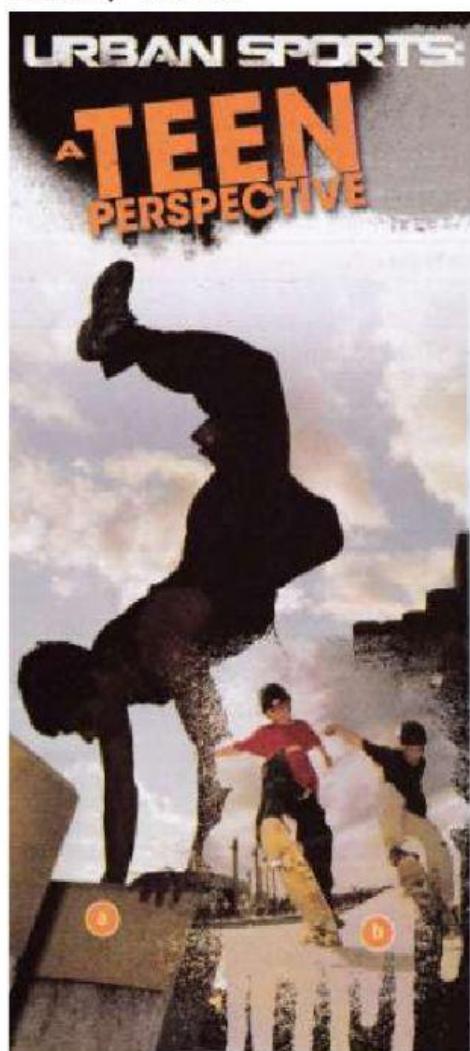


Name:

Class / Form:



**URBAN SPORTS: A TEEN PERSPECTIVE**

**DO YOU LIVE IN A CITY?**  
Do you want something exciting to do in your spare time?  
17-year-old Jon Harrison tells us why urban sports are just what you're looking for.

**REPORTER** First of all, what are urban sports?  
**JON** Activities like skateboarding, BMX biking, scootering and parkour (free running).

**REPORTER** Who does them?  
**JON** Teenagers and people in their 20s, mainly. Most people who do urban sports want to have fun with their friends and do something active.

**REPORTER** Where do they practise?  
**JON** Anywhere! You don't need any special facilities for urban sports. You can jump or skateboard over walls, and cycle down steps. Every city has these things – and they're free!

**REPORTER** Do you need any special equipment?  
**JON** Depending on the sport, you need a skateboard, BMX bike or scooter and a helmet. Parkour is the only urban sport that you can do without any equipment.

**REPORTER** What do you wear?  
**JON** We wear jeans or shorts, a T-shirt and trainers!

**REPORTER** Are urban sports dangerous?  
**JON** That depends. Accidents happen when people try to do dangerous things. It's important to know what you can – and can't – do.

**REPORTER** Are there urban sport competitions?  
**JON** Yes, there are.

**REPORTER** Do girls do urban sports?  
**JON** Yes! Lots of girls are getting interested in them now. They are often as good as boys, or better!

**DID YOU KNOW?**

- 21st June is Go Skateboarding Day. Skateboarders all over the world celebrate the sport!

**Word check**

urban facilities equipment helmet competitive

## 1 Look at the pictures. What are the sports?

a)

b)

**2**  **1.09** Read and listen to the interview. Are the sentences true or false? Correct the false sentences.

**1** 25-year-olds don't do urban sports.

**2** You can do urban sports in any city.

**3** You need a helmet for all urban sports.

**4** Accidents happen for a reason.

**5** You can take part in parkour competitions.

**6** Boys are better at urban sports than girls.

### 3 Read the interview again and answer the questions.

1 How many urban sports does Jon mention?

2 Why do people do urban sports?

3 Why are urban sports easier to practise than other sports?

4 What makes parkour different from other urban sports?

5 What clothes do people wear for urban sports?

#### 4 Do you prefer doing competitive sports or non-competitive sports? Why?

*I prefer doing competitive sports because ...*