

Y3/4 –Why did the Olympic Games matter so much to the Ancient Greeks?

Procedural knowledge

Recognise the importance of health choices and habits; know what affects feelings; express feelings.

Identify personal strengths and achievements; manage and reframe setbacks.

Respect differences and similarities; discuss difference sensitively.

Use a range of sources of evidence to build up a picture of life in the past.

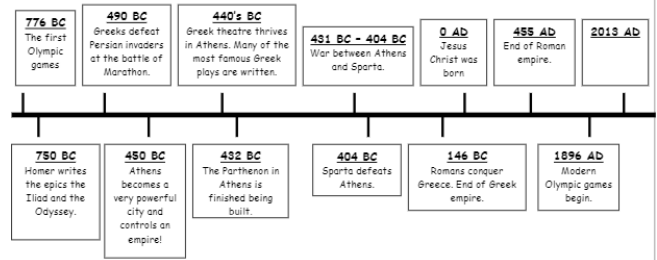
Begin to evaluate the usefulness of different sources.

Understand why people may have wanted to do something and identify reasons for and results of peoples actions

Factual and Conceptual knowledge

When did the Olympic Games begin?

The Olympic Games began over 2,700 years ago in 776 BC, in Olympia, south west Greece. Every four years, around 50,000 people came from all over the land to watch and take part.



Why did the Olympic Games begin?

The ancient games were not just a sporting event; they were also a religious festival, held in honour of Zeus, the king of the gods.



What happened before the Olympic Games began?

Before the games began, messengers were sent out to announce a 'sacred truce' or a peace. This meant that any wars should be called off so that people could travel safely to Olympia.

What were the ancient Olympics like?

The ancient Olympics lasted 5 days. Only free men could take part; this meant that slaves were not allowed to. Women were not allowed to participate and only unmarried women could watch as a spectator. Athletes were often injured or even killed when they were participating, as the only rules were that competitors could not be bitten or gouged!

What were the main events at the Olympic Games?

At the first Olympic Games, there was only one event. It was a running race called the Stadion. Athletes who participated had to run the full length of the stadium.

Then more events were added including wrestling, chariot racing, boxing and the pentathlon, where the athletes participated in five different events including long jump, discus and javelin.

What happened to the winners?

Winners were given a crown of laurel leaves and a hero's welcome back home.



Why did the Olympic Games end?

In AD 393, the Roman Emperor Theodosius I ordered the games to be cancelled. His soldiers destroyed the temple of Zeus and shortly after Olympia fell into a state of ruin.

Key Vocabulary

Olympia, Zeus, athletic, BC, AD, laurel wreaths, religious, amphitheatre, spectators, chariot racing, compete, messengers

Links

Horizontal links with Ancient Greeks Y3/4 A