

# The History of the Olympic games

The Olympics games were created and first held in 776 B.C. in Ancient Greece on the green plains of Olympia, in honour of the king and queen of the Greek gods, Zeus and Hera, and only men who could speak Greek could take part. They took part in the games to keep them fit for war. There were no wars or battles during the games.

Women were not allowed in the games but there was a special festival for them to honour Hera the wife of Zeus.

Originally the games were just foot races about 700ft long, and 20 men would run side by side. As the years went by more games were added including chariot races, horse racing, boxing and wrestling.

**AND THE MEN WERE NAKED!!!!**

The games took place behind the temple of Zeus on the green plains of Olympia and happened every four years in the summer.

There were no medals like we have today but the winner received a wreath of olive leaves. These leaves were very special because they were picked from the sacred tree behind the temple of Zeus. Also, a statue was built in honour of the winner.

The first official modern Olympic Games were in 1896 and were started by a Frenchman called Pierre de Coubertin.

In 1900 the first women were allowed to compete in the games which were held in Paris.

Nowadays the games still happen every four years in Summer but we also have Winter Olympics every four years. And Paralympics for disabled people. Most countries compete in the games for gold, silver and bronze medals.

**AND THESE DAYS ATHLETES WEAR CLOTHES!!!!**

