



Skateboarding Merit

Some answers will need to be written on a separate sheet of paper and put into your notebook.

1. Read an article or book on the history of skateboarding. Answer the following questions:

Title of book _____

a. What two types of materials were used in making skateboard wheels before 1970? _____

b. When and where was the first outdoor skateboard park built? _____

c. Who invented the "ollie" and in what year was it invented? _____

2. List the four pieces of safety equipment recommended for skateboarding.

3. Write a list of guidelines for good skateboarding safety.

4. List two styles or types of skateboards. _____

5. Provide a written description of each of the following skateboard terms:

a. Board or deck _____



Leader's Initials

Date _____

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- b. Wheels _____

- c. Bearings _____

- d. Trucks _____

- e. Nose _____

- f. Rails _____

- g. Tail _____

- h. Wheelbase _____

- i. Fakie _____

- j. Grip tape _____

- k. Goofy foot _____

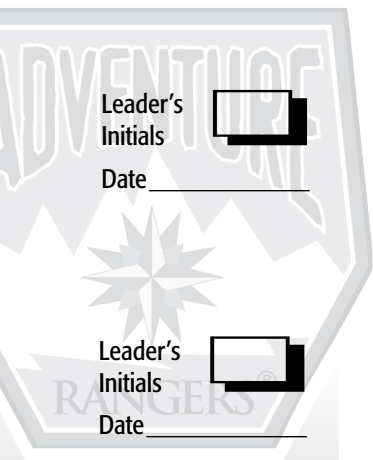
- l. Ollie _____

- m. Grind _____

- n. Vert ramp _____

6. List the three major parts of a skateboard. _____

7. Identify the parts of a truck using a drawing.
Complete MWS 1 "Skateboard."



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8. Identify the parts of a wheel using a drawing.

Complete MWS 1 "Skateboard."

9. Explain how riser height, wheel size, and width of trucks affect each other and the total performance of the skateboard.

10. Demonstrate the following maintenance and adjustments on wheels and trucks:

- a. Check the wheel locknuts for proper tightness.
- b. Tighten the suspension on the trucks to provide a firmer ride.
- c. Loosen the suspension on the trucks for carving.

11. Demonstrate the following skateboarding skills while in motion:

- a. Straight level ride for twenty feet
- b. Left turn
- c. Right turn
- d. Stop
- e. 180-degree turn
- f. Hop-a-curb
- g. Fakie
- h. Railslide
- i. Ollie

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