

The Outstanding Olympics

11 Do you believe that you have the power needed to compete
21 against men with Heracleian strength? Yes? Well, if I were
30 you, I would apply for this outstanding opportunity to
41 be a part of the Spartan Olympic team and honour Zeus
46 (the King of the Gods).
55 You will have the chance to choose between javelin,
62 discus, jumping, pankration (a combination of boxing
70 and wrestling), chariot racing or running. Strength of
80 mind and body are required for all events but especially
89 the marathon, when you will be required to run
97 bare-footed in memory of Phidippides, who helped win
105 the Battle of Marathon with his epic running.
109 Women need not apply.



Quick Questions



1. What is 'pankration'?



2. Find two words that are synonyms of each other.

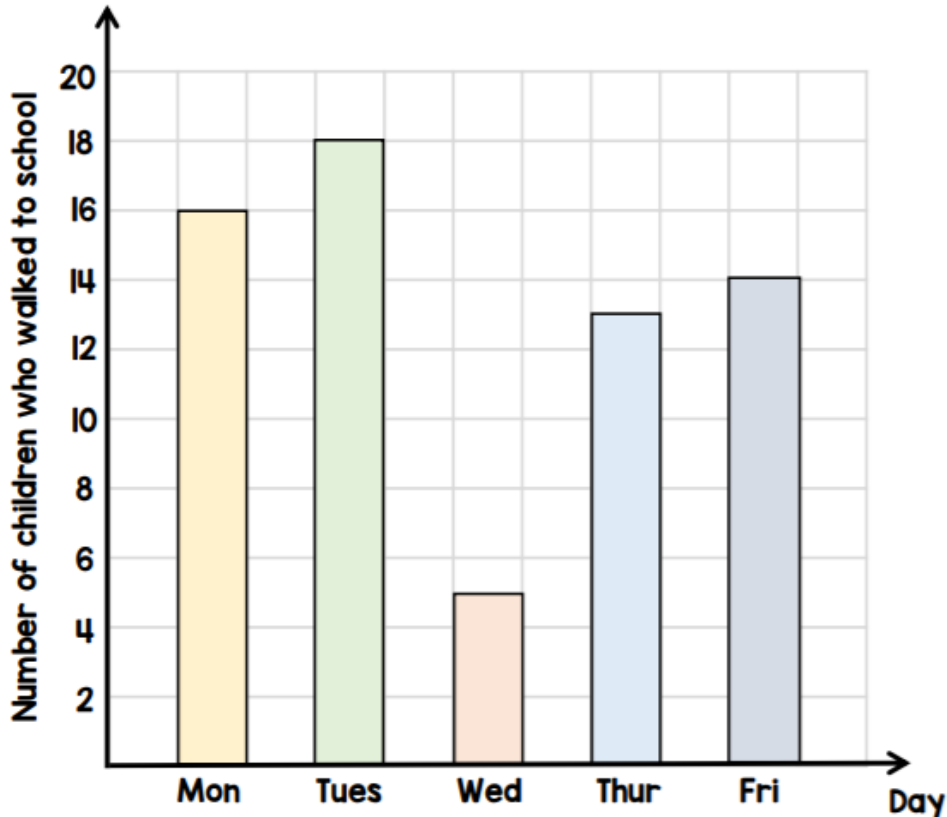


3. Why does the author include a sentence in the subjunctive mood following the initial question?



4. Why do you think the advert ends with the phrase 'Women need not apply'?

- 1** There are 25 children in a class. The bar chart shows the number of children in the class who walk to school each day.



- (a) What percentage of the class walked to school on Thursday?
(b) One of the days it rained. Which day do you think it was? Explain to your friend.

- 2** Order the following numbers. Start with the smallest.

3.1

$\frac{18}{5}$

$3\frac{1}{4}$

1 Workers in a factory make toys.

- On Monday they make 2,350 toys.
- On Tuesday they make 235 more toys than they did on Monday.

By Wednesday they have to make 7,500 toys in total.

How many toys do they need to make on Wednesday to make 7,500 in total?



2



Carrots
£1.80 per kg

How much does 250 g of carrots cost?

3



Parsnips
£2.60 per kg

How much does 300 g of parsnips cost?

The Ancient Greek Olympics

Images on Ancient Greek vases can tell us the types of events in the Ancient Greek Olympics.

Can you look at these images on vases and guess which Olympic event they are representing?

The diagram features a central orange rectangular panel with a black Greek key border. Inside the panel are six circular icons representing different Olympic events:

- Top-left: A silhouette of a runner in mid-stride.
- Top-middle: A silhouette of a discus thrower in the middle of a throw.
- Top-right: A silhouette of a javelin thrower in mid-throw.
- Bottom-left: A silhouette of a boxer in a crouching stance.
- Bottom-middle: A silhouette of two wrestlers in a struggle.
- Bottom-right: A silhouette of a chariot race with a driver and a horse.

Surrounding the panel are six empty rectangular boxes, each with an arrow pointing from a specific icon to it:

- One box is positioned above the panel, with an arrow pointing up from the top edge of the panel.
- One box is to the left of the panel, with an arrow pointing left from the left edge of the panel.
- One box is to the right of the panel, with an arrow pointing right from the right edge of the panel.
- One box is below the panel, with an arrow pointing down from the bottom edge of the panel.
- One box is to the left of the panel, with an arrow pointing left from the bottom-left icon.
- One box is to the right of the panel, with an arrow pointing right from the bottom-right icon.

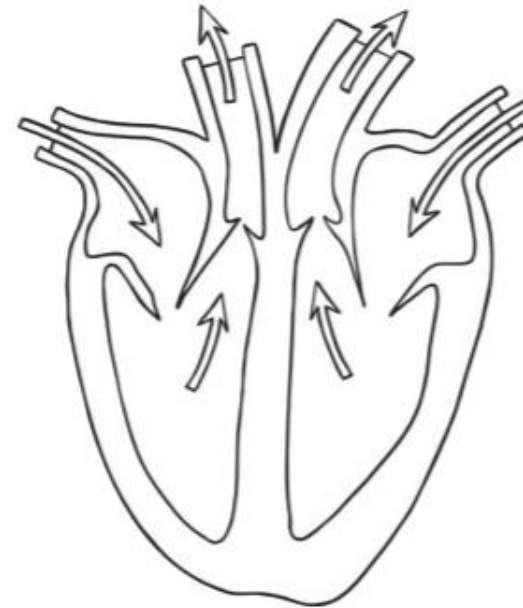
Your Heart

The heart is a muscle in your chest made up of four chambers:

- the right atrium;
- the left atrium;
- the right ventricle;
- the left ventricle.

Your heart is protected by your ribs and pumps blood around your body. This is what happens:

Your blood 'picks up' the oxygen from your lungs and then it travels to your heart. The heart pumps or pushes the blood around your body by using the muscles in its walls. These muscles contract to push the blood around the body. Arteries carry the blood to every part of your body so your muscles and organs can use the food and oxygen to make them work. Veins carry blood back to your heart when all the oxygen has been used so the blood can be pumped back to your lungs again to 'pick up' more oxygen.



Task 1: Complete the following paragraph using the paragraph above to help you.

The heart is a _____ in your chest made up of _____ chambers. The heart is protected by the _____. The heart acts like a _____ pushing blood around the body. This happens because the muscles in the _____ of the heart regularly contract, squeezing out the blood. Blood travels away from the heart in blood vessels called _____ and travels to _____ part of your body. The blood travels through _____ to return to the heart. Blood collects _____ from the lungs then returns to the heart to begin the cycle again.

Task 2: Put a tick or a cross next to each of the following statements to show whether they are good or bad for your heart:

- | | | | |
|---------------------------------|--------------------------|----------------------------|--------------------------|
| 1) Walking to the shops | <input type="checkbox"/> | 6) Sitting and watching TV | <input type="checkbox"/> |
| 2) Eating lots of sweets | <input type="checkbox"/> | 7) Walking the dog | <input type="checkbox"/> |
| 3) Eating fruits and vegetables | <input type="checkbox"/> | 8) Drinking lots of water | <input type="checkbox"/> |
| 4) Playing football | <input type="checkbox"/> | 9) Going for a bike ride | <input type="checkbox"/> |
| 5) Driving to the shops | <input type="checkbox"/> | 10) Playing computer games | <input type="checkbox"/> |

Art

Can you try to research Greek mythical beasts on the internet? Safe search engine- <https://www.alarms.org/kidrex/>
Now you have looked at some mythical beasts can you design your own?

Why did the Greeks have so many weird mixed-up monster and wonderful animals - like Pegasus the flying horse?



Create your own
mythical beast.

Does it have wings?

How many eyes
does it have?

Is it a combination
of two or more
animals?



My mythical beast _____
