

Skateboarding

an extreme sport consisting in skating and performing various tricks on a skateboard.

Skateboarding also includes recreational activities, an art form, work in the entertainment industry and transportation.



Health

Simple skateboarding develops almost all muscle groups, develops coordination and balance, which has a positive effect on the state of the body. Not to mention doing jumps and tricks.



Minuses

The disadvantages are that it is a traumatic sport with equipment.



Sportsman


For the first time, skateboarding was included in the 2020 Olympic Games. Several nominations were put forward in this sport. The first winners in the street category were Yuto Horigome and Momiji Nishiya.



Choice

I chose this sport because I myself was fond of it. And also because I like to watch stunts.





спасибо за просмотр