

It is a good idea to practise the basic skills on a _____ surface.
bumpy/flat , smooth/rough

_____ push or pull fellow skaters.
Never/Always

Rollerblading

Write or circle the correct words to complete the rules.



Control / Increase your speed.
Never skate too fast.

Don't go **upslope / downslope**
if you are not able to control your speed.

Always _____ a helmet, wrist guards, elbow pads, and knee pads.
clean/wear

When you fall, try to fall sideways, not backwards or head first. Practise falling on a grassy patch before skating on the road.



Find a **busy / safe** location to skate.

Keep your **head / eyes** on the road and watch out for rocks and cracks.