

LOS JUEGOS OLÍMPICOS

La historia de los juegos

Los Juegos Olímpicos, además de ser un gran acontecimiento panhelénico, eran uno de los signos de identidad más característicos de su cultura. De hecho, tras las Guerras Médicas Olimpia se convirtió en símbolo de unidad de los griegos. Se desconoce cuál fue su origen exacto: según algunas teorías nacieron a partir de ritos de fertilidad o de iniciación, según otras tuvieron su origen en los juegos que los nobles organizaban con motivo de acontecimientos especiales, como las honras fúnebres (como aparece en la *Iliada*), las bodas o la bienvenida a huéspedes especiales.

Parece que los **primeros juegos** (*áγών*) tuvieron lugar en Olimpia en el año 776 a.C. A principios del siglo VI a.C. ya se celebraban de manera habitual los cuatro juegos principales, los de Olimpia y Nemea, en honor a Zeus, los del istmo de Corinto, en honor a Poseidón, y los de Delfos, en honor a Apolo. Además, se celebraban numerosas competiciones deportivas de menor importancia a lo largo de todo el mundo griego. Sin embargo, en cuanto empezó el dominio romano, estas competiciones entraron en decadencia hasta que finalmente el emperador cristiano Teodosio I las prohibió en el siglo IV d.C. por pertenecer a la religión pagana.

A finales del siglo XIX Pierre de Frédy, barón de Coubertin, un noble francés muy interesado en la Antigua Grecia y el deporte decidió revivir los antiguos juegos griegos, creando así [los Juegos Olímpicos actuales](#).



Restos del templo de Hera en Olimpia

Las características de los juegos

Estos juegos eran una ocasión perfecta para que los nobles de las diferentes ciudades griegas exhibieran sus habilidades. También era un momento ideal en el cual las familias más relevantes se encontraban y establecían relaciones. Parece que la creación de los juegos, que se atribuía al héroe Heracles, fue contemporánea de la construcción de los templos a los dioses a los que las competiciones iban dedicadas. En estos templos se dejaban ofrendas a los dioses para pedir la victoria o para dar las gracias por ella.

Se celebraban en verano cada cuatro años y duraban 5 o 6 días. El acto más importante era un sacrificio en honor a Zeus. Unos meses antes unos mensajeros recorrían las ciudades griegas anunciando una tregua sagrada que permitía a los espectadores y

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Table of Contents Cuentos Ola Mpicos

1. Understanding the eBook Cuentos Ola Mpicos
 - The Rise of Digital Reading Cuentos Ola Mpicos
 - Advantages of eBooks Over Traditional Books
2. Identifying Cuentos Ola Mpicos
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cuentos Ola Mpicos
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cuentos Ola Mpicos
 - Personalized Recommendations
 - Cuentos Ola Mpicos User Reviews and Ratings
 - Cuentos Ola Mpicos and Bestseller Lists
5. Accessing Cuentos Ola Mpicos Free and Paid eBooks
 - Cuentos Ola Mpicos Public Domain eBooks
 - Cuentos Ola Mpicos eBook Subscription Services
 - Cuentos Ola Mpicos Budget-Friendly Options
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- ePub, PDF, MOBI, and More
 - Cuentos Ola Mpicos Compatibility with Devices
 - Cuentos Ola Mpicos Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cuentos Ola Mpicos
 - Highlighting and Note-Taking Cuentos Ola Mpicos
 - Interactive Elements Cuentos Ola Mpicos
 8. Staying Engaged with Cuentos Ola Mpicos
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cuentos Ola Mpicos
 9. Balancing eBooks and Physical Books Cuentos Ola Mpicos
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cuentos Ola Mpicos
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Cuentos Ola Mpicos
 - Setting Reading Goals Cuentos Ola Mpicos
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Cuentos Ola Mpicos
 - Fact-Checking eBook Content of Cuentos Ola Mpicos
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
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 - Integration of Multimedia Elements
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