



Start of the Formula One Season (March 7, 2026)

TEACHING GUIDE

- What?** The start of the 2026 Formula 1 season, the most prestigious championship in motorsport! 🏎️
- Who?** The 22 Formula 1 drivers and the 11 teams, including Ferrari, Red Bull, Mercedes, and the new Cadillac team.
- Where?** The first Grand Prix is held in Melbourne, Australia.
- When?** It starts this weekend with 24 races, running until next December!
- Why is it important?** Because F1 brings together the best drivers and the fastest race cars on Earth!
- For this activity, your goal will be to learn more about Formula One and its drivers.** 🏁



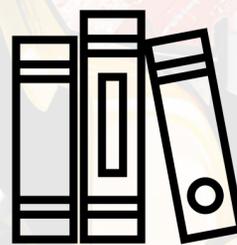
OBJECTIVES

- Discover the drivers and teams of Formula 1.
- Perform calculations using real race data.
- Understand how aerodynamics influences car speed.
- Explain the role of wings on a race car.



COMPETENCIES

- Search for and interpret information.
- Use numerical data to solve a problem.
- Read and understand an explanatory text.
- Explain a scientific phenomenon simply.
- Analyze information and draw conclusions.



SUBJECTS

- **Social Studies / Geography**
 - Location of international circuits
 - World sport
- **Mathematics**
 - Multiplication
 - Distance calculation
 - Time calculation
 - Data analysis
- **English**
 - Reading instructions
 - Understanding an explanatory text
 - Writing an explanation
- **Science and Technology**
 - Aerodynamics
 - Forces and motion



DURATION

About 60 minutes



GETTING STARTED

- Ask the student:
 - "Have you ever watched a Formula 1 race?"
 - "Why do you think Formula 1 cars can go so fast?"
- Explain in one sentence:
 - "Today, we're going to learn about Formula 1 drivers, analyze data from a race, and understand how these cars can reach speeds of over 300 km/h."

Start of the Formula One Season (March 7, 2026)

TEACHING GUIDE



QUESTIONS AND ANSWERS

STEP 1 — 22 Drivers for One Title. Discovery of the main Formula 1 drivers and completion of ID cards from the Formula One website.

<p>Lando Norris</p> <p>Team: McLaren</p> <p>Number: 1</p> <p>Country: United Kindom</p> <p>Grand Prix Wins: 16</p>	<p>Charles Leclerc</p> <p>Team: Ferrari</p> <p>Number: 16</p> <p>Country: Monaco</p> <p>Grand Prix Wins: 8</p>	<p>George Russell</p> <p>Team: Mercedes</p> <p>Number: 63</p> <p>Country: United Kindom</p> <p>Grand Prix Wins: 6</p>	<p>Valtteri Bottas</p> <p>Team: Cadillac</p> <p>Number: 77</p> <p>Country: Finland</p> <p>Grand Prix Wins: 10</p>	<p>Max Verstappen</p> <p>Team: Red Bull</p> <p>Number: 3</p> <p>Country: Netherlands</p> <p>Grand Prix Wins: 71</p>
---	---	--	--	--

STAGE 2 — A flying start! Calculations based on data from the 2026 Australian Grand Prix.

Q1 — 306.124 km

Q2 — 52.780 km

Q3 — 1 hour 23 minutes 9 seconds and 775 thousands

STEP 3 — Full throttle! Reading of an infographic and watching of a video about the role of wings. Summary using a short 50-word text.

Q4 — Wings help the Formula 1 car stay glued to the track. When air passes over them, it pushes the car down. This is called downforce. Thanks to this force, the tires grip the road better and the car can take corners very fast.



WRAPPING UP

- Review:
 - The role of drivers in a Formula 1 team;
 - The distance covered during a race;
 - The importance of calculations in motorsport;
 - The principle of downforce.
- Final question:
 - "In your opinion, what is more important in Formula 1: the speed of the car or the skill of the driver? Why?"



FURTHER EXPLORATION

 Andy Amendola. *ABCs of Racing*. Red Racer Books



- **Six seconds. (3 stops × 2 seconds = 6 seconds)**
- **With one less stop, the driver would have lost 2 seconds instead of 6. He would therefore have finished 2 seconds ahead of the winner. 🏁**

Start of the Formula One Season (March 7, 2026)



A Pitstop

In Formula One, cars must regularly change their tires, which degrade during the race. A pit stop is therefore essential.

But to avoid wasting time, the mechanics must work as quickly as possible to change all four tires!



Who holds the record for the fastest pit stop?

Lando Norris's mechanics achieved this feat in 2023!

They changed all four tires on his McLaren in **1.80 seconds!**



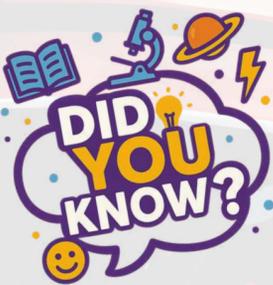
Maths Challenge!



If a race lasts 60 laps and a pit stop takes 2 seconds:

How much time does a driver lose with 3 pit stops?

If a driver finishes the race 4 seconds behind the winner, could they have won with one less pit stop?



The checkered flag appeared as early as 1906 in the United States, notably during the Vanderbilt Cup, the oldest motor racing competition held in that country.

Its origin remains mysterious: some suggest a police commissioner caught in the middle of a chess game, others speak of checkered tablecloths being shaken after horse races in the Midwest.

By 1912, the checkered flag was already being used at the Indianapolis 500 and quickly became the universal signal of victory in motorsport.

