

Answers - City States:

1. Everything they did, they considered how it would affect them in war
2. Formidable
3. It or they were chosen by a vote
4. Deserted
5. e.g. He probably didn't exist

S: Athens preferred to fight at sea, but they also gave value to art and education

R: Corinth

I: They regularly changed sides in battles

R: Xerxes I

I: They cared more about their city than they did their country

Answers - Democracy:

1. Cleisthenes
2. 507 BCE
3. Dikasteria
4. 150,000
5. Male citizens over the age of 18

S: A democratic leader is chosen by the people, a king is chosen because he is born into the family

V: Wronged

V: Most people voted for it

I: There were still large numbers of people who couldn't vote

Answers - Influence:

1. Eratosthenes
2. 700,000
3. Archimedes
4. Hippocrates
5. Egypt

S: Any ships that docked in the city had to hand over any scrolls or books they had on board to be copied for the library

V: Accidentally

V: The distance around the Earth at its widest point

I: Hippocrates insisted that doctors follow certain rules to make sure they helped their patients

V: Principles or beliefs that guide how a person acts in a situation

Answers - Olympics:

1. Zeus
2. Oxen
3. 32
4. 1960
5. Kyniska of Sparta

S: Ancient athletes were only paid if they won and were often left in poverty if they didn't.

V: Rewarded (them) handsomely

V: Triumphant / winning / successful

S: The modern games are held in different cities each time, the ancient games were always held in Olympia

I: They had to train for most of the year

Answers - Sparta:

1. They loved fighting in wars
2. Military
3. Philosophy
4. Impenetrable
5. Come back a winner or dead. Don't come back alive but a loser.

S: They were educated and allowed to do as they pleased

R: Athens

R: 7

I: The saying / they were trained not to show pain or fear and hid any wounds

R: The Roman Empire

City States

Ancient Greece wasn't ruled by one leader; instead, there were several city-states that had their own rulers and often went to war against each other. At the Ancient Olympic Games, these states would compete against each other in sporting events for pride and wealth. They all had their own cultures and beliefs and viewed the world in their own way. There were around 1000 different city-states in total, but some were more powerful and more important than others.

Sparta

Spartans saw the world through the lens of war. They trained their boys to be fighters from the age of seven and would rather fight than talk. They fought many wars against the other states, particularly Athens, and went to war with Persia for many years. They were much less interested in art, philosophy and music. Sparta was ruled by two kings and a group of politicians called elders.

Athens

The most important city-state in Greece, Athens, was home to art and education. Whereas Sparta had a strong army, Athens had a formidable navy that gave them strength on the ocean. Unlike Sparta, Athens had an elected government. This was the first democracy in the world. Every male citizen over the age of 18 was allowed to vote to choose who ruled the state.

Corinth

The Corinthians made their money from trade. It was located on the coast and had two ports where traders from around the world could buy and sell goods. It was the most wealthy state in Greece and even had its own currency that traders had to use. This meant that they could control the exchange rate, making them even richer. They weren't big fans of fighting, preferring to buy their way out of trouble, but they did support Athens in its war against Sparta. Corinth was ruled by a single king.



Argos

Argos was one of the first city-states to form in Ancient Greece, but it remained small for a while. It soon developed its own system of currency and measures that were adopted across most of the rest of Greece. The shopping chain Argos was named after this city-state.

Thebes

Like Sparta, Thebes valued its army. They were often drawn to whichever army was winning in a war, so they were known for changing sides. They fought alongside both the Spartans and Athenians during their war, depending on which was winning at the time. During the Greek war against Persia, Thebes fought alongside the Spartans against the Persian King Xerxes I. However, once the Persians began to gain a foothold in Greece, they deserted and fought alongside Xerxes. Many famous Greek mythological characters, such as Hercules, were born in Thebes.

Ancient Greek citizens didn't consider themselves to be Greek. Instead, they thought of themselves as Spartan, Athenian etc. Their city-state was far more important to them than their country.

VOCABULARY FOCUS

1. What does the phrase "saw the world through the lens of war" mean to you?
2. Find and copy a word that tells you how strong the Athenian navy was.
3. If something is "elected", what does it mean?
4. Find and copy a word that describes somebody leaving the people they are fighting alongside.
5. What does the word "mythical" tell you about Hercules?

VIPERS QUESTIONS

S

How was Athens' attitude to war different to Sparta's?

R

Which state was the wealthiest?

I

Why might people think that Thebes was a dishonourable city?

R

Who ruled the Persians when they fought the Spartans?

I

Why might it have been hard to get soldiers to fight for a larger Greek army than it was to get them to fight for their city's army?



Democracy

In many modern countries, the government is “democratic”. That means that the government is selected by the people in the country that it will rule over. This hasn’t always been the case; it was the Ancient Greeks who first came up with the idea of such a system.

In 507 BCE, a man named Cleisthenes put together a system to rule the state of Athens in Ancient Greece. He called it *demokratia*, which means “rule by the people”. His idea was that the people should decide who governed them. This was different to other systems that had kings, pharaohs or emperors ruling. These leaders weren’t selected by the people at all.

The first democratic system had three different layers to it. There would be a group that made all of the laws and decided how to deal with the other city-states. This was called the *ekklesia*. Another group would be made up of people from each of the tribes in Athens, called the *boule*. The final group would be called the *dikasteria*. This group would hold courts where people could argue their case if they broke the law or if they felt that they had been wronged by somebody else. They were the first courts to use jurors selected at random by a lottery system.

Cleisthenes’s system only lasted for two hundred years, but it was the foundation for Ancient Greece’s democratic system that shaped the rest of the world.

Part of the idea behind these early democracies was the thought that everybody should have a say in how the state was run. For a long time, rich politicians and royals had decided everything without any input from the rest of the people. Cleisthenes wanted to change that. It was a good idea, but it was still flawed.

By the time democracy had really taken hold, Athens was the largest and most important city in Ancient Greece. There were around 100,000 citizens, 10,000 foreigners and 150,000 slaves living there. However, foreigners and slaves weren’t allowed to vote. Out of the citizens, only men aged over 18 were allowed a vote. That meant that out of around 260,000 people, only about 40,000 could vote; hardly any at all.

Despite the limitations, those 40,000 were allowed a big say in the running of the



states. The ekklesia met nearly every week, and each one of the 40,000 was allowed to attend if they wanted to. They discussed things such as trade deals, laws and whether to go to war, and everybody had the chance to speak if they wished to. Final decisions were made by taking a vote, with the majority winning.

Modern democracy owes a lot to these Ancient Greek systems. It took a long time for modern countries to reach the point where we are now; women weren't allowed to vote in the UK until 1918, and then only if they were over 30. They weren't treated equally until 1928. At the point, people could only vote if they were over 21. That was changed to 18 in 1969.

RETRIEVAL FOCUS

1. Who came up with the idea of the first democracy?
2. When did he develop it?
3. Which group in the Greek democratic system acted like a court?
4. How many slaves lived in Athens at its height?
5. Who were allowed to vote?

VIPERS QUESTIONS

S

What is the difference between a democracy and a king ruling a country?

V

Find a single word in the text that means "treated poorly".

V

What is a "majority" in a vote?

I

Why might the Greek system still not have been considered fair?

Influence

The Ancient Greeks were one of the most influential ancient civilisations. They introduced ideas that are still in use today or that impact the way that the modern-day world works.

Libraries

Philosophy and the written word were very important in most Greek city-states. Between 285 and 246 BCE, Ancient Egypt was ruled by the pharaoh Ptolemy II but was actually governed by Greece after being invaded. During Ptolemy II's reign, an enormous library was built in the Egyptian city of Alexandria. It became the first library ever built and remained one of the largest in the world until it was accidentally burned down by Julius Caesar in 48 BCE. It was quickly rebuilt and has remained ever since.

It wasn't just Greek literature and scientific knowledge that was stored there. Any time a ship docked in Alexandria harbour, any scrolls were copied and placed there. This meant that it quickly became a font of the world's knowledge. At its height, it contained over 700,000 scrolls and was the place where many important scientific discoveries took place.

Science and Mathematics

In Ancient Greece, scientists were often also mathematicians and philosophers. This meant that they talked about and discovered a wide range of things. Eratosthenes was interested in maths, geography and astronomy. He was the first person ever to calculate the circumference of the world - it's perhaps no surprise that he did it whilst working in the Library of Alexandria, where he became the chief librarian. He also worked out the angle that the Earth is tilted. These discoveries allowed future scientists to calculate some of the most important workings of our universe.

Archimedes was another famous Greek mathematician. He invented many mathematical theories, including ones to calculate the area of a circle and a sphere. He was the first person to work out the value of "pi".

Another Greek, named Aristarchus of Samos, came up with the idea that the Sun is at the centre of our galaxy, with the Earth orbiting it once a year. He also worked out that



the Earth rotates once a day and figured out which order the planets were in. He was also the first person to realise that stars were other suns in far-off galaxies.

Medicine

Before the Ancient Greeks, medicine was a dangerous game. Different healers had their own ideas of what worked, and any treatment was often as dangerous as the illness itself. The Greeks were the first to invent a system of ethics. This involved first diagnosing what was wrong, predicting what would happen next, and then treating the patient according to a certain standard. A man named Hippocrates is credited with most of these advancements. He was the first person to suggest that illnesses had a cause rather than being inflicted by the gods. Doctors today make a promise not to harm their patients and to follow certain rules. This is called the Hippocratic oath, named after Hippocrates.

RETRIEVAL FOCUS

1. Who became the chief librarian at the Library of Alexandria?
2. How many scrolls did the library contain?
3. Who calculated the area of a circle?
4. Which Ancient Greek is still influencing medicine today?
5. Where in the world is Alexandria?

VIPERS QUESTIONS

S

How did the Library of Alexandria increase how many books and scrolls it contained?

V

Which word tells you that Caesar didn't mean to burn down the library?

V

What is the "circumference of the Earth"?

I

Why might medical care have improved during the Ancient Greek period?

V

What are "ethics"?



Olympics

The first Olympic Games took place in 776 BCE to honour the Greek god Zeus. He lived on Mount Olympus, although the games didn't take place near the mountain. Instead, they were held in Olympia near the coast. Since then, the Olympic Games have changed a lot. However, there are some traditions that have remained.

Modern Olympic Games

Held every four years.

There are roughly 32 events in each modern Olympic Games. These demonstrate a variety of skills, including track and field, shooting, and team and racket sports.

With the introduction of the Paralympics in 1960, both able-bodied and disabled athletes can now compete in their favoured sports.

Both men and women compete at the modern Olympics.

Modern Olympic Games make lots of money through advertising and sponsorship deals. Athletes are sponsored by companies to promote their products and can make a good living this way. At his peak, Usain Bolt was reportedly earning \$10 million a year from a single sponsor.

Ancient Olympics Games

Occurring every four years between 776 BCE and 385 CE, they were then only held at important events hosted by the Ancient Romans.

At first, there was only one event - a short race over 190 metres. This distance was called a "stade" and is where we get the word "stadium" from. When the games were extended from one day to five, 17 other events were added. These included chariot racing, wrestling and boxing.

Only athletic men were allowed to compete in the Ancient Games.

Women were allowed to own chariots, and so the first ever female Olympian was Kyniska of Sparta. Her chariot won the race in 396 and 392 BCE. Unfortunately, she didn't see it, as women weren't allowed into the stadium.

Athletes in the Ancient Olympics were sponsored as well. Major cities paid their athletes to train hard and rewarded them handsomely if they were victorious. If they weren't, then they were often left in poverty or beaten. Athletes were expected to train for 11 months before the games, so they didn't have time for another job.



Food and drink are an important part of the spectator experience. Major companies sponsor the Olympic Games so that they can be the only ones selling a specific product.

Food and drink were sold in enormous quantities at the Ancient Games. Markets popped up everywhere, and there was even merchandise to be bought. Halfway through the games, a hundred oxen were slaughtered in honour of Zeus. They were cooked and handed out to guests.

Modern Olympic Games are held in different cities around the world. Each host city is awarded by the International Olympic Committee.

All of the Ancient Games were held in Olympia. There were other important athletic games held around Greece, but the Olympics was one of the most important.

RETRIEVAL FOCUS

1. Which god was honoured in the Ancient Games?
2. What did they sacrifice halfway through the games?
3. How many events are in the modern Olympic Games?
4. When were the first Paralympic Games?
5. Who was the first female Olympian?

VIPERS QUESTIONS

S

How was sponsorship different in the Ancient Games?

V

Find and copy a phrase that means ancient athletes were given lots of prizes if they won?

V

Write a synonym for “victorious”.

S

How is the location of modern games different to ancient games?

I

Why might ancient athletes have struggled to hold down another job?

Sparta

Ancient Greece was divided into independent city-states that ruled themselves. They might join together to fight off foreign invaders, but they also fought amongst themselves for power and land. One of the most feared of all was the state of Sparta. There is probably more mythology around the Spartans than any other Greek state, some of which is probably true and some of which is a bit more difficult to believe.

One thing that we do know for sure is that the Spartans were fiercely warlike. They were trained from a very young age to be fit and healthy. Boys were trained for war, but their girls were also taught how to be strong and fierce. They didn't often go off to battle, but they were needed to keep the city going when their husbands and sons did. Unlike most other states, Spartan women were given a good education and were free to do as they pleased around the city.

For boys, life was a lot tougher. They were sent to military school from the age of seven. At the Agoge, they were taught how to read and write, but also how to fight with many different weapons and in lots of different styles. The Spartan army was the strongest in Greece, and they kept it that way by treating their young boys as soldiers. The children weren't given much food to get them used to life in battle. They were often beaten and forced to fight each other to get stronger and to beat any emotions out of them.

War was the main focus of Spartan culture. They didn't study art or philosophy like the other states; they focused all of their attention on fighting. Their army was formidable and well-trained. They used various techniques to defeat their enemy, including something called the Phalanx. To do this, soldiers lined up next to each other and in rows. They used their shields (their most prized possession) to create an impenetrable wall around them all. They then used their spears to stab outwards. This was so effective that they regularly defeated much larger armies. Stories spread quickly, and many other armies were scared before they even fought the Spartans.

Spartan warriors carried a short sword, a spear and a shield with them. Their uniforms were made of red fabric. This is believed to have been to hide any blood if they were



wounded, making them seem invincible to their enemies. They were trained not to show any pain or fear, so they played up to this idea! It was a great dishonour to lose your shield in battle; this led to the famous Spartan saying: “Come back with your shield, or on it”. This refers to the tradition of carrying dead soldiers back home on their own shields. It was supposed to be what Spartan wives and mothers said to their men as they left.

The state of Sparta was formed somewhere around 650 BCE and fought many famous battles against Athens and the Persians. Sparta fought against Athens between 431 and 404 BCE before finally claiming victory. It was eventually defeated by the Roman Empire in 146 BCE.

VOCABULARY FOCUS

1. What impression do you get of the Spartans from the phrase “fiercely warlike”?
2. Which word is closely linked to the army?

Philosophy

Military

Culture

3. Which word in the text describes the act of thinking about difficult problems and how to solve them?
4. Find and copy a word that describes something that nothing can get through.
5. What do you think the famous Spartan saying, given in the text, meant?

VIPERS QUESTIONS

S

How were Spartan women treated differently to women in other city-states?

R

Who did the Spartans fight against for a long time?

R

How old were Spartan boys when they were sent away to school?

I

What evidence is there that Spartans considered it honourable to die in battle?

R

Which Empire eventually defeated Sparta?