

Ancient Greece

- Ancient Greece was not one country but lots of city states.
- They called the land Hellas and themselves Hellenes.
- They shared the same language, religion and history.



The Olympics



- The Olympics started around 776 BCE.
- They were held in honour of their god Zeus.
- They took place every four years in August or September at Olympia.
- The event lasted for about five days.
- Any wars going on between the city states were stopped during the games so all could take part.

Who could take part?

- Only free-men who spoke Greek could take part.

Who were they?

- Women had a separate games called the Heraia in honour of Hera, Zeus' wife.
- This was also held every four years but in a different year to the Olympics.



Task One

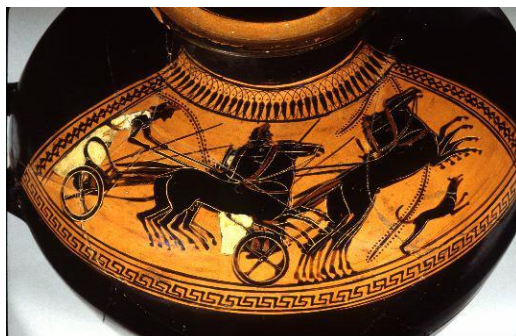
How do we know about the Olympic Games?

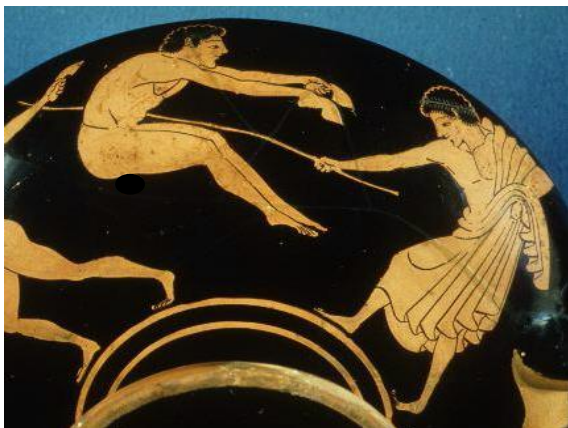
We know a lot about Ancient Greece's history by the images left on the pots. Look at these pots. Can you guess what the sports are? Write your guesses into your Home Learning books. The answers are at the end.

1



2





Sports in the Ancient Greek Olympic Games	Other events in the Olympic games
<ul style="list-style-type: none"> • wrestling • boxing • pankration – mix of boxing and wrestling • pentathlon - jumping, discus, javelin, running and wrestling • running • chariot racing • horse racing • race in armour 	<ul style="list-style-type: none"> • trumpeting (yes really, and the loudest wins!)

Modern day vs Ancient Greece

Classic vs Modern

The final ancient Olympics were held in AD 393 after 293 Games spanning over 1000 years. In 1896, the Games were brought back in a modern format which still continues today. These 'new' Olympic Games have some similarities and differences to the original ones:

Similarities

- Cheating was severely punished. The punishments were a bit different though — ancient athletes who were caught cheating could be flogged.
- Athletes raced in trials before a final race between the best of the best to find the overall champion.

Differences

- People were less worried about the athletes' safety. Men sometimes died in the boxing events and horse racing was more dangerous than it is today.
- The fastest times were not recorded. The goal was to be the best that year, not to beat previous records.

Only men could compete in the ancient Olympic Games, but unmarried women were allowed to watch the events. Married women were forbidden from even watching the Games — they risked being thrown off a cliff if they were caught spectating.

Year 4, Week 5, History, Wednesday

Task Two

First, watch this clip about the origins of the Olympic Games.

<https://www.youtube.com/watch?v=VdHHus8IgYA>

Next, in your Home Learning books, we would like you to create a leaflet to advertise the Olympics held in Ancient Greece in 776BC.

Remember to include.

- The date the Olympics started
- Who the people were in honour of
- How often they took place
- The sports that were at the Ancient Olympics
- Any other events that were held at the Olympics
- Images of the sports/ events

Olympic Games

SPORTS

INFORMATION ON THE OLYMPICS

THE EVENTS HELD

**Picture to show one of the
sports**

Answers to pictures

1. Wrestling
2. Chariot racing
3. Long jump
4. Racing in armour