**Olympic Games: The Events**

**POWERPOINT NOTES**

2. The first Olympic Games were held in 776 BC at Olympia in Greece (in an area known as the Peloponnese). The first modern day Olympics were held in Athens in 1896. The Olympic flame first appeared in 1928 at the Olympic Games in Amsterdam, it was not part of the ancient Olympics. There were far less events in the ancient Olympic Games than there are in the modern Olympics.

Can you think of some events in the modern Olympics?

Now we will look at the events at the ancient Olympic Games.

3. Chariot racing

Chariot racing took place in a large stadium called the hippodrome. There were races with two horse chariots and four horse chariots. The myth of Pelops (which is shown in sculptures on the Temple of Zeus at Olympia) explains the origins of chariot racing at Olympia.

**See the Athena’s Owl story and watch this vase animation:** <http://www.panoply.org.uk/pelops.html>

4. Boxing

Boxing contests could last for many hours and there were very few rules; boxers were even allowed to hit their opponent when they had fallen down.

Boxers did not wear gloves instead they wrapped long straps of leather around their hands and arms to protect them.

5. Running in armour

Athletics was a way to train men for fighting in wars and there was a race in armour. The runners would run with their heavy shield wearing full armour in a test of strength and stamina.

6. Running

There were events for long distance running and quick sprints.

**These notes and powerpoint are preparation for the Olympic events worksheet.**

7. Wrestling

Wresting was very violent and competitors used to bite and poke their opponent’s eyes even though it was against the rules.

8. Discus

The discus would have been made out of stone, lead, bronze or iron. There were few throws of more than 30m – this is less than half the modern Olympic record.

9. Javelin

Another event was throwing the javelin which was good practice for throwing a spear in warfare.

10. Long Jump

Athletes used jumping weights, called halteres, when taking part in long-jumping competitions. They held a jumping weight in each hand. The weights helped athletes to swing their bodies to a further distance along the jumping track.

11. Pentathlon

One of the events in the Olympic Games was the pentathlon. In the pentathlon athletes competed in five events: discus, javelin, long-jump, running and wrestling.

Winners at the ancient Olympic Games would receive a crown of olive leaves as their prize. Victorious athletes would be very proud of their achievement and sometimes statues of winning athletes would be put up at Olympia for everyone to see.

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