Parkour

Worksheets

Task 1: Parkour

A) Questions
Read this interview with Ben Howse, a teenager from Birmingham, UK. Put the questions in the correct place.

A) Where can you do it?   B) What is parkour?   C) Why do you like it?

D) What do your parents think?   E) What do you wear?   F) Who does parkour?

Parkour

1_____
Parkour is about moving from A to B in the most effective way. You have to run, jump, roll, climb and swing to negotiate obstacles like walls, benches, fences and buildings. It's not about doing dangerous stunts; it's about the way you move. I heard that the word 'parkour' originally comes from France. It means 'to hurry', I think.

2_____
Anyone can do it! It's not competitive so you can do it on your own. I usually go out and do parkour with my mates from school.

3_____
You can do it anywhere in the city. You just have to navigate through the urban landscape. We practise in the local park sometimes – when there are no little kids around of course.

4_____
You don't have to wear any special clothes. I usually wear baggy trousers, a T-shirt and cushioned trainers to soften the impact when I land.

5_____
It's fun. It's free. It's cool. I can't get enough of it.

6_____
Well, my mum's worried that I'll end up in hospital but I reckon she's happy that I'm not just sitting at home, on Facebook all day. I taught my dad some of the basic moves but he's not really into it.

B) Places.
The places in the box are mentioned in the text. Can you remember why?

Birmingham   France   school   the local park   hospital   home

Make sentences with a partner then check the text

1 *Birmingham – Ben is from Birmingham*

2

3

4

5

6

C) Informal language
Underline these informal expressions in the interview. Match them with the correct definition.

Informal expressions	Definitions
1 he's not really into it.	A friends
2 I can't get enough of it.	B he doesn't like it
3 I reckon	C I really like it
4 I'll end up	D I think
5 It's cool	E It's good/ I like it
6 little kids	F small children
7 mates	G the result of my actions will be

Task 2: What's your sport?

Student A: You are going to read the 'Fell running' text. 1) Complete the questions in the 'questions' column (look at Task 1 for help). 2) Read your text and complete the 'Answers – you' column with notes about your text. 3) Interview your partner using the same questions (change some of the words). Start by asking 'What's your sport?'. Make notes in the final column.

Fell running
Fell running is the competitive sport of running and racing off road, up and

down mountains and hills. 'Fell' is another name for hills and mountains in the north of England. Anyone can try fell running but you have to be very fit to participate in a fell race of 20 km or more. You need running clothes and special running shoes. Terrain and weather conditions can be severe on the fells. You have to carry survival equipment in some races.

Questions	Answers – you	Answers – partner
What is………………?		
Who does……………..?		
Where can……………..?		
What do you……………?		

Task 2: What's your sport?

Student B: You are going to read the 'Poohsticks' text. 1) Complete the questions in the 'questions' column (look at Task 1 for help). 2) Read your text and complete the 'Answers – you' column with notes about your text. 3) Interview your partner using the same questions (change some of the words). Start by asking 'What's your sport?'. Make notes in the final column.

Poohsticks
The sport of Poohsticks is named after the popular children's stories of Winnie the Pooh. The name is a little unusual, and so is the sport. You have to stand on a bridge and drop your stick in the water, then run to the other side to see whose stick goes the fastest. You don't need special clothing but you do need a river, a bridge, two people and two sticks. This is a safe activity for all ages.

Questions	Answers – you	Answers – partner
What is………………?		
Who does……………..?		
Where can……………..?		
What do you……………?		