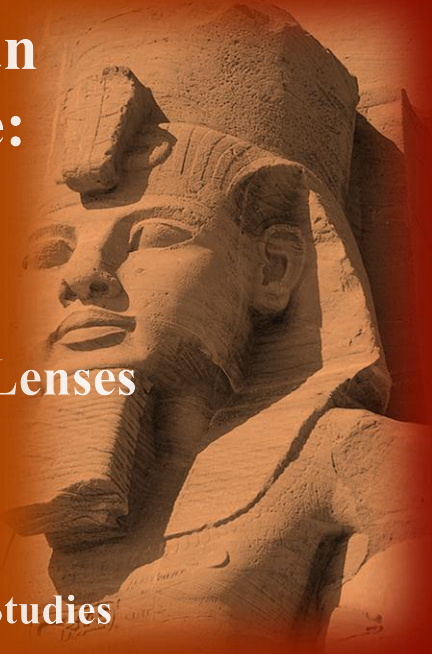


# Ancient Egyptian Sports & Dance: Then & Now

## A Futuristic Look Through Ancient Lenses

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## Physical Activity in Ancient Egyptian Times



- Ancient Egyptians were similar to us with respect to physical activity:
  - Enjoyment
  - Fitness
  - Competition
  - Celebration
  - Religious rituals
  - Expression
  - Recreation
  - Survival





## Sports in Ancient Egypt

- Sports were an integral part of ancient Egyptian culture:
  - Today's sports were practiced by the ancient Egyptians
  - Both winner and loser were met with ovation, the first for superiority and the latter for sporting spirit
  - Basic rules and regulations governed sporting events
  - Modern day Olympics!!




## Ancient Egyptian Sports

- Archery
- Boxing
- Equestrian Sports
- Fencing - Sword fights using wooden swords
- Gymnastics
- Hockey
- Weightlifting
- Long Jump
- High Jump
- Long Distance Running
- Spear Throwing (Javelin)
- Tug Of War
- Ball Games
- Wrestling



## Sport Murals



## Ancient Egyptian Handball



- Drawings of this sport are found on many of the tombs
- The ball was made of leather and stuffed with plant fibers or hay
- The paintings show four girls playing handball:
  - Each team throws the ball to the other at the same time
  - Players can either be on their feet or on top of their teammates' backs while exchanging balls






# Modern Day Team Handball




# Questions???





## Dance in Ancient Egypt



- Apart from a number of depictions, little is known about ancient Egyptian dancing
  - Mixed gender pair dancing as we know it today was unknown
  - Dances were mostly depicted in groups
  - Dances were predominately performed for religious rituals
  - Egyptian choreography appears to have been complex:
    - Similar to modern ballet with pirouettes or gymnastic, including splits, cartwheels, and backbends



## Forms of Dance


- Movement dance - Release of energy
- Gymnastic dance – Display of strength & flexibility
- Imitative dance – Movement of animals
- Group dance – Funerals & celebrations
- Lyrical dance – Told a story
- Funeral dance – Pay respect to the deceased
- Worship dance – Various gods



## Music & Dance



Egyptian musical instruments were well developed and varied:

- Wind instruments: flutes, clarinets, double pipes, trumpets, and oboes
- String instruments: harps, guitars
- Percussion instruments: drums, rattles, tambourines, bells, and cymbals

## Ra 'Sun god'

- Man with hawk head and headdress with a sun disk
- He was the most important god of the ancient Egyptians
- The ancient Egyptians believed that Ra was swallowed every night by the sky goddess Nut, and was reborn every morning



## Ancient Egyptian Anthem to the Rising Sun



## Dance: Different Times; Same Purpose!!





## Dance of Celebration!!!



## Implications for Us

- We are not much different than ancient Egyptians!!
- How may physical activity, sport, or dance fit into your lifestyle?
- We too have a variety of options available
- Select what fits your individual needs for a healthy lifestyle
- Share an opportunity with others
- Have fun with it!!!



“The past is behind, learn from it. The future is ahead, prepare for it. The present is here, live it.”

