



Ancient Greece - The Ancient Greeks

1 Ancient Greece was a community that was located around the Mediterranean Sea thousands of years ago. The Greeks came before the Romans. The Roman culture was influenced by the Greeks.

What were the Ancient Greek's homes like?

2 Greek homes were built around an outdoor courtyard. The courtyard was the center of family activity. It usually had a well for water, an altar to worship the gods, and was a good place for the kids to play. Around the courtyard were the rooms of the house. Different rooms included a workroom, store room, and bedrooms. The walls of Greek homes were made from sun-dried bricks. They also had small windows. These were set high in the walls. They were designed to keep the house cool in the summer and warm in the winter.

What was it like growing up in Ancient Greece?

3 Greek children had toys and spent the day playing games. When boys became seven years old, they started school. They learned math, reading, and writing. Sometimes they would also learn a musical instrument. When they got older, they learned how to debate. Girls did not go to school. Children were considered adults by the age of thirteen.

What food did they eat?

4 The Ancient Greeks mostly ate bread dipped in wine and cheeses, fish, olives, and vegetables. Meats, like pork and beef, were only eaten on special occasions.



What clothes did they wear?

5 The ancient Greeks wore a tunic called a chiton. Both men and women wore the chiton. It was a basic tunic made from a single rectangle of cloth cut into two. It was fastened at different places, and a belt was used at the waist. There were chitons of different lengths and colors. They were generally made out of thin wool material. Some people could afford linen or even silk chitons.

Jobs in Ancient Greece

6 There were many jobs for men in Ancient Greece, including farmer, fisherman, soldier, teacher, government worker, and craftsman. The women, however, were generally homemakers and would raise the children and cook the meals.

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Ancient Greece – Sparta

7 The Spartans didn't study philosophy, art, or theatre; they studied war. The Spartans had the strongest army. They also had the best soldiers of any city-state in Ancient Greece.

8 All Spartan men trained to become warriors from the day they were born. The Spartans spent their lives practicing for battle, and it showed. They could defeat much larger armies. The basic equipment used by the Spartans included their shield, a spear, and a short sword. The most important piece of gear to a Spartan was their shield. The biggest shame a soldier could have was to lose his shield in battle.

9 Spartan society was split into social classes. At the top of Spartan culture were the Spartans. There were only a few Spartan citizens. Spartan citizens were those people who could trace their roots to the original people who formed the city of Sparta.

10 The Perioikoi were free people who lived in Spartan land. They were not Spartan citizens. They could travel to other cities, own land, and were allowed to trade.

11 The Helots made up the largest part of Sparta. They were slaves or serfs to the Spartans. They farmed their own land. They had to give half of their crops to the Spartans as payment.

12 Spartan boys were trained to be soldiers from their youth. They were raised by their mothers until the age of seven. Then, they would enter a military school. At the school, the boys would learn how to fight. They also learned how to read and write. It was a tough school. The boys lived in barracks. They were often beaten to make them tough. They were given little to eat. This way, they would know what life would be like when they went to war. When the boys turned twenty, they entered into the Spartan army.



13 Spartan girls also went to school at the age of seven. Their school wasn't as tough as the boys. They did train in sports and exercise. It was important that women stay fit. This way, they would have strong sons who could fight for Sparta. The women of Sparta were allowed to go to school. They were also given more rights than the women of most Greek city-states. Girls usually were married at the age of eighteen.

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Ancient Greece - Gods and Goddesses

14 Everyone believed in different gods and goddesses in Ancient Greece. Each one had a different job to do. They also had different powers. All of the gods and goddesses worked to help the people of Ancient Greece as they went about their day-to-day activities.

15 The head god was Zeus. He was the father of many other gods, including Hermes, Apollo, and Athena. He lived at the top of Mount Olympus. He was called the king of the gods. When Zeus was angry, he would throw lightning bolts down from the sky. When he was happy, good things would happen to the people of Greece. If you had bad luck, you knew Zeus was mad at you.

16 Zeus' grandmother was called Gaia. She was known for creating the planet Earth. She was also known as the Earth Mother. Besides making the Earth, her main job was to protect Zeus from harm.

17 One of Zeus' daughters was Athena. She was the goddess of wisdom and helped people make decisions. She also guided them to make good choices. Her symbol is the owl, an animal known for its wisdom.

18 Poseidon was also a god. He ruled over the sea and could cause earthquakes. He was an angry god. He could create storms that could sink the ships of sailors. Poseidon's symbol was his trident. A trident is a spear with three sharp points.

19 Apollo was a sky god. He was one of Zeus' sons and was known for being very wise. He could see into the future. People would pray to him to help them make good decisions.

20 Another of Zeus' sons, Hermes, was known as a messenger god. He was sneaky and liked to play tricks on other gods. He also had an important job. His job was to take people to the afterlife when they died. He also protected them from anything that might get in their way.

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The Ancient Greeks – Athens

21 During the time of Ancient Greece, Athens was the center of power, art, science, and philosophy. It was the birthplace of democracy and the heart of the Ancient Greek civilization.

22 Athens was named after the Greek goddess Athena. She was the goddess of wisdom, war, and civilization and the patron of the city of Athens. Her shrine, the Parthenon, sits on top of a hill in the center of the city.

The Agora

23 The Agora was the place of government for ancient Athens. It had a large open area for meetings. Many of the buildings were temples. Some of the buildings were government buildings like the Mint, where coins were made. The Strategion was where the ten military leaders of Athens called the Strategoi met. The Agora was a place for people to meet and discuss ideas on philosophy and government. This was the place where the democracy of ancient Greece was first discussed.

The Acropolis

24 The Acropolis was built on a hill in the middle of the city of Athens. It was surrounded by stone walls. It was originally built as a fortress where the people would go when the city was attacked. Many temples and buildings were built here to overlook the city. It was still used as a fortress for some time,



The Parthenon

25 At the center of the Acropolis was the Parthenon. This building was dedicated to the goddess Athena. It was also used to store gold. Other temples were in the Acropolis, including the Temple of Athena. Plays were performed and festivals were celebrated on the hill of the Acropolis.

26 The largest theatrical celebration was at the Theatre of Dionysus, patron god of the theatre. There were competitions held there to see who had written the best play. Twenty-five thousand people could attend, and the design was so good that everyone in the theatre could see and hear the play.

The Age of Pericles

27 The city of Ancient Athens reached its peak when Pericles was in charge. 461 to 429 BC was called the Age of Pericles. During this time, Pericles promoted democracy, the arts, and literature. He also built many of the cities great structures. This included rebuilding much of the Acropolis and building the Parthenon.

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Summer Olympics – Swimming

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- 1 Competitive swimming began in England in the 1830s. At first, people thought swimming was just a fun pastime. Swimming was also seen as a way to exercise. As more and more people became interested in swimming, clubs were organized and races were held.
- 2 The first Olympic swimming event took place in 1896. There were four events, and only men could compete. It was very different from the types of swimming competitions that we are used to seeing today. Rivers, oceans, and lakes were used for competitions, not pools. At the first Olympic swimming event, a boat dropped off the competitors into 55-degree water. The rule was that the first swimmer to reach the shore won. Hungarian, Alfred Hajos, was the first swimmer to reach the shore. He won the first Olympic gold medal for swimming.
- 3 In the 1908 Olympic Games, swimming events were held in swimming pools. In 1912, women competed for the first time in the Olympics. Australian, Fanny Durack, was the first woman to win a gold medal. She won the gold for the 100-meter freestyle.
- 4 There are currently sixteen swimming events for both men and women. Swimming is one of the most popular spectator events. Many people enjoy watching the speed, endurance, and athletic ability of swimmers. These swimming events captivate sports fans who hope to witness record-breaking achievements. Michael Phelps and Katie Ledecky are two Olympic swimmers who have made headlines by shattering world records. Both athletes began swimming competitively while in elementary school. Competitive swimmers spend years training and competing in swim meets before they can try out for a spot on the Olympic Team. It requires dedication and commitment. Athletes are honored to take part in the Olympics.

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Health Benefits of Swimming

5 Splashing around in the pool may sound like a lot of fun and a great way to cool off, but did you know that exercising in the water is a great way to improve your health? Swimming is a cardiovascular activity. That means that when you swim, your heart and lungs are working. It is a way to improve your health while having fun. If you swim laps at a fast pace, your heart rate stays up. When your heart is beating faster, it means that you are getting a good workout.

6 Swimming can increase your strength. The water provides resistance for your body. That means that you do not make sudden movements with your arms and legs. You have to push against the water to move. This makes your muscles work harder. Different types of swimming strokes target different muscle groups. The backstroke targets the muscles of the back. The front crawl stroke (freestyle) builds muscles in the arms and legs. The breaststroke moves the muscles of your upper body and lower body together. Finally, the butterfly stroke increases muscle strength in the shoulders and back.

7 Swimming also increases your stamina, or how long you can exercise without getting tired. Swimmers' muscles are constantly moving as they push themselves through the water. One of the goals of swimmers is to decrease their time swimming laps. Many swimmers set goals and work toward them. They want to beat their own time or the times of their competitors.

8 Kids who swim can improve their health and have fun at the same time. It is important that everyone is safe in the water. Anyone who exercises in water should know how to swim. Swimming lessons are offered at many community centers.

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Olympic Swimmer - Michael Phelps

9 Michael Phelps was born in 1985. He was seven years old when he took his first swimming lesson. His mother described him as a kid with a lot of energy. She hoped that swimming would be a way for Michael to focus his energy into a sport. Michael's older sisters enjoyed swimming and belonged to a swim team. Michael watched them swim and wanted to be on the team too . At first, he was afraid to put his face under water. He spent a lot of time floating on his back. The first stroke he mastered was the backstroke. Eventually, Michael got over his fear and mastered the butterfly stroke.

10 Michael grew up watching the Olympic swimming events on television. He began to dream of becoming a champion. Michael worked with a coach to improve his swimming technique and timing. He spent many hours before and after school practicing. His weekends were spent traveling to swimming competitions. Michael was known for being very competitive. He wanted to not only win swimming competitions but to beat his own time.

11 Michael was fifteen when he became the youngest American male swimmer to compete at an Olympic game in 68 years. He did not win any medals at the 2000 Olympic Games, but he did not let that discourage him. Michael said, "You can't put a limit on anything. The more you dream, the farther you get." Michael knew that participating in the Olympics was an honor. He used his experience there to learn from the other swimmers. After the Olympics, he continued to set world swimming records while he trained for the next Olympic games.

12 Michael not only earned a spot on the 2004 Olympic team, but he also participated in the next five Summer Olympic Games. Michael's determination paid off. He has earned 23 gold medals, 3 silver medals, and 2 bronze medals. He is the most decorated Olympic athlete in the world. The 2016 Olympic Games in Rio de Janeiro, Brazil was the last Olympic Games he participated in before he retired.



13 Michael knew how much time training took up, and he wanted to spend more time with his young son and family. He also wanted to spend more time helping people, especially kids. He created the Michael Phelps Foundation. The purpose of the foundation is to offer children the opportunity to participate in water sports. Many kids do not consider swimming a competitive sport, but Michael wants to change that. He spends time talking to kids and parents at schools and community centers about swimming. He teaches children about living a healthy lifestyle by eating healthy foods and exercising. His foundation also promotes water safety. Michael knows that some children do not know how to swim. He wants every child to be safe in the water. His foundation gives out scholarships for swimming lessons. Michael Phelps' new goal is to combine the two things that are important to him, children and his love of swimming.

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Olympic Swimmer - Katie Ledecky

14 Katie Ledecky was born in Maryland in 1997. She was encouraged to swim by her parents. Her mother was a member of her college swimming team. Katie and her older brother both began swimming competitively at the age of six.

15 Katie's coach encouraged her to use her leg muscles to make powerful kicks in the water. Her kicks helped her move quickly through the water. Even at a very young age, Katie was known for her strength and fast pace. Katie looked up to Olympic swimmer, Michael Phelps. When she was nine years old, she even waited in line to get his autograph. She wanted to swim as fast as he did.

16 When Katie was in high school, she was a standout star on the United States Junior Championship with wins in three freestyle swimming events. Katie practiced before and after school. Most of her weekends were spent competing in swim meets and attending more swim practices. Swimming was important to Katie, but so was doing well in school. She did her homework on the way to practice and between swim meets.

17 Katie always wanted to compete in the Olympics. She knew that it took hard work and dedication to be part of the Olympic Team. When Katie was in high school, she entered the United States Olympic Trials. The Olympic Swimming Trials are a special swim meet where athletes compete against each other to secure a spot on the Olympic team. There were many swimmers there who had more experience than Katie, but she did not let that stop her. Katie said, "I knew if I put my mind to it, I could do it." Katie won the 800-meter freestyle swim and a spot on the U.S. Olympic Team.

18 As a member of the U.S. Olympic Swim Team, Katie competed in many swim meets. She set records in freestyle events in swimming competitions around the world. When she was fifteen, she competed in the 2012 Olympic Games in London, England. She was the youngest member of the U.S. Olympic Team. Another member of the U.S. Olympic Swim Team was Michael Phelps. After watching Michael compete in swimming events her whole life, they were now on the same team. She won a gold medal and broke the record for the fastest time.



19 Katie knew that she was not done with the Olympics. She wanted to break more records and set new times. The 2016 Olympics took place in Rio de Janeiro, Brazil, and Katie was there. She won four gold medals in freestyle events. She even broke her own world record by two seconds. Katie also helped her teammates win a silver medal in a freestyle relay race.

20 Katie is currently a college student at Stanford University. She is on the college swim team and trains every day. She continues to compete in swimming meets and trains to improve her time. Swimming is important to Katie, but so is doing her best in school. She still gets up early to attend swim practice before her classes begin and makes sure that she has plenty of time to study. Katie has many more Olympic Games in her future. Someday she may earn as many medals as her teammate, Michael Phelps.

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