

YOU ARE HERE
ATHENS

Athens
hosted the
Games in **1896**
(the first modern
Olympics)
and **2004**.

SECOND STOP
ATHENS

Which **country** is Athens in?



ATHENS ACTIVITY 1 SPORT FOR ALL

Take part in an equestrian event – without a horse!

Only men took part in the ancient Olympics. Today, men and women take part in the Olympic and Paralympic Games. In most sports, they take part separately from each other. Equestrian – horse riding – is an Olympic and Paralympic sport where men and women take part together.

1. Put small obstacles on the ground, e.g. cones, mini hurdles, cushions, plant pots.
2. Spread them out to make space between them.
3. Pretend you are riding a horse. Walk around the course and jump over the obstacles. Zig zag between markers if you can't jump over them.
4. Can you control your landing?
5. Try again but jog between the obstacles before you jump or zig zag.
6. See if you can get faster but still have control.

You have travelled **2,097 km** from Paris to Athens.



ATHENS ACTIVITY 2

AT HOME IN OLYMPIA

Learn which names are Greek or Roman.

The first Olympic Games were held in Ancient Greece. They included ceremonies for Zeus, king of the Greek gods. The Romans copied the Greek gods but gave them new names.

Adults:
Find out more
about Ancient
Greece at:
[bbc.co.uk/bitesize/
topics/z87tn39](http://bbc.co.uk/bitesize/topics/z87tn39)

1. Make Greek and Roman signs and stick them to opposite walls.
2. Ask an adult to read out the name of a god or goddess.
3. Before they tell you, can you guess if it is Greek or Roman?
4. When the adult tells you the answer, run to the correct sign and shout out the name of the god or goddess. That will help you to remember.
5. Now try it again – but this time run to the correct sign before the adult tells you the answer. Did you get it right?



GREEK

Athena – goddess of wisdom

Poseidon – god of the sea

Nike – goddess of victory



ROMAN

Mars – god of war

Venus – goddess of beauty

Vulcan – god of fire

ATHENS ACTIVITY 3

MUSICAL STATUES

Become a statue!

Athens is famous for its ancient monuments and statues. They include statues of gods and goddesses, warriors and sportspeople – as well as people doing everyday tasks.

1. Think about the shapes you can make.
2. Dance to some music. When the music stops, make a statue.
3. Hold it for 5 seconds. Is your statue completely still?
4. Repeat the game. How many different statues can you make?

