**Vocabulary**

**Arête** For the Greeks, arête was an important value that meant the act of living up to one’s fullest potential; possessing excellence or virtue.

**Chiton** A tunic worn by both men and women. Men’s chitons hung to the knees, women’s fell to their ankles.

**Hubris** Boasting, full of pride or arrogance. In ancient Greece these were considered serious flaws, often bringing about the vengeance of the gods.

**Hydria** A three-handled vase used for carrying water. Two handles on either side of the body of the pot were used for lifting and carrying the pot. The third handle, located in the center above the lifting handles, was used when pouring water.

**Pentathelon** In the ancient Olympics the Pentathelon was the first five competitions: discus throw, javelin throw, wrestling, foot race, and long jump.

**Strigil** A small, curved, metal tool used in ancient Greece to scrape dirt and sweat from the body before effective soaps became available. First perfumed oil was applied to the skin, and then it would be scraped off along with the dirt. Strigils have been found at the site of ancient athletic events and are depicted on vase paintings with athletes.