

Class 9 - Physical Education and Well Being

Khel Praveen

The Ancient Olympic Games

CBSE NOTES

The Ancient Olympic Games - Revision Guide

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1. Origin of the Olympic Games.

The first Olympic Games were held in 776 BCE at Olympia to honor Zeus, showcasing athletic excellence.

2. Significance of Olympia.

Olympia, a sacred valley, hosted the Games and was surrounded by hills and olive trees, symbolizing heritage.

3. Concept of arête.

Arête means excellence in character and was a core value, reflecting the harmony of body and mind.

4. Role of the Hellanodikai.

The Hellanodikai, or Judges of the Greeks, managed the Games, ensuring fairness and adherence to rules.

5. Oath of athletes.

Prior to competing, athletes swore an oath at Zeus' statue, emphasizing honesty and sportsmanship.

6. Duration and frequency of Games.

The Games occurred every four years, lasting five days, promoting a cycle of athletic competition.



7. First recorded event: stadion race.

The stadion race, a sprint of about 192 meters, was the inaugural event showcasing speed and endurance.

8. Pentathlon events.

The pentathlon included five disciplines: running, long jump, discus, javelin, and wrestling, testing all-around skill.

9. Wrestling and boxing.

These sports tested strength and technique, being popular events, showcasing physical combat skills.

10. Athletic nudity.

Competing nude was seen as celebrating the beauty of the human form, representing cultural values.

11. Cultural significance of the Games.

The Olympics were artistic festivals with poets and artists contributing to a rich cultural environment.

12. Winning prize: the kotinos.

Victors received a kotinos, an olive wreath, representing honour, unlike modern monetary rewards.



13. Celebration of winners.

Victors were celebrated with public honors, songs, and sometimes lifetime provisions by their city-states.

14. Olympic ideals.

Values like respect, fairness, and self-control remain central to both ancient and modern Olympic philosophies.

15. The Olympic Truce.

Conflicts paused during the Games, demonstrating how sports fostered peace among warring city-states.

16. Role of women in Olympics.

Women competed in the Heraean Games, promoting athleticism among females, showcasing women's athletic value.

17. Influence of Pindar's poetry.

Poet Pindar highlighted the importance of moral strength and courage in his odes to Olympic winners.



18. Decline of the Games.

The Games declined after Roman influence and were banned in 393 CE, marking the end of the ancient tradition.

19. Revival of modern Olympics.

Pierre de Coubertin inspired the modern Olympic Games in 1896, reviving the spirit of ancient competitions.

20. Historical rediscovery of Olympia.

Archaeological discoveries in the 18th century revitalized interest in the ancient Olympic site and its legacy.

21. Cultural unity through the Games.

The Olympic Games fostered a sense of shared Greek identity and cultural unity, transcending regional differences.



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