A. Read the passage.

Rollerblading

Rollerblading has become a popular sport. It is a fun activity and a great form of exercise. Rollerblading involves speed, balance, and coordination. Of course, when participating in any sport, there is always the risk of injury. In order to have an enjoyable and safe time rollerblading, it is important to follow some simple guidelines.

Before going out, it is critical to wear the proper equipment. First of all, the rollerblades should be of good quality. They should fit snugly and be laced or buckled tightly. This gives support to the ankles. Next, a properly fitting helmet should be worn to protect the head. Wrist guards, elbow pads, and knee pads should also be worn to cushion these body parts in case of a fall.

If you are a beginner, it is a good idea to take a lesson. Practising should be done on a large, flat surface with little or no traffic. It is important to learn to stop and turn properly before heading out onto a more challenging trail.

Following rules and guidelines can help make sure that rollerblading is a fun and safe sport for all participants.

B. Check the sentences that are true.

1. You should wear protective gear to rollerblade.   _____

2. Snug-fitting rollerblades give support to your ankles.   _____

3. In rollerblading, stopping and turning are important skills to learn.   _____

4. You should practise rollerblading on a challenging trail.   _____

5. Rollerblading is the safest sport for children.   _____

C. Answer the question.

Name another...

1 *summer activity which must be done outdoors.*

2 *sport which requires a helmet to be worn.*

3 *sport which uses equipment with wheels.*

4 *activity which requires good balance.*

5 *sport where taking lessons is recommended.*

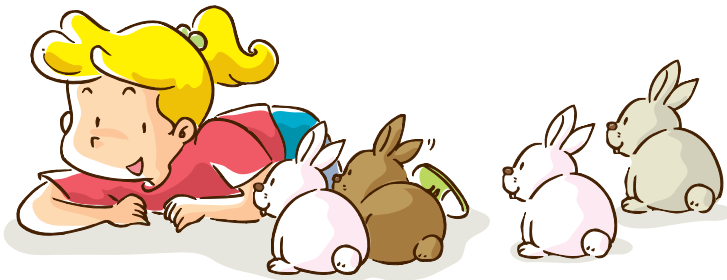### Answers:

1. _____

2. _____

3. _____

4. _____

5. _____

D. Complete the charts to show the similarities and differences between rollerblading and ice-skating.

Rollerblading and **Ice-skating**

Alike

1. They both require balance.

2. _____

3. _____

4. _____

5. _____

Different

Rollerblading	Ice-skating
• It is done on a pavement.	• _____
• _____	• _____
• _____	• _____

E.   Name the objects with wheels.

1.

_____

2.

_____

3.

_____

4.

a.

b.

c.

d.

e.

Summer Wheel Parade