

School of Skate

PE instructors around the country have started teaching classes such as skateboarding, in-line skating, yoga, and even rock climbing. Experts call these sports "the new PE." These individual sports are designed to help fight childhood obesity by getting kids involved in fun physical activities. Obesity is the condition of being dangerously overweight. Another goal of these nontraditional activities is to promote lifelong fitness habits.

Some people say skateboarding not only offers health and fitness benefits but also teaches life lessons that could help kids with their schoolwork. Students who are learning to skateboard often spend hours practicing a new trick before they get it right. "Skateboarding teaches kids to believe that if they stick with something, they will ultimately succeed," says education expert Richard Sagor of Lewis & Clark College in Portland, Oregon.

Skateboarding teacher at West Middle School, Eric Klassen, agrees. "A baby will attempt to walk 600 to 900 times before [he or she] is successful," Klassen says. "We tell students that they shouldn't say 'I can't do it' unless they've tried 600 to 900 times. "Klassen's students have taken his advice to heart. "It took me 600 times to learn one new trick," said student Martin Carrera.

Edited from ReadWorks' "School of Skate" by Jeff Ives – ReadWorks.org