

True or False

Follow the instructions to complete the activity.

NAME

DATE

Using the information in *Parkour*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1

Traceurs may parkour in nature, using rocks and trees.

☐

True

☐

False

Page
Number

Statement 2

Parkour students first learn how to vault and twist. Then, they move on to running and jumping.

☐

True

☐

False

Page
Number

Statement 3

In Georges Hébert's training routine, soldiers completed obstacle courses instead of regular exercises.

☐

True

☐

False

Page
Number

Statement 4

One element in parkour competitions is speed, or how quickly movements are performed.

☐

True

☐

False

Page
Number

Statement 5

Athletes can approach companies and ask if they would like to sponsor them.

☐

True

☐

False

Page
Number



Extreme Adrenaline

Parkour

Reference: All Pages

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