

# Active Fun

Lots of people don't go to work or school at the weekend. They like to have fun and get active. It helps to keep them healthy and happy.

This book has lots of things that people can do with their friends and family.

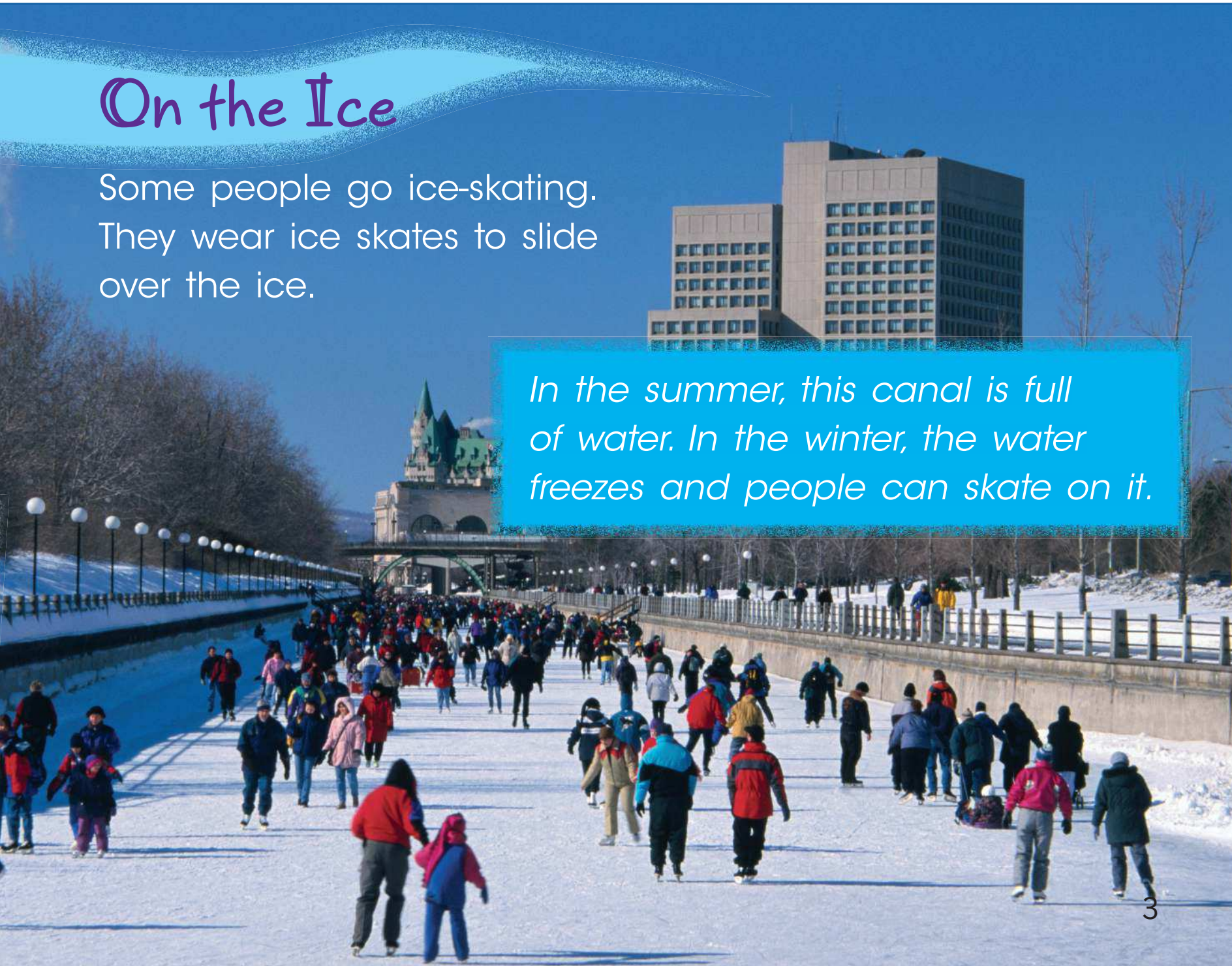




# On the Ice

Some people go ice-skating.  
They wear ice skates to slide  
over the ice.

*In the summer, this canal is full  
of water. In the winter, the water  
freezes and people can skate on it.*





# Skateboarding

Some people like to go skateboarding. A skateboard is a wooden or plastic board on wheels. The skateboard is pushed along with one foot. People have to learn to skate safely.

*Some skateboarders can do amazing tricks.*



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Anita Ganeri  
Excerpt  
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*This skatepark in China is one of the biggest in the world. It has lots of slopes and **ramps** so that the skateboarders can get high into the air.*