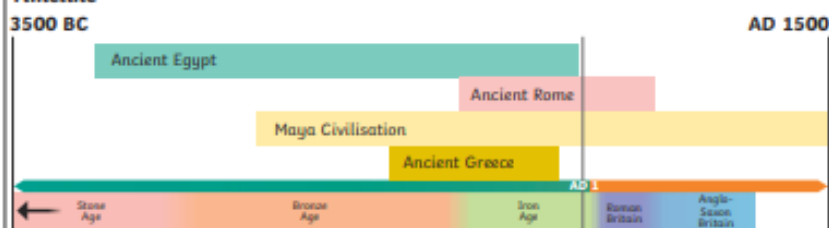


Ancient Greece

Key Vocabulary

ancient	Something from a very long time ago.
civilisation	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 are ruled by one ruler or country.
legacies	Things that exist after someone dies or after a civilisation or event ends.
democracy	A system where the citizens of a country or state are involved in the way it is run.
myth	A story from ancient times about something that happened long ago that some people believed to be true.

Timeline



Ancient Greek City States

Ancient Greece was not a country. It was made up of **city states**. There were often battles between these **city states** but sometimes they would join together to defend themselves from a common enemy. Important **city states** of **ancient** Greece included Athens, Corinth and Sparta.



Alexander the Great's Empire

Independent **city states** existed for most of the **ancient** Greek period. However, towards the end of this period, King Philip II of Macedonia ruled over all of **ancient** Greece. Following his death, his son, Alexander the Great, took over the **empire** along with other lands that he conquered. After Alexander the Great died, the Romans slowly took over parts of the **empire**.

Enslaved People in Ancient Greece

There were many enslaved people in **ancient** Greece. They made many objects and goods to be sold.

Many **ancient** Greek pots that survive today would have been made by enslaved people.

Historical Skills Vocabulary

primary source	Information and objects that come from the time being studied.
secondary source	Interpretations of information and objects which are produced after the time being studied.

The Olympics

The Olympics were first held in **ancient** Greece in 776 BC. This is one of the **legacies** of **ancient** Greece.

Events included boxing, wrestling, running and chariot racing.

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.

The idea for the marathon also originates from this time.



Ancient 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.
- It is believed that the 12 most powerful gods lived on Mount Olympus.
- Zeus was the most powerful of all the gods. He was god of the sky and the king of Mount Olympus.



Myths

The Trojan War is a very famous **ancient** Greek **myth**.



- Many people believe that it is a **myth** but that there is some historical truth behind it.
- The Trojan War was between the Greek and the Trojan Armies.
- In the story, the Greeks pretended to surrender, leaving a gift of a giant horse for the Trojans. The gift was brought inside the city walls. During the night, Greek soldiers hiding inside the horse let the Greek army inside Troy's walls and the city was destroyed.

The Spartans and the Athenians

Much of what we see of the Spartans on television and in films is based on **myth** and does not present the Spartans accurately. The Spartans were known for their strong army and ability to fight. In childhood, boys were trained to be warriors. Girls were taught academic subjects and how to fight. The Athenians were known for their cultural developments and learning. Girls did not go to school but many were taught how to look after the home and family.



Democracy

Ancient Athens is where **democracy** began in around 508 BC. Listening to the opinions of other people and debating issues was an important part of this system. After debating issues, the **ancient** Athenians would vote. At that time, the only people allowed to take part in **democracy** were adult males who were citizens of Athens. The **legacy** of **democracy** still exists today in many parts of the world.

Key Vocabulary		Nutrient	Found in... (examples)	What it does/they do
healthy	in a good physical and mental condition	carbohydrates		provide energy
nutrients	substances that living things need to stay alive and healthy	protein		helps growth and repair
energy	strength to be able to move and grow	fibre		helps you to digest the food that you have eaten
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts	fats		provide energy
unsaturated fats	fats that give you energy, vitamins and minerals	vitamins		keep you healthy
<ul style="list-style-type: none"> Living things need food to grow and to be strong and healthy. Plants can make their own food, but animals cannot. To stay healthy, humans need to exercise, eat a healthy diet and be hygienic. Animals, including humans, need food, water and air to stay alive. 		minerals		keep you healthy
		water		moves nutrients around your body and helps to get rid of waste

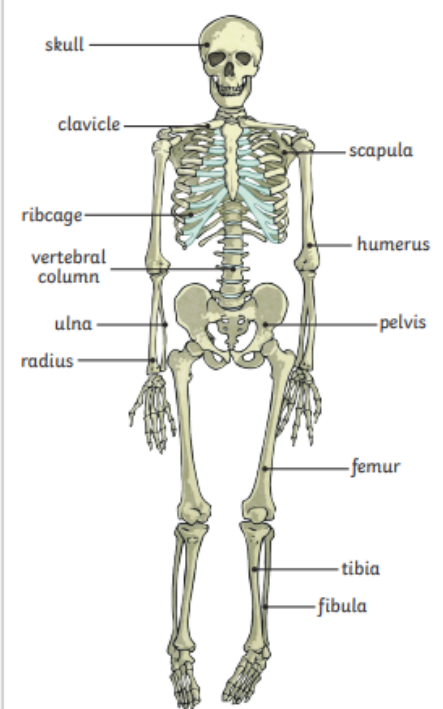
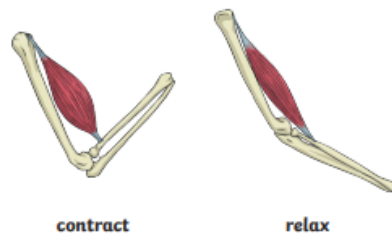
Key Vocabulary

vertebrate	animals with backbones
invertebrate	animals without backbones
muscles	soft tissues in the body that contract and relax to cause movement
tendons	cords that join muscles to bones
joints	areas where two or more bones are fitted together

Skeletons do three important jobs:

- protect organs inside the body;
- allow movement;
- support the body and stop it from falling on the floor.

Skeletal **muscles** work in pairs to move the bones they are attached to by taking turns to contract (get shorter) and relax (get longer).



vertebrate

endoskeleton – a skeleton on the inside of the body that supports and protects it



invertebrate

exoskeleton – a skeleton on the outside of the body that supports and protects it



hydrostatic skeleton – a skeleton made up of a fluid-filled compartment in the body called a coelom, mainly found in soft-bodied animals

