



**Personal Project:
Skateboarding tricks**

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A. Investigating

The topic of my work is tricks on skateboards

The goal of the project:

My goal is to research different tricks on a skateboard, learn how to perform them, and create a video roller in order to teach other fans of this topic basic (and not only) knowledge/tricks.

I have long been interested in the topic of tricks on these transports. I watched various videos on YouTube of skateboarders. And I began to get interested in this topic. And recently I bought a penny Board that is suitable for basic tricks. I'm going to learn how to do basic moves and tricks on it. I will also use bicycles for the same purpose. In General, first I will explore this topic, by collecting information on the Internet about various tricks and how to do them. Then I will perform everything on myself and try to teach other people what I have learned. I will do it in the summer on a closed highway in front of my house and parks because in winter I don't have the opportunity to learn/perform tricks.

I consider the goal to be highly challenging because I don't know how to do tricks in the skate. By passing to the whole process myself, I will be more aware of challenges that others will face during the learning process, Also I would need to develop a range of skills in this unfamiliar situation .

Global context:

The closest global context of my project is "fairness and development". I will develop my skills of doing tricks on these skateboards and for fairness, I will teach other people which interests in this theme of learning tricks for skateboards.

I will focus on the development part of the global context because the main goal of my project is to learn tricks on a skateboard and develop them by learning and searching for more tricks. I will do them by step, by planning for every day.

Global awareness:

Skateboarding is also very useful for children and adolescents, especially during the quarantine. Many children sit at home without any physical activity. With the help of skateboarding, they will go out into the street to breathe fresh air. it will help them always be energetic and develop properly (transition age). It will also support their psychological stability. The psychological state of a child is very important for his or her formation as a person. Also with the help of various tricks, they will be able to

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develop body balance. In the USA there's a giant problem with drugs. Drugs are really popular between teenagers and youth. Clinical investigate presently appears that physically dynamic youth are less likely to utilize illegal drugs which they are less likely to be included in genuine violations in general. A few organizations are turning particularly to music, skateboarding, and media ventures as to how to remain young people and youthful grown-ups from getting to be snared on unlawful drugs. The physical and mental action has numerous positive benefits, and it ought to still be investigated as to how to remain individuals faraway from self-destructive behaviors, like habituation. Skateboarders and city authorities in Hopatcong, NJ made an improbable organization once they propelled a mediate instruction activity outlined to prevent compulsion. The Fun Without Drugs Skateboarding Program matched a neighborhood skateboard company with municipal assets to help riders to create their self-esteem and utilize the amusement as a positive outlet. (Stay Active and Stay Ahead of Addiction, 2016)

The relevance of inquiry:

As I notice before, I have long been interested in the topic of tricks on a skateboard. I watched various videos on YouTube of skateboarders. For example, the channel "Braille Skateboarding". Their videos were interesting and entertaining, just as I liked the way they did complex stunts on a bet. Watching their interesting videos, I became more interested in this topic. I started to watch more people who do skateboarding. Recently I bought a penny board (the type of skateboard) that is suitable for basic tricks. I'm going to learn how to do basic moves and tricks on it. My goal is challenging for me because I will learn basic movements (which are not so hard) and tricks. I don't have any experience in skateboarding, and I will have to learn to skateboard from scratch. Also, I will teach other people, and make a video. I will also teach other people to skateboard. For this purpose, I will use a video. This means I will be engaged in video montage which is not an easy task. That is why my goal is challenging.

Prior learning

My topic is connected with physical education and skate tricks. The information that I have about these two topics is learned in school and it can be distinguished as "basic knowledge from PE class. and the Skate topic is a very specific topic and I

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would perform “out of school research”. I have learned the basic information about Skating that includes the types of skateboard and some popular tricks.

About Research:

I will explore different basic tricks on a skateboard (penny board). The first step is to find suitable tracks. To do this, I have to find basic tricks and instructions on how to do them. For this, I will use the Internet (google) and YouTube. Because, it is full of information about basic tricks for beginners and instruction in visual (video, picture) and written form. I was able to identify primary and secondary resources and collect and verify data. As the project advanced , I was able to improve the research skills that I had previously, all this was done through practicing and applying them while I was doing more research. I developed one new skills, I learned to evaluate, locate and organize information from different websites and resources to make my research more efficient.

About Planning table/Process Journal:

Planning table will be created in 2 forms: table and work planning table. In the tables will be written the date and the action. The format of the process journal will be a photo and written. I will be taking a photo every day of my penny boarding practice (not all processes, because it is impossible). For example, recording a ride from point a to b, how I learned some basic tricks. I will write a reflection every day about; what problems I experienced that day, how I solved them; what I achieved; what was not difficult and easy for me.

About the Report:

I will do a report in “visual + written - 3 minutes + 1,200–2,800 words” form. In the video, I will be recording every day of my penny boarding practice. When editing a video, I will highlight every day with a date and will show the video that was recorded that day. I will speed up some moments (for example, a long ride from point a to point b). And in writing, I will rewrite what happened everyday of my project in detail. I will also add a reflection there that I will write every day (about what problems I experienced that day and how I solved them, what was not difficult and easy for me). I will edit the video to make it more comfortable to watch (as I said, showing the date of the day, etc.), and in my writing, I will follow the time sequence.

Background Information:

Before the main part of the paper, I decided to do a little research. I decided to study the history of skateboarding, the names of the tricks, and the structure of the skateboard. First, I had to gather information from the websites. To evaluate the sites I used the OPVL method. Example:

<https://www.skatedeluxe.com/blog/en/wiki/skateboarding/history-of-skateboarding/>
Origin: The site does not record the auto, date. This is a huge disadvantage because it can show the unreliability of information. But, it is oplektsovano in quite a popular site. The site itself released a lot of posts about skateboarding, it shows the experience of the site. Just, the authors of the project can be found in the social network (there is a link on the site). This shows the average reliability of the information on the site.

Purpose: This page is made for beginner skateboarders who started to get interested in skateboarding recently. One of the site's pluses is that it covers the requirements of different people from different countries. The author has made a post in 4 languages (en, de, fr, nl). Also, the entire text is divided into small paragraphs with different topics, ideas. Also, the author used a lot of photos of skateboarders of the time. These features make the site as convenient and readable as possible. This is a huge plus for the reader.

I tried to evaluate each site and choose the best. After I gathered all the information it was necessary to make it into short presentations. For this I used Google Presentation. During the action, I developed a skill to work with the presentation. I made the design, inserted pictures and text to make it convenient and understandable for the sitter. I also developed the work with APA style. In fact, I used it in bibliographies and next to the information used, the photo as an in-text citation. I checked the Bibliography several times and found errors with dots, commas there. So I need to learn APA style better and practice it more.

You can get more precise information about Skateboard history from Appendix A

B.Planning

Criteria:

I created a criterion for evaluating my product based on 3 strands:

i. creating a video; The editing of the video will be evaluated. I will get a good score if I put in the names of the tricks, and put in the video footage in the correct timeline, and that the voiceover matches the video.

ii. explanation of all tricks; Will be rated for the explanation of tricks in the video. I will be awarded high marks if I explain all tricks in a way that is understandable and conveyed to the audience.

iii. execution of tricks; Will be evaluated on the execution of tricks in the video. In order to receive a high score I will have to perform all tricks correctly and cleanly on the video material.

Also I will be evaluated on a scale of 8 points which is divided into 4 parts (1-2, 3-4, 5-6, 7-8). They all show a different level of task performance.

The criterion will help me to evaluate my work in the future and to know how progressive I have been. If I get a low grade, I will be able to understand where I made mistakes and solve them in the future.

You can get more precise information about criteria part from Appendix B (criteria)

Planning:

When planning, I created a main table and a Gantt chart. The Gantt chart was learned in design class and I have experience working with it. You can use this diagram to see the deadlines on the visual table. Actions highlighted in blue signify initial actions, learning the topic of skateboarding. Blue denotes actions in which I will physically learn skateboarding. Pink signifies the reflective part of the work. I also made a general table in which the actions are described in more detail. With the help of these tables I was able to develop the skill of time self-management, self-organization and planning, and thanks to this work progressively. Self - management time skills helped me with organizing and keeping my project on time., So I could focus and analyze my work step by step. It gave me a new ability to work in a much more organize matter and take the project to a happy ending. But it is not always possible to meet deadlines. In these situations, I will have to do a little extension of the deadline to have time to work progressively.

You can get more precise information about planning part from Appendix B (planning)

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10-12.10.2020

10.10 I did my first try at the skateboard. I learned how to stand on a skateboard and keep the balance on it. The first day it was difficult for me to keep the balance. When the first time I stepped on a skateboard I almost fell. To solve the problems, I started moving very slowly on a skateboard. I stood on a skateboard with my right foot and my left foot always pushed off the ground. On 12.10 I felt better on skate. I learned how to skateboard, keeping my balance on it, but I moved very slowly.

Photo:



14.10.2020

The next step was skateboarding for long distances. It needed to feel more confident on a skateboard and to keep the balance better. It was very effective because after a long distance (1-2 km) of skateboarding I better balanced on a skateboard. I was ready to go to the next level - turn. However, when skateboarding for long distances, my right foot hurt. When I pushed back with my left foot, my right foot took on the weight of my body and strained my muscles to keep the balance. Therefore, my leg hurt after long skateboarding. I could not solve the problem. After skateboarding, I had a hot bath for my feet at home to make my foot hurt less.

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16.10.2020

On 16.10 I learned how to turn on a skateboard holding the balance on it. To do this, I did simple circles on a skateboard by turning. With a big turn, I always lost balance and had to jump off a skateboard to avoid falling. To solve the problem I practiced more on small turns increasing their angle more and more. After all, I learned to keep balance during turning.

Photo:



18.10.2020

To better feel the balance and better turn on the skateboard I rode long distances often using turning components on 18.10. during this step. The distance was 1km. All-time I tried to do the turn element and improve it. As well as in the last riding a long-distance I had a painful leg after a long time. After skateboarding, I had a hot bath for my feet at home to make my foot hurt less.

20-24.10.2020

The first day, I learned how to lift up in front of a skateboard holding a balance on it. In the beginning, I was lifting up in front of the skateboard to a very small height, each time I was lifting higher in front of the skateboard keeping the balance on it. But, it was not so easy. I had fallen several times. It was difficult for me to deflect the balance in this position. For this purpose, I rested my hands on some pole and lifted it before the skateboard. Thus, it was easier for me to keep the balance.

The second day, I learned to lift in front of the skateboard and turn the balance holding the balance on it, but at a very small angle.

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On the third day, I have fully learned how to do kick-turn. I high up in front of the skateboard can take turns to very large angles (180-degree turn). I 1.5 hours was doing kick-turn do a 180-degree turn.

Photo:



26-27.10.2020

I learned how to make "Easy non-tricks". I turned the skateboard with my foot and stood on it from the jump. In reality, it is a very easy trick that performs well. I did that tricks very well. I didn't encounter any problems.

Photo:



28-31.10.2020

On the first day 28.10, I learned to lift high before the skateboard derailing balance. For the other two days, Since I already knew how to lift in front of a skateboard, I had to keep the balance on the move in this position. It was difficult for me to keep the balance on the move. For this purpose, I also rested my hands on the fence and it became easier to keep the balance on the move. I tried to lift up before the skateboard keeping the balance for a time (3-5 seconds). It was also difficult to lift in front of the skateboard for 5 seconds. For this, I had to move my pelvis back and

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forth. I was able to solve this problem thanks to many pieces of training and a video tutorial.

Photo:



04-07.11.2020

I successfully montaged my product and voiced it. 04.11 I montaged my video. I chose the needed parts of video material. 05-06.11 I tried to montage this material in the Inshot program. 07.11 I wrote my speech in Google doc. and voiced it. I did the work on a cellphone with free apps. That's why it was not comfortable to use it. Also, I had a problem during the installation. I wasn't able to remove the sound from the video where I did tricks. Even though the sound in the video settings was 0%, the sound was still the same. I was not able to solve this problem. It was difficult to sound the video without any errors. I recorded audio for video for an hour and used the best option at the end.

Photo:



~~10-15~~ 21-24.11.2020

I successfully montaged my product. 21-22 I chose the needed parts of video material. 23-24 I montaged video material in the Inshot program. I didn't encounter any problems. I had to change the date of this stage because of the problems and the study load.

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Photo:



18-20 28-30.11.2020

I wrote the report in Google Document with photo-evidences. I wrote what happened in the video by adding details. I also added a reflection about what problems I experienced that day and how I solved them, which was not difficult and easy for me. I will follow the time sequence. I had to change the date of this stage because of the problems and the study load.

Photo:



Conclusion: I was working on a personal project for two months. I did every step of the plan well. However, I had some problems which I tried to solve. I have developed Critical-thinking skills. Inquiring; by making research on skateboarding and making and organizing a presentation according to collected data. Reflective; after each day of execution of the plan, I did a reflection in the procedural log. I wrote what I was doing on that day and what difficulties I experienced. Creative thinking: during montaging the video and creating a presentation I used my creative thinking to make a interesting, attractive and understandable design and text location.

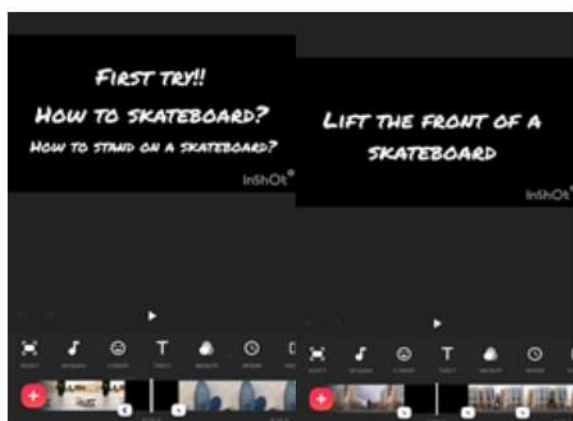
D.Reflecting

Evaluation of the project:

Evaluating

i.creating a video

The student created a clear and detailed video in which all tricks are shown one after another in a queue. Before each trick the names of the trick are shown in visible and clear font. (7-8)



ii.explanation

The student explains in detail all the tricks that are shown in the video. The student explains how to perform all the tricks while performing them on the screen. (7-8)

ii.demonstrating of tricks

The student demonstrates clean execution of not all tricks, but most of them. The student couldn't demonstrate the "Lift the front" clearly and fully. During the lift the front student was able to lift the front of the skateboard only for 2-3 seconds and not always. For clear execution he should be able to do for 5-6 seconds. Other tricks were executed clearly. (5-6)



Total grade: 7

Reflect on their development as IB learners:

Inquirer:

I did some research on skateboarding. First, I studied its history. I searched from reliable sources for information about the history of skateboarding on the Internet and made a presentation from the received information. Also, I correctly used the APA style to indicate the sources used. Also, I found a tutorial video on how to learn to skateboard from Braille Skateboarding. This helped me a lot in the future to learn skateboarding.

Reflective:

After each day of execution of the plan, I did a reflection in the procedural log. I wrote what I was doing on that day and what difficulties I experienced. I also wrote how I decided or tried to solve the problems I had encountered. Based on the procedural journal, I wrote a report.

Extending my knowledge and understanding:

- The theme of my Personal Project is skateboarding. Initially, I had very little knowledge on this subject. I knew the names of several tricks like olli, kickflip. During the project I did research on the history of skateboarding and tricks on it. It expanded my knowledge about my project several times.
- As I said the global context of my project was "fairness and development". I have developed my skills to perform tricks on these skateboards and for justice, I have created a video that can teach other people who are interested in this topic of tricks on skateboards.

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- My product was very useful for children and teenagers. Video materiel will allow children to learn how to skateboard. In the video I explained in an understandable way how to skate and showed it in real life. Also, children will be able to learn basic tricks that will direct children to new tricks. For these purposes, they will go outside more often breathing out fresh air and improving their health. Also hoping my project can be used in further social causes as the The Fun Without Drugs Skateboarding Program to help teens with drug addiction from skating.

Appendix C:
Processional journal:

Date	Planned action	What I did? Action	Problems
06.10.2020	make research of the history of a skateboard (first types of skate, first tricks)	I made a Google presentation about the history of skateboarding. In the presentation, I wrote about the first appearance of a skateboard in society, the first tricks,	I didn't encounter any problems
08.10.2020	search how to ride on skateboards and basic tricks	I found the video tutorial "How to learn how to skateboard" and "Basic Skateboarding Tricks" from my idol in the field of skateboarding (from the YouTube channel braille skateboarding).	I didn't encounter any problems
10.10.2020	First try! learn how to stand and drive on a skateboard	I learned how to stand on a skateboard and keep the balance on it.	The first day it was difficult for me to keep the balance. When the first time I stepped on a skateboard I almost fell. To solve the problems, I started moving very slowly on a skateboard. I stood on a skateboard with my right foot and my left foot always pushed off the ground.
12.10.2020		I learned how to skateboard, keeping my balance on it, but I moved very slowly.	

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14.10.2020	Just ride a skateboard for long distances	To feel more confident on a skateboard and to keep the balance better I just skateboarded for long distances (1-2 km).	When skateboarding for long distances, my right foot hurt. When I pushed back with my left foot, my right foot took on the weight of my body and strained my muscles to keep the balance. Therefore, my leg hurt after long skateboarding. I could not solve the problem. After skateboarding, I had a hot bath for my feet at home to make my foot hurt less.
16.10.2020	Learn how to turn on a skateboard	I learned how to turn on a skateboard holding the balance on it. To do this, I did simple circles by turning.	With a big turn, I always lost balance and had to jump off a skateboard to avoid falling. To solve the problem I practiced more on small turns increasing their angle more and more.
18.10.2020	ride a long-distance skateboard with the turn element	To better feel the balance and better turn on the skateboard I rode long distances (1-2km) often using turning components.	When skateboarding for long distances, my right foot hurt. When I pushed back with my left foot, my right foot took on the weight of my body and strained my muscles to keep the balance. Therefore, my leg hurt after long skateboarding. I could not solve the problem. After skateboarding, I had a hot bath for my feet at home to make my foot hurt less.

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20.10.2020	Learn to do a kick-turn	I learned how to lift up in front of a skateboard holding a balance on it. In the beginning, I was lifting up in front of the skateboard to a very small height, each time I was lifting higher in front of the skateboard keeping the balance on it.	It was difficult for me to lift before the skateboard without falling back. It was difficult for me to deflect the balance in this position. For this purpose, I rested my hands on some pole and lifted it before the skateboard. Thus, it was easier for me to keep the balance.
22.10.2020		I learned to lift in front of the skateboard and turn the balance holding the balance on it, but at a very small angle.	
24.10.2020		I have fully learned how to do kick-turn. I high up in front of the skateboard can take turns to very large angles (180-degree turn).	

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26-27.10.2020	Learn to do "Easy non-tricks" tricks	I learned how to make "Easy non-tricks". I turned the skateboard with my foot and stood on it from the jump.	I didn't encounter any problems
28.10.2020	Learn to lift the front of the skateboard	The first day. I learned to lift high before the skateboard derailing balance. For the other two days, I tried to lift up before the skateboard keeping the balance for a time (3-5 seconds).	Since I already knew how to lift in front of a skateboard, I had to keep the balance on the move in this position. It was difficult for me to keep the balance on the move. For this purpose, I also rested my hands on the fence and it became easier to keep the balance on the move. It was also difficult to lift in front of the skateboard for 5 seconds. For this, I had to move my pelvis back and forth. I was able to solve this problem thanks to many pieces of training and a video tutorial.
30.10.2020			
31.10.2020			
04-07.11.2020	Edit the learning videos (Final product)	I successfully montaged my product and voiced it.	I had a problem during the installation. I wasn't able to remove sound from the video where I did tricks. Even though the sound in the video settings was 0%, the sound was still the same. I was not able to solve this problem. It was difficult to sound the video without any errors. I recorded audio for video for an

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			hour and used the best option at the end.
10-15 21-25.11. 2020	Edit the report video	I successfully montaged my product	I had to change the date because of the weather conditions. It is not a good idea to skateboard during dodge and wet ground. The change in the action date did not affect my productivity in any way.
18-20 28-30.11. 2020	Write a written part of a report (reflection)	I wrote the report in Google Document with photo-evidences	