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Cover Photo: A surfer competes in the Mavericks Surf Contest at Half Moon Bay, California, February 2010.
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Level E

Summer Sports

Bikes & Boards

written by Andrew Funk



SummerReads™ 

Bikes & Boards



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Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here’s how to use SummerReads:

- 1. Start by reading it yourself. Mark the words that you don’t know.
- 2. Next, ask someone to read with you. Get that person to help you with any words you don’t know. You can even go to the computer to www.textproject.org and hear a recording of the books.
- 3. Last, you’re going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!

Elfrieda (Freddy) Hiebert, Ph.D.
Inventor of the TExT model

Bikes & Boards**Introduction****Bikes and Boards**

When we think of inventions, we often think of serious things like medicine and computers. Inventions in medicine and computers have made our lives much better. But there are also inventions that make it possible to have fun and play. Some of the most exciting inventions of the last 100 years have to do with bicycles and boards.

There are sports with bicycles, surfboards, and skateboards that are exciting and enjoyable. Any sport requires that you get good at the basic skills. Any sport also requires that you learn to play safely. With bikes and boards, it's important to use your brains to protect your brains. Wearing a helmet always makes good sense with bikes and boards.

Bikes & Boards

Bicycles



The first bicycles did not look like the bicycles of today. Their frames and wheel rims were made of wood or solid metal that made them heavy and hard to ride. One of the early bicycles had a very big wheel in front and a very small wheel in back. People in England named it the penny-farthing because it reminded them of two English coins. The penny was a big coin and the farthing a tiny coin.

The pedals on a penny-farthing were joined to the hub of

the big front wheel. That meant that the rider had to sit almost on top of the front wheel to reach the pedals. A bump on the road could send a rider flying over the front of the bicycle. Many riders got hurt and even died. These bicycles were just for adults, usually men.

A little over 100 years ago, three inventions led to bicycles like those of today. First, the use of chains and gears meant that pedals could be joined to the frame rather than to the wheel. Wheels could now be the same size and riders could be seated lower and further back on the bicycle.

The second invention was a way of treating rubber. This made it possible to have air-filled rubber tires. Air-filled rubber tires made a smooth ride, unlike that on wooden or metal tires.

Third, the invention of hollow, metal frames meant that bicycles were no longer as heavy. These changes made bicycles safer and easier to ride. Now bicycles could be for everyone—men, women and children.

Bikes & Boards

Catch a Wave



Almost 250 years ago, the first Europeans who visited islands in the Pacific Ocean saw local islanders riding on waves. The riders started from shore with a wooden board. They used the board to paddle out into the ocean. When they got past the point where the waves were breaking, they turned and faced the shore. Then, they lay on the board and paddled toward shore. When a wave broke, they stopped paddling and

let the board move with the wave. At this point, some riders got to their feet and stood for the rest of the ride. When the wave died away, the board stopped moving. Riders would then turn their boards, paddle back out into the ocean, and begin all over again. Because this action took place in the ocean surf, the activity became known as surfing.

People know about surfing around the world but that doesn't mean that people can surf everywhere. The waves have to be the right size. The breaking wave has to be big enough to support a surfer on a board. The wave also has to be long enough so that the surfer can ride it for some distance. Big, long waves are rare in the freshwater of most lakes. That means that almost all surfing happens in the saltwater of oceans.

The best waves for surfing also depend on the slope and shape of the ocean floor next to the beach and on wind patterns. In the United States, the best surfing places are in Hawaii, California, and Florida.

Bikes & Boards

Sidewalk Surfing



No one knows exactly who had the idea of putting wheels on a board and going for a ride on it. It is known that it was surfers who first rode skateboards. They called it “sidewalk surfing.”

Skateboarding became popular in the 1970s. During that time, California had a serious lack of water. Many people took the water out of their swimming pools. The dry pools were deep enough so that skateboarders could do aerial tricks in them. But the steep, straight walls of the pools led to many injuries.

Skateboarders began hearing about huge water pipes that

were not in use. The curved sides of the pipes made it possible to still perform aerial tricks but did not lead to as many injuries. People began to build similar shapes out of wood and called them half-pipes.

Early skateboards were flat and thick like small surfboards. They had wheels made of clay or rubber that did not grip the riding surface well. Once clay and rubber were replaced with plastic wheels, skating became very popular. Skateboards are still usually made of wood. But now the nose and tail of skateboards have small rises. By stepping quickly on one or other of the rises, a skater can control the board during jumps and tricks.

One reason for the popularity of skateboarding is that many different tricks can be performed with a skateboard. The most basic trick is called the “ollie,” named after Alan “Ollie” Gelfand who first performed it. The skater kicks down on the tail of the board and jumps up at the same time. It looks like the board is flying in the air.

Bikes & Boards**Rate your thinking and reading**

✓ Put a check each time you read one of the chapters of the book.

★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.

✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
Bicycles					
Catch a Wave					
Sidewalk Surfing					

Comprehension questions**Bicycles**

1. True or false? The “penny-farthing” bicycle had a small wheel in front and a large wheel in back.

☐ true ☐ false

2. Describe some of the changes people made to bicycles so that children and adults can ride them.

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Catch a Wave

3. Which of the following is *not* a popular surfing place?

- ☐ Florida
- ☐ California
- ☐ Arizona
- ☐ Hawaii

4. There are certain steps that surfers follow when surfing. Can you put these in the right order?

_____ Riders stand on their board

_____ Riders stop paddling and let the board move with the wave

_____ Riders paddle their surfboard out to sea, pass where the waves are breaking

_____ Riders turn their board and paddle for the shore

Sidewalk Surfing

5. True or false? The first skateboarders were also surfers.

☐ true ☐ false

6. _____ is when a skater kicks down on the tail of the board and jumps up at the same time.

- ☐ A Wonky
- ☐ A Backside
- ☐ A Fakie
- ☐ An Ollie