

Name _____

Skateboarding Survival: The Art of Falling Safely

Multiple Choice Questions

1. Why is it important to stay relaxed when you sense a fall is imminent?
 - a. Tensing up can make the fall more exciting.
 - b. Relaxing helps distribute the impact more effectively.
 - c. Tensing up protects your joints.
 - d. Panic can help you avoid falling altogether.

2. What does it mean to "roll with the fall" when skateboarding?
 - a. Rolling downhill while falling
 - b. Trying to land on your shoulder, hip, or thigh to distribute the impact
 - c. Rolling over obstacles in your path
 - d. Avoiding falls by rolling on the skateboard

3. Why should skateboarders avoid extending their limbs fully when falling?
 - a. To show off their flexibility
 - b. To distribute the impact over a larger surface area
 - c. To increase the risk of fractures and sprains
 - d. To make the fall look more graceful

4. What is the purpose of wearing protective gear when skateboarding?
 - a. To make the skateboarder look more experienced
 - b. To keep the skateboarder warm
 - c. To minimize the risk of injuries during falls
 - d. To improve skateboarding style

5. Why is it essential to wear a properly fitting helmet when skateboarding?
 - a. To make the skateboarder look cool
 - b. To protect the skateboarder's eyes from the sun
 - c. To minimize the risk of head injuries, including concussions
 - d. To improve balance and agility

