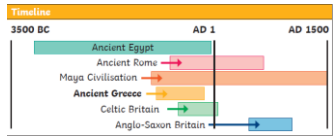


Knowledge Organiser: Healthy Hearts

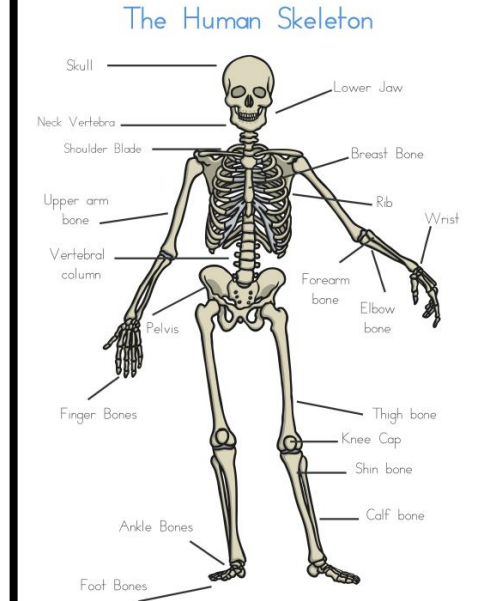
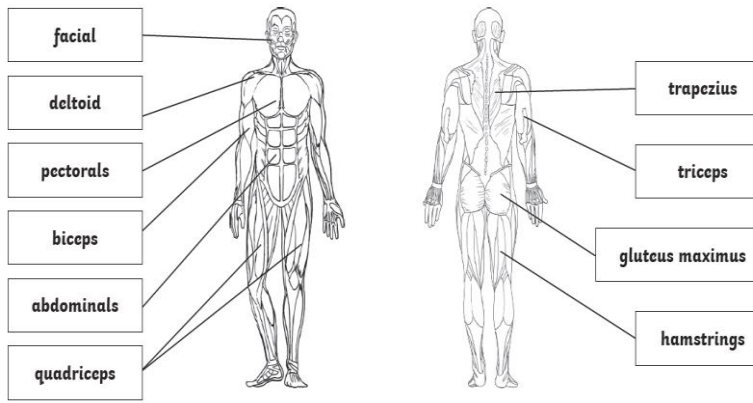


Greek Gods and Goddesses

- The **ancient** Greeks believed in many different gods and goddesses. Each god/goddess represented a certain aspect of humanity and each was responsible for certain parts of life too.
- Festivals were held to celebrate the gods and goddesses.
- Animal sacrifice was an important part of **ancient** Greek worship.
- It is believed that the 12 most powerful gods lived on Mount Olympus.
- The **ancient** Greek gods and goddesses were included in many of the myths that the **ancient** Greeks told one another.
- Zeus was the most powerful of all the gods. He was god of the sky and the king of Mount Olympus.

Greek Alphabet

Α Alpha	Β Beta	Γ Gamma	Δ Delta
Ε Epsilon	Ζ Zeta	Η Eta	Θ Theta
Ι Iota	Κ Kappa	Λ Lambda	Μ Mu
Ν Nu	Ξ Xi	Ο Omicron	Π Pi
Ρ Rho	Σ Sigma	Τ Tau	Υ Upsilon
Φ Phi	Χ Chi	Ψ Psi	Ω Omega



Key Vocabulary

ancient	Something from a very long time ago.
civilisation	In this context, the word ' civilisation ' is used to describe a human society with well-developed rules and government, often where technology and the arts are considered important.
city states	Small areas that ancient Greece was divided into, each with their own governments, laws and army.
empire	A group of countries or states that is ruled by one ruler or country.
legacies	Things that live on after someone dies or after a civilisation or event ends.
democracy	Democracy is a system where the citizens of a country or state are involved in the way it is run.

Ancient Greek Gods



The Olympic Games

- The first recorded Games was in 776 BC, in Olympia.
- The event was part of a festival to honour the Greek god, Zeus.
- Women were not allowed to compete in the Olympics. This was because **ancient** Greek women were not treated as equals to men and had fewer freedoms.
- Events included boxing, wrestling, running and chariot racing.
- Some of the evidence about the Games comes from paintings discovered on pottery.

Ancient Greece

- 700BC**: Homer writes the *Iliad* and *Odyssey*.
- 650BC**: The tyrant Xerxes takes over the city state of Corinth. When Xerxes dies, his son Perseus takes over the role.
- 500BC**: The 'Classical Period' starts. There is a lot of interest in art, imagination and buildings.
- 472BC**: Greek theatres became popular in Athens. The entertainment included music, juggling and plays.
- 432BC**: Pericles is elected in Athens. The temple is built to house a statue of Athena, the goddess of war, wisdom and the arts.
- 460BC**: Hippocrates, the 'father of modern medicine' is born in Asia. His ideas on the human body and medicine are still used and recognised today.
- 338BC**: Alexander the Great takes over rule of Greece, and 20 years after the death of his father King Philip II.
- 336BC**: Alexander the Great takes over rule of Greece, and 20 years after the death of his father King Philip II.
- 146BC**: Rome conquers the Carthaginians at the Battle of Carthage and Greece falls under the rule of the Roman Empire.
- 776BC**: The first Olympic games. The games are then held every 4 years in honour of the god Zeus (father of the Olympians or Mount Olympus). The games included wrestling, javelin, jumping and chariot racing.
- 508BC**: The citizens of Athens are given a chance to vote in order to decide how things should be run. This is called democracy and is thought to be one of the greatest ideas.