

Make Your Own Olympic Games



The ancient Olympic games were held every four years on the first full moon after the summer solstice (so usually during July). Only freeborn Greek men could take part and competitors in most events were naked—but nowadays you don't need to be naked or a boy to create your own games, so get together with some friends and get going!!

Find out more at: <https://research.ncl.ac.uk/explorethepastwithus/primaryschools/reimaginingancientgreece/o4olympicgames/>



Long jump—why not try it the ancient Greek way and use weights in your hands to help you jump

What sports will you include?

The 2020 Olympics had 339 events in 33 sports but there were never more than 20 events in any of the ancient Olympic Games.

Discus—have a Frisbee throwing competition, or try throwing a paper plate. Who can get theirs the furthest?



Javelin—you could use the cardboard tube from the middle of a kitchen roll, or try welly wanging. Can you dream up some other throwing competitions?

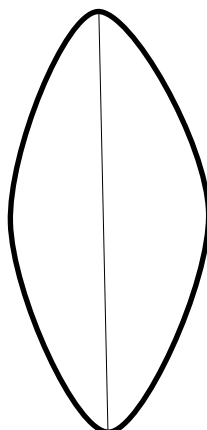


Chariot Racing—if you don't have your own horse and chariot, you could try bike or scooter races—or why not have a go at wheelbarrow racing?



Where will you hold your events?

Nowadays we have a different place for each Olympics but the ancient Greeks always held theirs at Olympia. Do you have a local park you could use?



This is **Nike**, the goddess of victory. At the ancient Greek Olympics, winners would get a crown of laurel leaves. You can cut out lots of paper laurel leaves using this template and stick them onto a band of paper to go round your head. Or maybe you can dream up a more modern winner's crown?

