



## Skeleton, a Spectacular Sport! (February 7, 2026)

# TEACHING GUIDE

**What?** Skeleton, a spectacular winter sport where athletes slide at very high speeds down an icy track, lying down on a small sled.

**Who?** Skeleton athletes from various countries, competing in the Winter Olympics.

**Where?** In Cortina d'Ampezzo, Italy, one of the host cities for the Milan-Cortina 2026 Winter Olympics.

**When?** During the 2026 Winter Olympics, in February.

**Why is it important?** Because skeleton is an impressive sport that demands courage, precision, and control, and it offers a glimpse into how the Olympic Games bring athletes from around the world together through sport and pushing their limits.

**For this activity, your goal will be to learn a little more about skeleton.**

### OBJECTIVES

- Discover the Olympic sport of skeleton.
- Understand how a race unfolds.
- Read and interpret a results table.
- Perform calculations with hundredths of a second.
- Understand the medal ranking system.

### COMPETENCIES

- Search for and select relevant information.
- Read and interpret numerical data.
- Justify an answer using calculations.
- Establish connections between sports, mathematics, and current events.

### GETTING STARTED

- Show a picture of a skeleton athlete in mid-skeleton.
- Ask the students:
  - "Would you dare to go down at over 130 km/h, headfirst?"
  - "Why do you think a few hundredths of a second are important?"
- Locate Italy and Cortina d'Ampezzo on a map.

### SUBJECTS

- **Social Studies / Geography**
  - Winter Olympic Games
  - Participating Countries
- **Mathematics**
  - Reading Tables
  - Comparing Decimals
  - Calculating Differences
  - Mean
  - Point System (5-3-1)
- **English**
  - Reading Instructions
  - Understanding an Informative Text
  - Justifying an Answer
- **General Knowledge**
  - Olympic Sport
  - Country Rankings

### DURATION

- About 60 minutes



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### QUESTIONS AND ANSWERS

**STEP 1 — A sport to discover.** Watch a video and read the Vikidia entry, then answer three comprehension questions.

**Q1 — In luge, you go down on your back. In skeleton, you go down on your stomach.**

**Q2 — The track is 1,445 meters long.**

**Q3 — Approximately 140 kilometers per hour.**

**STEP 2 — A Matter of Hundredths of a Second.** Analysis of the results of the first five men and women, and mathematical calculations (difference, average).

**Q4 — The difference is 40 hundredths of a second (it's indicated on the table!)**

**Q5 — The difference is 38 hundredths of a second**

**Q6 —  $(56.51 + 56.61 + 56.61) \div 3 = 56.575$**

**Q7 — The difference is 1.29 seconds, mainly because men are heavier!**

### STEP 3 — The winner of the Games.

Calculations based on a hypothetical medal scoring system.

**Q8 — Norway**



### WRAPPING UP

- Review:
  - what skeleton is;
  - the importance of hundredths of a second;
  - the difference between individual winner and country rankings.
- Ask the student:
  - "What makes this sport so impressive, in your opinion?"

MEDAL TABLE (FEBRUARY 7, 2026)				
	GOLD (5)	SILVER (3)	BRONZE (1)	POINTS TOTAL
Norway	35	6	4	45
United States	20	15	2	37
Italy	20	6	7	33
Switzerland	20	3	2	25
Germany	15	9	2	26



### FURTHER EXPLORATION

📘 Robin Johnson. *Bobsleigh, Luge, and Skeleton*. Crabtree Publishing

