

The Olympics

The first Ancient Olympic Games can be traced back to 776BC at Olympia in Greece. These were dedicated to gods that the Ancient Greeks believed in, in particular to Zeus, the king of the gods.

It started off as a one-day event until 684 BC which contained only one event: running. Over the years, more events were included such as boxing and chariot racing so that it was extended to three and then five days in 5BC.



Discus-throwing was part of a pentathlon in the ancient Olympic Games.

Pente means five in Greek and **-athlon** means competition. A pentathlon also included long jump, javelin throwing, running and wrestling.

The winner was crowned with an olive wreath at the awards ceremony at the temple of Zeus.