

YOU ARE HERE  
**ATHENS**

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

SECOND STOP  
**ATHENS**

Which **country** is **Athens** in?

Which **continent** is it on?

## **ATHENS ACTIVITY 1** **SPORT FOR ALL**

Create a sports event that everyone can take part in equally.

Only men competed in the ancient Olympics. Women held their own festival. Today, both men and women compete at the Olympic and Paralympic Games. For most sports they compete separately, however in equestrian events men and women take part together.

See if you can create your own sports event which can be played by everyone equally: *girls and boys, disabled and non-disabled people*. Think of a game that already exists and then choose one of the following: adapt the rules, e.g. *some people start or finish in a different place*. Adjust the scores, e.g. *different points for different abilities*. Change the equipment, e.g. *heavier/lighter, bigger/smaller*.

Write up your activity as a Tokyo Ten. Use the My Workout template at: [getset.co.uk/tokyo-home-activity](https://getset.co.uk/tokyo-home-activity)



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



## ATHENS ACTIVITY 2

# AT HOME IN OLYMPIA

Greek or Roman? Decide which god or goddess is which.

The first Olympic games were held in Ancient Greece in honour of Zeus, the king of the ancient Greek gods. Romans based their gods on the Greek gods.

Create symbols like these and stick them on separate sides of your space. Decide if it is Greek or Roman and run to the matching sign. Were you right?

GREEK



Read out the names of the gods and goddesses.

ROMAN



**Athena** – goddess of wisdom

**Mars** – god of war

**Poseidon** – god of the sea

**Hades** – god of the underworld

**Venus** – goddess of beauty

**Artemis** – goddess of hunting

**Vulcan** – god of fire

**Nike** – goddess of victory

## ATHENS ACTIVITY 3

# STATUESQUE

Use your body to make artistic statues.

Each player writes one adjective and one adverb on separate pieces of paper. Put them in separate piles – face down. Play musical statues – with a twist! Before you play the music, pick a card from the adverb pile and read it out. Players must dance in the style of the adverb, e.g. energetically. While you dance, pick a card from the adjective pile and read it out. When the music stops, players must make a statue to match, e.g. *graceful*.

You will need music!

**ADVERBS**  
CAREFULLY  
GRUMPILY  
EXCITEDLY

**ADJECTIVES**  
DAINTY  
CRUEL  
SECRETIVE

The most famous monument in Greece is the Parthenon – an ancient temple decorated with marble statues.

