

UKS2 – Lesson Plan 2 – History

How did people in the past keep fit and stay strong?

Aim: To explore historical methods of fitness and physical training, with a focus on Ancient Greek Olympic sports, and to compare them with modern-day physical education.	Key Words: • Olympics, ancient, chariot, discus, javelin, wrestling, tradition, legacy, competition, training, ceremony	Preparation: • Images of Ancient Greek Olympic Games (events, clothing, stadiums) • Cones, beanbags, skipping ropes, hula hoops (for adapted events) • Mini whiteboards or clipboards for reflection • Timeline of sporting history (optional) • Video clip or slides about Ancient Olympics
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Prior Learning: Children should have some background on Ancient Greece, including daily life, traditions, and the role of the Olympic Games in society. They should be familiar with basic athletic activities.

WC / PT	<u>Warm-up:</u> “Ancient Athlete’s Parade” Play Olympic fanfare or traditional music as children walk proudly in a circle, waving imaginary flags as ‘athletes from ancient city-states’. Briefly introduce the historical setting of the Olympic Games.	0-5 mins
WC	<u>Main Teach:</u> 1. Explore the origins of the Olympic Games in Ancient Greece: • Where? (Olympia) • When? (first held in 776 BC) • Who? (only free Greek men could compete) • Why? (honour Zeus, show strength, bring peace) 2. Compare with modern Olympics: • Events (some the same, some very different) • Athletes (diverse and global today) • Equipment and training 3. Introduce the PE link: try some Olympic-inspired events adapted for school.	5-10 mins

I / S	<u>Activity:</u> “Mini Ancient Olympics” Children rotate through fun, simplified versions of historical events: • Discus throw (use frisbees) • Javelin (use foam javelins or straws) • Chariot racing (relay races with cones) • Wrestling (non-contact version: tug of war or balance games) • Foot race (sprint or endurance lap) Encourage a sense of friendly competition but with a strong emphasis on teamwork and respect — mirroring the spirit of the games.	10-30 mins
I	<u>Extension Challenge:</u> Children create a comparison chart or Venn diagram between Ancient and Modern Olympic Games. Alternatively, they could design a poster for the Ancient Olympics, including rules and events, as if they were advertising the games.	30-35 mins
WC	<u>Plenary:</u> Discuss: • What did we learn about the Ancient Olympics? • Why did people compete? • How are today’s sports shaped by the past? Finish with a brief “Olympic-style” medal ceremony (stickers or praise only) celebrating participation, not just winners.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Diary Entry Children write a diary entry from the perspective of an Ancient Greek athlete, describing their training, feelings before the games, and what it was like to compete. Encourage use of historical vocabulary (e.g. chariot, Zeus, Olympia, honour, glory).
Challenge B	Olympic Pottery Design Children design and decorate their own Ancient Greek-style vase or pottery showing a sporting event, using traditional Greek patterns and black/red figure style. They could draw athletes competing in events like javelin or discus.