

B  **Listen for gist.** Listen to the beginning of the conversation. What activities are part of parkour?

running mountain biking swimming
jumping climbing

Listening Strategy

Listen for Gist

Listen to understand the general idea.

C  **Listen for details.** Listen to the conversation. Circle the correct sentence (a or b).

1. a. The man will run, jump, and climb in cities and parks.
b. The man will run, jump, and climb in stadiums.
2. a. The man is careful and studies an area before he starts.
b. The man starts and deals with challenges when he sees them.
3. a. There is a paramedic nearby if something bad happens.
b. His friend has a first-aid kit and phone if something bad happens.
4. a. The purpose of the trip is to accomplish a goal and show people a way to be active.
b. The purpose of the trip is to get from one place to another.

D  Would you like to try this activity? Why or why not? Tell a partner.

I want to try parkour because...