

The Sport of "Bobsled"

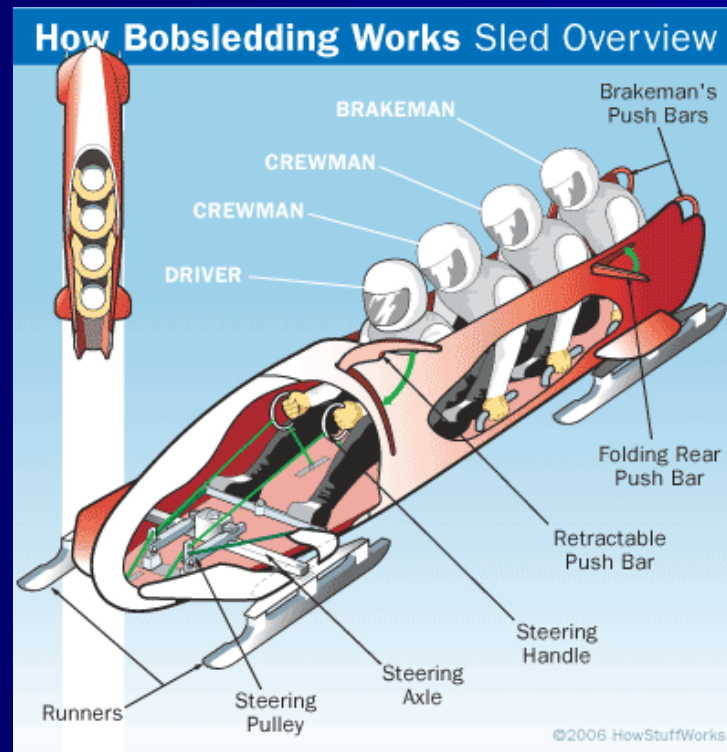


What is Bobsled?

- Bobsled is a winter sport in which teams make timed runs down a narrow iced track with at least fifteen curves.
- The only type of force used to propel the sled is the force of the athletes and the force of gravity.
- The United States Bobsled & Skeleton Federation (USBSF) governs bobsled in the United States.

The Bobsled

- The bobsled is made with a lightweight metal frame and covered with fiberglass or composite material, making it very aerodynamic. The sport consists of a two-person crew or four-person crew. The bobsled sits on 26.3 inch long steel runners. Inside is a steering mechanism made up of a steering pulley, steering axle and steering handle. On the outside, there are retractable push bars in the front and rear, and brakeman's push bars on the end.



Bobsled Equipment

- Helmet
- Speed suit
- Spiked shoes
- sled



Language Arts - Activity

- Students create interviews that are to be acted out in class as if they were famous Olympic Bobsled athletes. Students role-play being members of the U.S. Bobsled Team. They write scripts and make cue cards. Students both write the questions and also the answers to the questions for the interview.

Class Organization

- Students will work in groups of four. The group members will need to work together to research the people they are role-playing. Students are assigned to a role. The roles are athlete, interviewer, camera operator, and director.

Time and Materials

- One week of class time and homework. Additionally you will need time to watch the acts in class
- Writing paper
- Costumes/props
- Poster board for cue cards
- Black markers

Social Studies-Activity

- Famous Olympic Sports Figures
- Research and discuss former Olympians, their feats and post-Olympic careers.
- Use library resources or the internet to identify former Olympians who reside or work in your region.

Physical Education and Health-Activity

- Athletes and Sports
- In small groups, design a training program for a Bobsled athlete.
- Include information on their diet and a daily schedule including time for workouts, sleep, study and relaxation.

Other Activities

- Invent a new sport or game identifying the rules of play, etiquette, system of scoring, and equipment.
- Practice and teach it to others for inclusion in a class presentation.