

## Let's Go Skating

You can have fun and get lots of exercise with in-line roller skates. In-line skates have all their wheels lined up in one row. Many people think that in-line skates are easier to move around on than skates with four wheels. Balance is the most important thing. The hardest part is learning how to stop.

Before you try in-line skating, get equipment to protect yourself. Wear elbow pads and knee pads. You should wear wrist guards, safety gloves, and a helmet as well.

Find a smooth, flat surface to begin learning. Be sure you are away from traffic and away from people on foot. Learn how to stop before you begin rolling. Put your arms out in front of you for balance. Then, slide one foot forward and press hard on the brake pad under that heel.

Now you're ready to try in-line skating. Start off in a slight crouch position. Then, put your weight on one foot and push off with the other foot. You should push off to the side. Go slowly and get into the rhythm. Soon you'll be having so much fun you won't want to stop.

1. According to the passage, what is the hardest thing to learn with in-line skating?
2. What is the author's opinion of in-line skating?