

READING COMPREHENSION

Quadrobics



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Read the text below and then answer the comprehension questions on the next page.

Quadrobics is a physical activity where people move on all fours, using both their hands and feet. It is inspired by how animals, like dogs or cats, walk and run. Quadrobics can help improve balance, strength, and coordination. Many people who enjoy parkour or gymnastics also like quadrobics because it involves similar movements, but with a focus on moving like an animal.

There are different types of quadrobic moves, such as walking, running, jumping, and even climbing. People often practice it in parks or open spaces, where they can freely move and try different tricks.

READING COMPREHENSION

Tick the true statements and cross out the false ones.

- 1 Quadrobics is a sport where people only use their feet. ☐
- 2 Quadrobics is inspired by the way animals move. ☐
- 3 People who like parkour often do not enjoy quadrobics. ☐
- 4 Quadrobics can be practiced in parks or open spaces. ☐

5 Pick the Right Answer

1. What kind of movement is used in quadrobics?

- A. Walking on two legs ☐
- B. Moving on all fours ☐
- C. Jumping up and down ☐
- D. Crawling on the knees ☐

2. What can people improve by doing quadrobics?

- A. Singing and dancing ☐
- B. Running and jumping ☐
- C. Balance and coordination ☐
- D. Throwing and catching ☐

3. Where do people usually practice quadrobics?

- A. At the gym ☐
- B. In their backyard ☐
- C. On a sports field ☐
- D. In a park or open space ☐