

Name _____

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New Ways to Surf

Surfing is a sport that takes balance and energy. The basic idea of surfing is to stand on a board and ride waves. People have been surfing for hundreds of years.

People have also found other ways to ride boards over water. Kiteboarding and stand-up paddleboarding are two newer sports that offer a twist on surfing.

Kiteboarding is like flying a kite while surfing. You stand on a board. The wind hits your kite. It pulls you along. You use the cords of the kite to control your direction. You must also respond to the wind and the waves.

In stand-up paddleboarding, you use a board, but no kite. You also use a paddle for balance and to move around. It's difficult to stand tall and paddle. But, just as in surfing and kiteboarding, you can get better if you practice at riding the waves!

