

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.

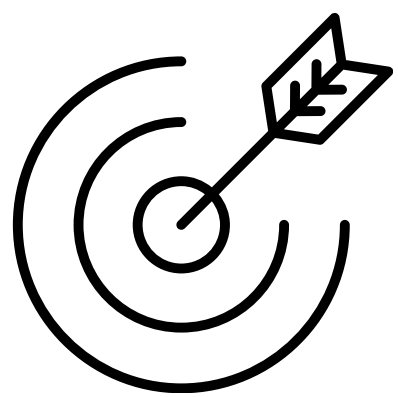
Who? Skeleton athletes from various countries, competing in the Winter Olympics.

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.

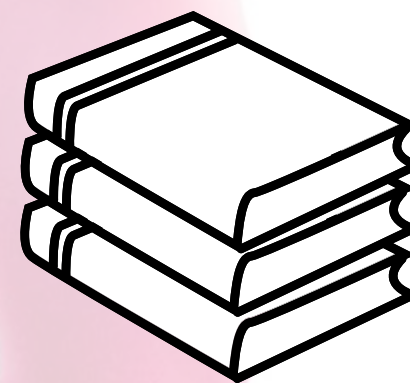
Why is it important? Because skeleton is an impressive sport that demands courage, precision, and control, and it offers a glimpse into how the Olympic Games bring athletes from around the world together through sport and pushing their limits.

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



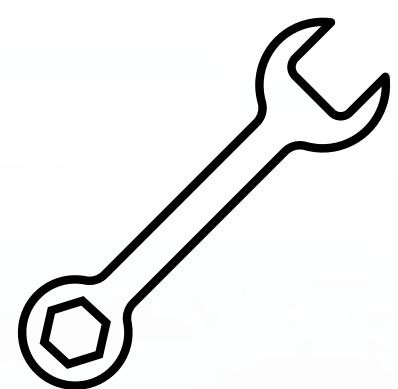
OBJECTIVES

- 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.



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



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.



DURATION

- About 60 minutes



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.

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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

| 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 |




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?"



FURTHER EXPLORATION

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

