



1st General Lyceum of Ilion

Physical education in Greece

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Exercise in ancient Greece

In our Greek ancient culture, exercise had an important role from the past. Creating a perfectly formed body, there was a common phenomenon for the ANCIENT GREEK world. This can be easily seen from the works of art in mainly statues.

Having a physically fit body was extremely important to the Greeks. Especially Greek boys would begin physical education either during or just after beginning their elementary education. In the beginning, they would learn from a private teacher known as a paidotribe. Eventually, the boys would begin training at the gymnasium. Physical training was seen as

necessary for improving one's appearance, preparation for war, and good health at an old age.

Traditionally, attendance at the gymnasium completed the majority of post-elementary education in Athens. Those of the traditional view believed that raising "intellectuals" would destroy Athenian culture and leave Athens at a disadvantage in war. On the other hand, those with a more modern view felt that while physical strength was important, it would diminish over time and that education should be used to develop the whole man, including his intellectual mind.

IDEAS Plato

Plato places for physical education and its role in the society of his time is so important that even today can offer us valuable help to understand the relationship between body and spirit, and the interaction between them .

As Plato and the Pythagoreans believed that **the soul-spirit of man belongs to the divine and eternal world**, no matter where it came from, as opposed to the physical body, belonging to the perishable earth. Thus Plato makes an effective separation between spirit and matter, but without discrediting the body which gives great importance and believes that from an early age should be cultivated and to keep pace with the intellectual development of the child. Thus it is important to reconcile the spiritual with the physical maturity and through it the proper education of both levels to the citizen reaches the conquest of good and good.

But the main purpose of education is to make man ready to participate in public affairs and be able to dominate himself and others, always centered justice. There are two ways to achieve the general treatment: the cultivation of the body through exercise and the cultivation of the soul through music. By music Plato not just mean learning an instrument, but the general cultivation of the soul. As gymnastics means the harmonious development of body and kinetic experience, which is necessary to enable the citizen to handle the challenges and vicissitudes of life. In music gives a priority, since it deals with higher human elements.



Physical education is essential to improving health and achieving natural harmony, which in turn help the health of the soul. In any case, Plato did not support the contempt for the body or the ascetic flight from the world in which attached great value as a model of the immortal, archetypal and virtual world. The culture and the health of the spirit should be the main goal of every citizen. But how could reside a healthy and strong spirit in a sick and weak body? Necessary was exercise and exercise training the body to achieve the perfect body, to accommodate a possible depending spirit, which considered that transport was imprisoned within the body.

[Exercise in Ancient Spartan](#)

Especially the Spartan physically system was extremely well-known in all over the world.

Sparta was above all a militarist state, and emphasis on military fitness began virtually at birth. Shortly after birth, a mother would bathe her child in wine to see whether the child was strong. Sparta is often portrayed as being unique in this matter; however, there is considerable evidence that the killing of unwanted children was practiced in

other Greek regions, including Athens. There is controversy about the matter in Sparta, since excavations in the chasm only uncovered adult remains, likely belonging to criminals.



Physical education in modern Greece

Physical Education, as a concept and practice, includes all forms and types of body exercise aiming at **balanced mental and physical development of the individual**. It has been argued that the term Physical Education, which was established based on the positions and attitudes of **Rousseau** on education of young people, does not clearly define the nature, specificity and limits of an area that tends to cover all forms of physical activity that uses, as medium human movement. For this reason, have been proposed for replacing or supplementing respectively, the terms Kinesiology, Sports Science, Science of Sport Movement etc.

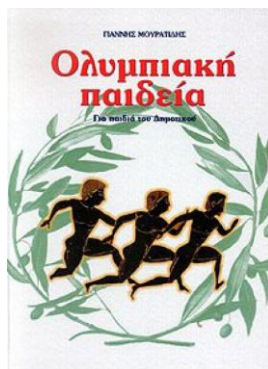
The term physical education is relatively new, harmonized with international terminology (Physical Education), while the **term Gymnastics**, used for a long time in the Greek and wider area, is very old and goes back to classical antiquity. In ancient version meant all of human motor activity, physical exercises and sports, as a means of 'global' pedagogic action.

This restriction, however, the importance of a set of exercises for the sake of orthosomias, physical strength and health with the introduction of various systems in recent years, led to the replacement.

The most serious effort can be considered station for reshaping the Content of Physical Education in Primary School took place in 1988. This curriculum abolished the Swedish Gymnastics in elementary school and introduced a content **by multiple motor and sports activities.**

Two years later (1990) changed the curriculum of high school. Here for the first time, there was an effort to give a single philosophy in the Curriculum of Physical Education. These new programs were athletic based programs. The first target for Elementary and High School is the cultivation of athletic skill of students and through the cultivation of other goals such as health, psychological characteristics such as socialization and self-esteem as well as cognitive characteristics. For high school, was given emphasis in experiential goal and lifelong pursuit. Since then, all adjustments of the curricula were based on this philosophy.

In the last revision in 2003 added the element of cross-thematic aimed at students will gain a comprehensive understanding of the world around them, which will help mental and spiritual fulfillment.



Another important innovation for Physical Education is the introduction of the **Olympic education program** in all schools in the country. The implementation of the program began in 1998 and the extension was completed in 2001. **The project aims to highlight the ethical and pedagogical elements of sport and is a global innovation leader of our country.**

The Olympic education program was completed in 2005 and replaced by Kallipateira program horizon 2005-2008. The aim of the program is the active participation of students / three and teachers with experience in Olympic education in programs that highlight and promote equality in society, tolerance of diversity and multiculturalism and strengthen the development of a democratic, open and tolerant society in Olympic and sporting ideals.

