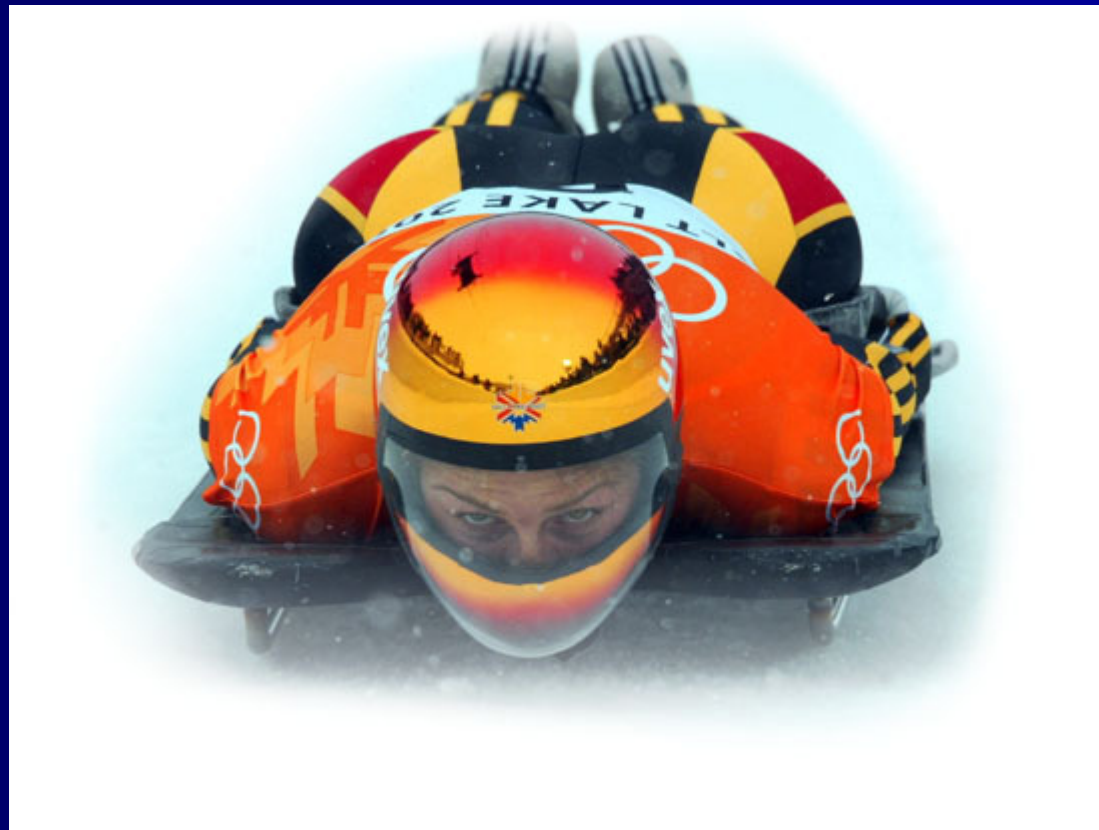


The Sport of "Skeleton"



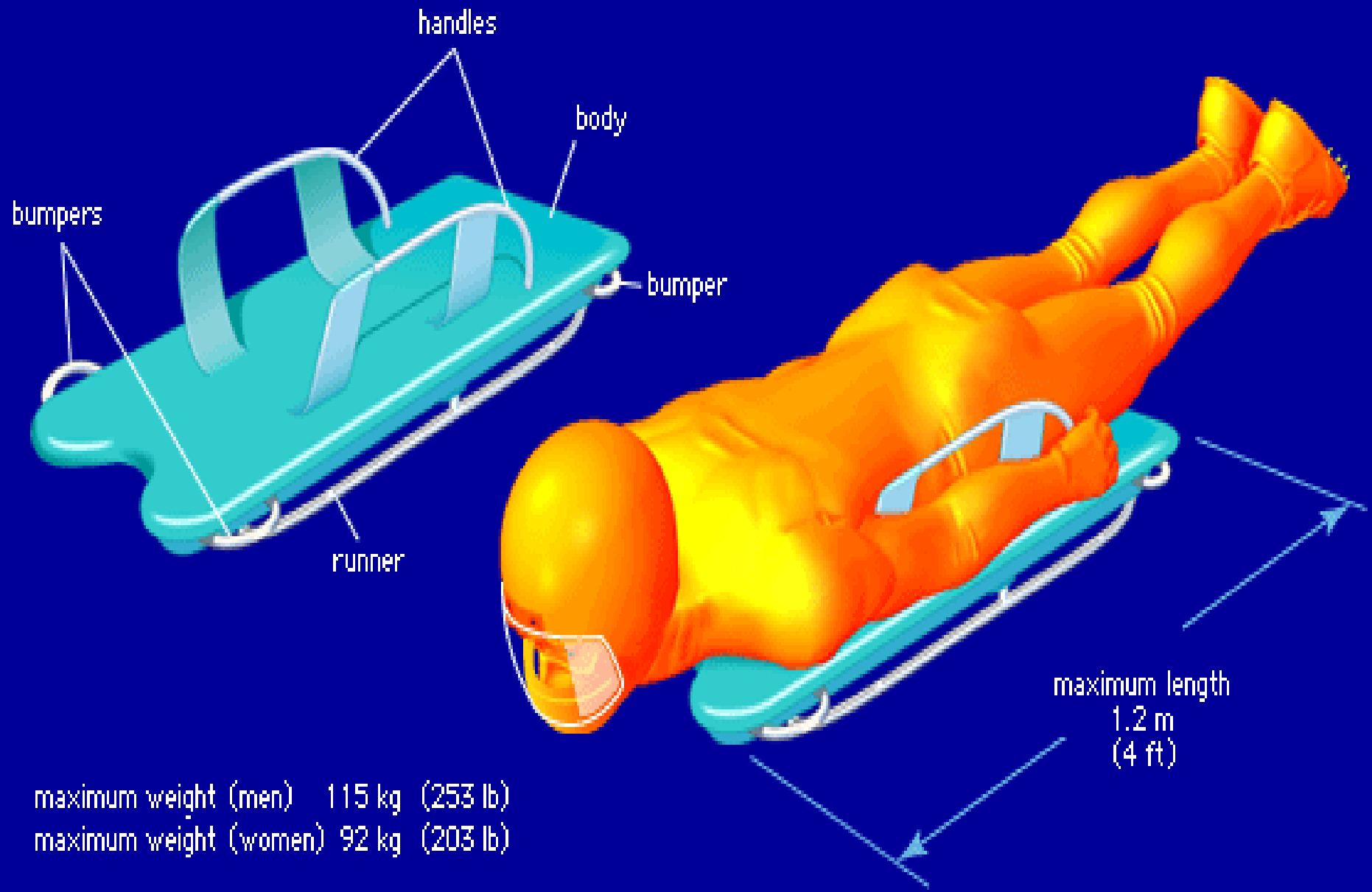
What is the sport of Skeleton?

- **Skeleton** is a winter sport in which competitors aim to drive a one-person sled in a prone, head-first position down an ice track in the fastest time.
- Top speeds attained in skeleton—approximately 80 mph—are slightly slower than in luge.
- A run begins with a running "push" phase (typically 25 to 40 meters)
- After pushing, the athlete dives onto the sled and descends the track
- Only the force produced by the athlete and the force of gravity are permitted to propel the skeleton
- The skeleton must be steered by movements of the athlete's body

Skeleton Sleds

- Men's sled – 95 pounds (43 kg)
- Women's sled – 77 pounds (35 kg)
- Length: 800-1200mm
- Height: 80-200mm
- Distance Between Runners: 340-380mm
- Max weight combined sled + athlete (men- 115kg or 253 lbs women – 92 kg or 203 lbs)

Skeleton Sled



Skeleton Equipment

- Sled
- Helmet
- Racing suit
- Racing shoes



Language Arts - Activity

- Students create interviews that are to be acted out in class as if they were famous Olympic Luge athletes. Students role-play being members of the U.S. Skeleton 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 Skeleton 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.