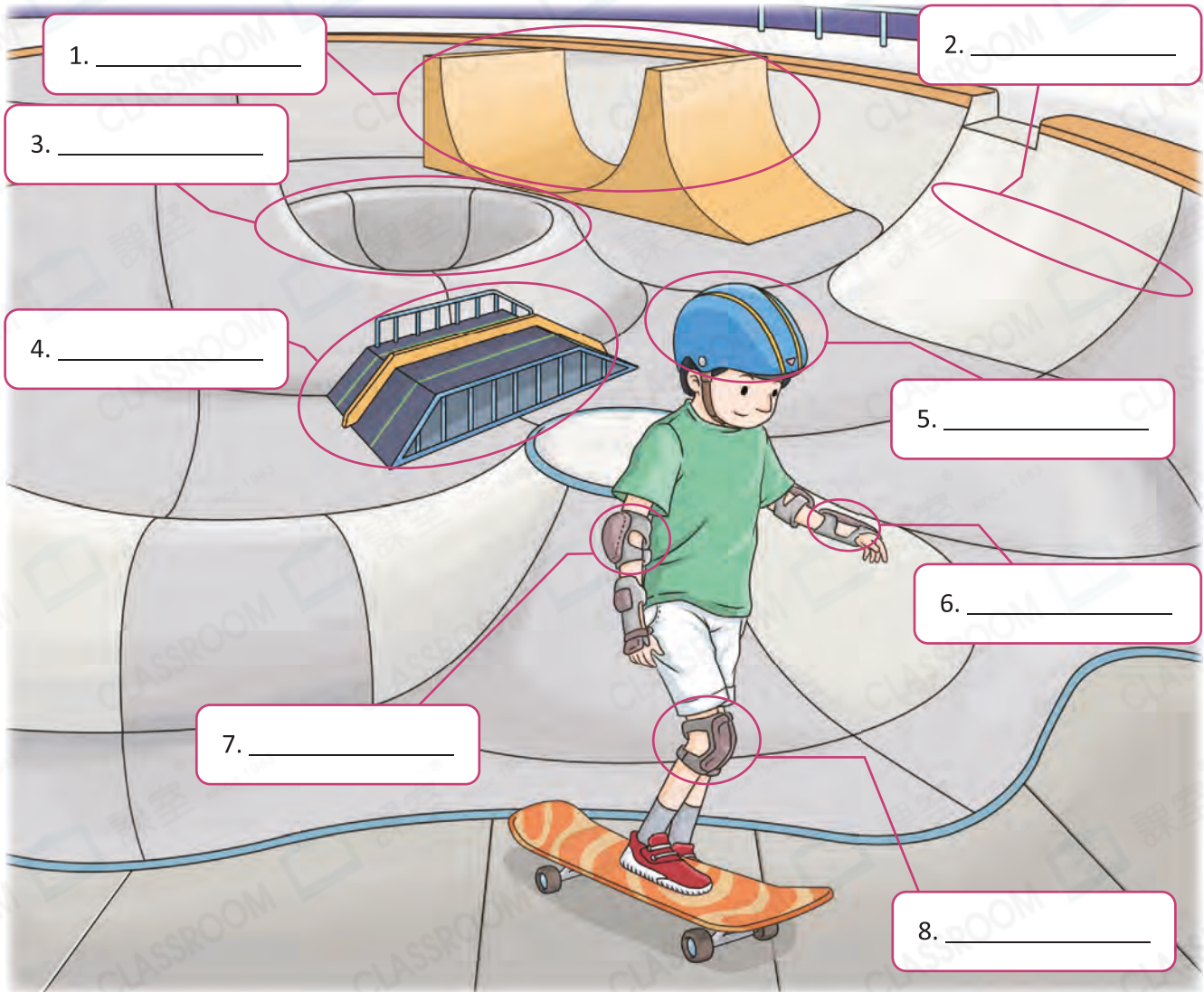
helmet

knee pad

pyramid

spine

wrist guard



## Writing

### My thoughts on skateboarding

More and more people have become interested in skateboarding since it was added to the Tokyo Olympic Games. Are you interested in skateboarding? Why or why not? Write an article to express your views on skateboarding in about 200 words.