**Athletes**

**POWERPOINT NOTES**

2**.** In ancient Greece men would exercise naked. In this image on an Athenian drinking cup you can see an athlete. What do you think he is doing? He is washing after exercise. On the ground there is a large basin filled with water. The athlete is holding a sponge. You can see his sandals hanging up in front of him and his walking stick behind him. Beside the walking stick there are two objects that often appear with athletes. Do you know what they are?

3. We can see these objects again beside another athlete on this broken drinking cup from the Great North Museum – this time with a sponge as well.

1. Clay oil pot (aryballos)

The athlete would rub oil on his body before exercising.

2. Bronze scraper (strigil)

After he had finished exercising the athlete would scrape off all the oil, dirt and sweat with a bronze scraper called a strigil. Here is an example from the Great North Museum with a little dancer on the handle – this would help the athlete to know which his strigil was.

The strigil, aryballos and sponge are often called the athlete’s bundle. What do you think this athlete is doing?

4.He is holding jumping weights (halteres) which were often made of stone. The athlete on the Great North Museum cup is a long jumper. The athlete would use the jumping weights to help him jump further. As he jumped he would hold them in front of him as you can see on the picture on the right. Then he would drop them behind him as he landed.

5. We also see athletes with the discus. On the left you can see a discus thrower. Notice the athlete’s bundle behind him and also the javelin. The cup on the right is in the Great North Museum and shows athletes and their trainers. You can see an athlete with a discus. Under the handle we can see a pick axe – these are used to prepare the ground for the long jump.

6. We also have pots which show pictures of boxers. Boxers in ancient Greece did not wear gloves instead they wrapped thin strips of leather around their hands.

7. What do you think this picture shows? This is a running race in armour which was one of the events at the Olympic Games. What armour can you see?

Helmets/shields/leg guards (greaves)

8. This picture shows another event in the Olympic Games. What do you think it is? Chariot racing.

There were chariot races with two horses and four horses and there would have been plenty of crashes.

**These notes and PowerPoint are preparation for the athlete’s equipment worksheet**