READING

1 **Work in pairs. Look at the picture and say what you know about the sport of parkour.**

2 **Work in pairs. Guess the answers to the questions.**

1 You do parkour ...
a in a sports hall. **b** on the street.
c in the countryside.

2 It began in ...
a 2010. **b** 1990. **c** 1980.

3 It started in ...
a America. **b** France. **c** China.

4 The sport is like ...
a karate. **b** football. **c** dimbing.

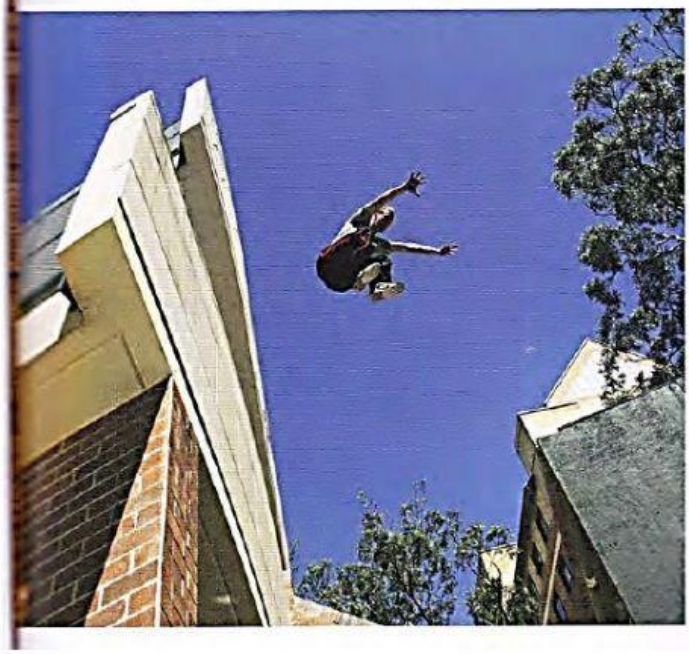
5 People do parkour ...
a in groups. **b** with a partner. **c** alone.

3 **Read the passage in three minutes and check your answers to activity 2.**

4 **Read the passage again and match 1–5 with a–e.**

1 Training with friends	**a** a sport you do in the city.
2 Parkour is	**b** is part of parkour.
3 Parkour is about	**c** are difficult and look amazing.
4 You can do parkour	**d** the way you move and think.
5 Moves like jumping between roofs	**e** in any clothes.

PARKOUR
– A NEW WAY OF THINKING ABOUT YOUR STREET



When you see a group of people running down a city street, jumping over everything in their path, you're looking at people doing parkour. Parkour is a mix of martial arts and gymnastics.

Parkour started in France in the 1980s. It is a way of getting from A to B. You do it by jumping over walls or climbing along buildings. But parkour isn't just about the physical moves. Parkour is a way of thinking about the world we live in and how we move around it. It is about freedom.

Where do people do parkour? It's easy! You can do parkour almost anywhere. What do you need to do the sport? Nothing! You don't need special equipment and you can do it in any clothes, although you need good training shoes when you're practising.

People do training for parkour in groups, and working on parkour moves with friends is an important part of the sport. People spend a lot of time doing exercises because they need to be fit and strong. They also need to have very good balance. But the sport isn't only about physical strength. Parkour needs very good concentration. You need to decide on your route quickly and you have to control your fear. Some parkour moves are very difficult, like jumping between roofs or bouncing from walls. And they look amazing. This is why many movies and games now show parkour and why many young people are trying the sport.

LIVEWORKSHEETS