

QUESTION 3

Would you have been a human sacrifice?

- A** You were an enemy soldier. You lost the battle. Enemy soldiers were forced to be **slaves**. Slaves are people forced to work for free.
- B** You were a noble or king from a neighboring village. You were taken as a **captive**. Captive means to be a prisoner. Captives were forced to play a ball game. If they won, they could live. They'd become slaves. If they lost, they'd be killed.
- C** You were a young boy. Young boys were offered to the rain gods. It was a great honor to be sacrificed.

Ball games represented battles. A priest would cut out the heart of the loser.

SURVIVAL TIPS

Follow these tips to survive extreme sports:

- Do warm-up exercises. Get your body ready for extreme sports. Stretching warms up muscles.
- Don't overdo it. Be gentle to your body. Don't play if you're in pain.
- Cool down after extreme sports. Walk or jog. Do stretches.
- Learn how to fall. Bend your knees. Avoid twisting arms or legs. Protect bones and muscles. Try to fall on your side or bottom. Roll over naturally. Turn your head in the direction of the roll.
- Wear the right shoes. Wear protective gear. Use helmets. Use goggles. Use padding.
- Take lots of water breaks. Avoid being dehydrated. Avoid overheating.
- See a doctor before doing extreme sports.
- Know the rules of the game. Listen to your coach.
- Don't do extreme sports alone. Have a buddy. Let them know what you're doing.