

Tuesday 6<sup>th</sup> July - Friday 9<sup>th</sup> July

Hi Class 4, I hope you are all okay and are ready to continue learning about Greece during our Olympic week! You made such beautiful flags yesterday and I can't wait to see what else you can produce at home.

As we discussed yesterday, Greece is the home of the Olympics. The Olympic games originated in Ancient Greece around 3000 years ago and took place to honour Zeus, king of the Gods. They took place every 4 years in August in Olympia. The first ever modern Olympics also took place in Greece. In fact, it took place in Athens, the capital city of Greece.

Throughout the week I'd like you to join in with as many of these home learning activities as possible. You can do these on whichever days suit you the best, but it may be a good idea to start with number 1 as an introduction for the children. Please feel free to send any photos of work to your class e-mail address: [class4@canvey-inf.essex.sch.uk](mailto:class4@canvey-inf.essex.sch.uk)

1. With an adult, take a look at the 'History of the Olympics' posters (no need to print, these can be accessed and read from a computer or laptop) OR read the power point slides below:

## The Ancient Olympics

The Olympic Games are thought to have started in 776BC in Greece.

The Games were part of a very important religious festival.

The Greek Olympics inspired the modern Olympic Games which began in 1896.

The Games were held every four years at Olympia, a valley in southwest Greece.

The Games were held in honour of the king of the gods, Zeus.

People from all over the Greek world travelled to watch and take part.



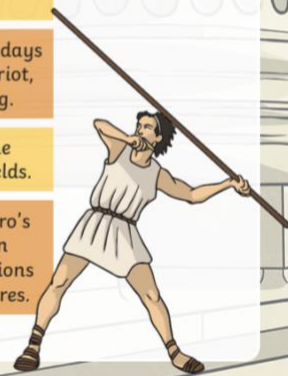
## Events at the Games

The first Olympic Games only lasted a day, and the only event was a short race from one end of the stadium to the other.

Gradually, more events were added to make four days of competitions. The events included boxing, chariot, racing, discus, javelin, long jump and wrestling.

One of the toughest events was the race for the hoplites, men wearing armour and carrying shields.

Winners were given a wreath of leaves and a hero's welcome back home. Winners might have been allowed to marry rich women, and enjoy invitations to parties, free meals and the best seats in theatres.

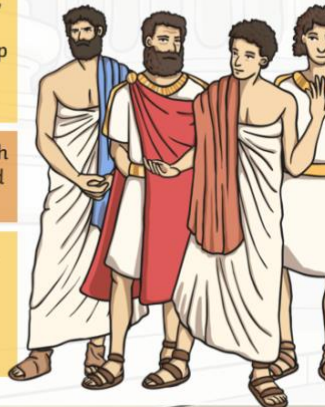


## Spectators

The stadium could hold around 50,000 people. Away from the arena, most spectators had to find somewhere to pitch their tents or sleep rough, but athletes and important people had hotel rooms.

It was very hot and overcrowded, with a very poor water supply, but this did not stop people from coming!

The games ended with a large feast. Traders came to do business, politicians made speeches to the crowds and entertainers such as acrobats and jugglers performed.



## The Pankration

The pankration, or all-in wrestling, was a very nasty event!

All-in wrestling was very popular. There were hardly any rules! Biting and poking people's eyes were banned, but some competitors ignored these rules!

Boxing was tough too. The fighters wore leather gloves and a boxer was allowed to carry on hitting his opponent even after he'd knocked him to the ground!

Cheating was punished. For instance, anyone caught trying to bribe an athlete had to pay for a bronze statue of Zeus!



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## Women at Olympia

Only men, boys and unmarried girls were allowed to attend the Olympic Games. Any women caught sneaking in were punished!

Unmarried women had their own festival at Olympia every four years. This was called the Heraia, held in honour of Hera, wife of Zeus.

Women could compete in races, though only unmarried girls were allowed to take part.

The winners were awarded crowns of sacred olive branches, the same as men.



Discuss some of the facts mentioned. What do you think about the events that the Ancient Greeks took part in?

Are the events the same or different to the events that take place in the modern Olympics? Could you research this to find out? Write down some facts about the Olympics that happen now.

Do you think the Ancient Greeks deserved to win medals as prizes instead of olive wreaths? If you could design a medal to be won in the Olympics, what would it look like? See 'Design a medal' sheet - be as creative as you can be!

2. Now take a look at the 'map of Europe' sheet. Can you find Greece? Colour in your map neatly and write 3 interesting facts about Greece, using the internet/books and an adult to help you.

3. If you would like to, you could also complete the 'Ancient Olympics Word Search' for fun.

Tuesday is our scheduled sports day. If you have a garden, you could play some games outside with an adult? Maybe have a go at the egg and spoon race! How many times can you bounce a ball in a minute? Can you race a family member? Or if you prefer, you could choose some of these activities to take part in (please see next page)

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### Virtual Sports Day Activities:

#### Activity 1 - Shuttle Runs

Equipment: A tape measure, a stopwatch (phones/tablets usually have one), 2 markers (these can be anything from sticks, stones, flowerpots or shoes) Rules:

- Measure out 5 metres and mark both ends.
- You have to run between the 2 markers for 1 minute.
- Every time you get back to the starting point you score one point.

#### Activity 2 - Standing Long Jump

Equipment: A tape measure, a marker (e.g. a stone or a stick) Rules:

- You have to jump with both feet together as far as you can.
- Mark where you land, read how far you jumped and record your score.
- You have 3 attempts.

#### Activity 3 - Speed Bounce

Equipment: A stopwatch, something to jump over such as a stick, a skipping rope, a rolled up towel. Rules:

- Lay your object on the ground and stand next to it.
- You then have 30 seconds to jump, with your feet together, side to side over the object.

#### Activity 4: - Balance on One Leg Equipment: A stopwatch

Rules:

- You have to see how long you can balance on one leg.
- As soon as your leg goes down and you touch the ground the stopwatch stops.

#### Activity 5 - Throw and Catch Equipment: A ball, a stopwatch Rules:

- You have to throw the ball up in the air, to yourself, and catch it.
- You have to see how many catches you can complete in 1 minute.

#### Activity 6 - Target Throw

Equipment: 3 objects to throw such as small balls, a tape measure, something to throw in such as a bucket. Rules:

- Place the target 3 metres away from where you are going to throw.
- Throw the 3 objects into the target.
- You get 1 point for every object in the target.
- You have 3 attempts at this challenge.

#### Activity 7 - Leg Kicks Equipment: A stopwatch Rules:

- Lay on your back with your legs straight.
- You then raise your legs one at a time, one after each other.
- You have 1 minute to see how many you can do.

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4. See 'I Spy and Count' sheet and checklist and complete.

5. Complete 'Olympic Reading Comprehension' - choose the level that you feel happy with.

6. See 'Make your own Olympic torch' and complete

7. Research Greek music and musical instruments - can you make a Greek instrument using items from your house? (see images for inspiration) link provided for simple instructions:

<https://www.theclassroom.com/make-greek-musical-instruments-5001952.html>



Take photos of the making process if you can! Can you evaluate your musical instrument? What went well when you were making it? What would you do differently next time?

8. Research Greek food. What do people living in Greece like to eat today? Can you research Greek recipes and make something delicious? Maybe a Greek salad or a Greek yoghurt cake? If you don't want to make anything, you could draw and label some different dishes.

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9. Take a look at the Greek alphabet. What do you think of this? Can you say any of the letters? You could practise writing some just for fun.



10. Try to keep up with your reading at home. If you have read your school books you can read your school library book and any other books you have at home. You will still get points for the reading ladder. You could also practise reading the high frequency words at the front of your reading record book.

I look forward to seeing your lovely work. See you soon! Mrs Milne 😊