

Name _____

Skatepark Mastery: Navigating Ramps, Bowls, and Obstacles Safely

Short Answer Key

1. Pumping is used to gain speed and control. It involves shifting your weight to generate momentum, whether going up ramps or carving in bowls.
2. Maintaining a low center of gravity provides stability and balance, reducing the risk of falling and ensuring better control when navigating obstacles.
3. An ollie is a fundamental skateboard trick that involves lifting the skateboard's tail off the ground while jumping, allowing it to clear obstacles. It's useful for clearing objects and gaps.
4. Being considerate of other skaters promotes a safe and enjoyable environment. It helps prevent collisions, allows everyone to take their turns, and fosters a positive skatepark experience.
5. Skateboarders should always wear protective gear, including a helmet, knee pads, elbow pads, and wrist guards when attempting tricks on obstacles.

