

THE THIRD INTERMEDIATE PERIOD OF ANCIENT EGYPT



COMPILED BY HOWIE BAUM

The **Third Intermediate Period** of ancient Egypt began with the death of Pharaoh Ramesses XI in 1070 BCE.

It covers the 21st to the 25th dynasty which went from 1077 to 943 BCE (134 years)

The period was one of decline and political instability.

It coincided with the Late Bronze Age collapse of civilizations in the ancient Near East and Eastern Mediterranean (including the Greek Dark Ages).

This period also experienced conquest and rule by non-native Egyptians.



A beeswas statue of Ramesses XI and the Nature goddess Maat.



BEAUTIFUL GOLD EARRINGS

This pair of gold earrings, named after King Ramses XI (I don't know why 😊) was found on a female mummy.

The top section is adorned with 3 royal cobra snakes.

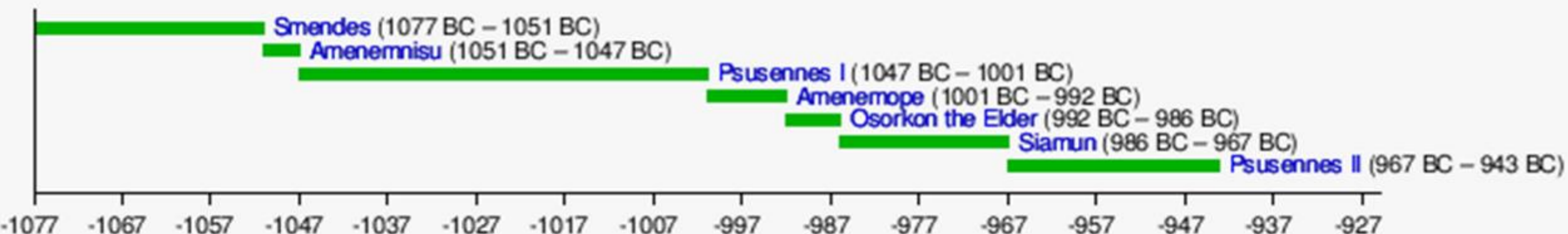
Then it has another 5 cobra snakes in the middle, and another 7 at the bottom that are held with small, woven gold chains.

All of them are holding the sun disk above their heads.

The workmanship by an Egyptian goldsmith, is truly amazing.

THE 7 PHARAOKHS OF THE 21st DYNASTY

Pharaoh	Horus-name	Reign (BCE)	Burial	Consort(s)
Smendes (Nesbanebdjed I)	Hedjkheperre-Setepenre	1077 BC - 1051 BC	unknown	Tentamun
Amenemnisu	Neferkare-Heqawaset	1051 BC - 1047 BC	unknown	
Pinedjem I (co-regent)	Kheperkare-Setepenamun	1062 - 1039	Cache in Deir el-Bahari	Henuttawy Isetemkheb A Tentnabekhenu
Psusennes I (Pasebkhanut I)	Akheperre-Setepenamun	1047 BC - 1001 BC	NRT III, Tanis	Mutnedjemet Wiay
Amenemope	Usermaetre-Setepenamun	1001 BC - 992 BC	Tanis	
Osorkon the Elder	Akheperre-Setepenre	992 BC - 986 BC	unknown	
Siamun	Netjerkheperre-Meryamun	986 BC - 967 BC	unknown	
Psusennes II (Pasebkhanut I)	Tyetkheperure-Setepenre	967 BC - 943 BC	unknown	



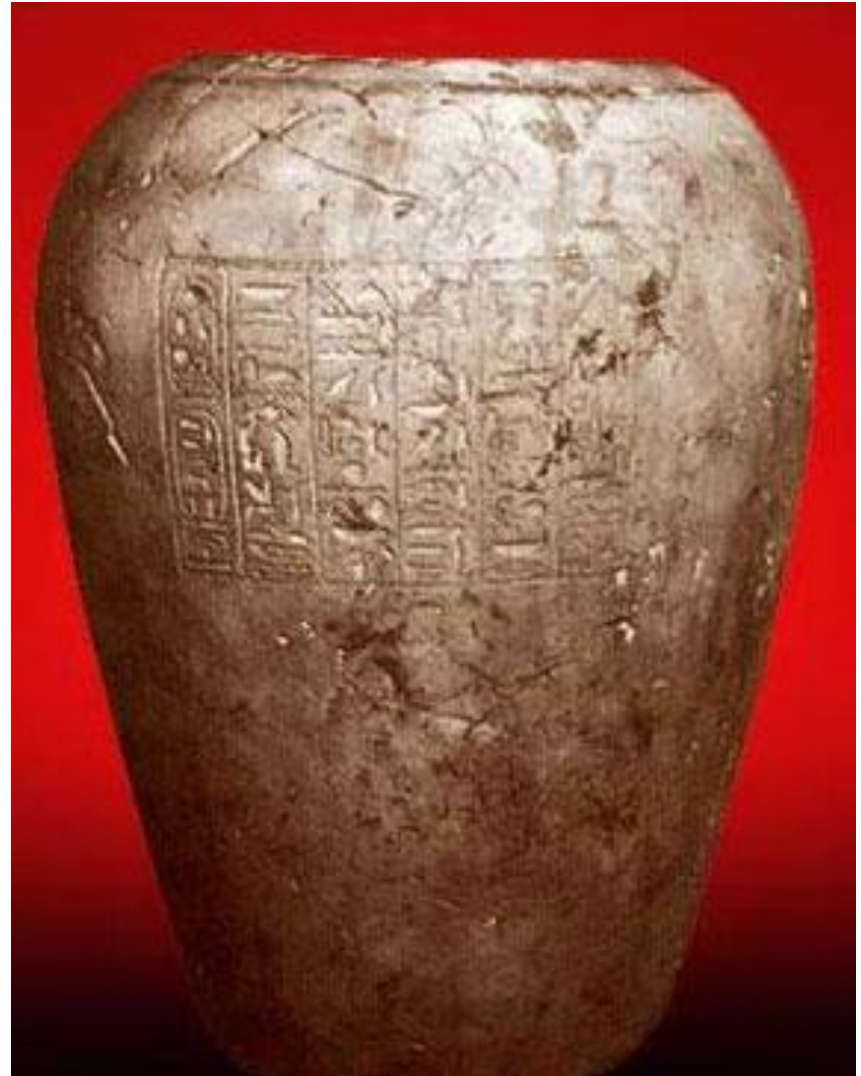
Smendes was an official during the reign of Ramesses XI of the 20th Dynasty.

He began his rule in Tanis. There he was the high priest of Amon and **the Viceroy of Lower Egypt.**

Herihor was also a high priest of Amon and **the Viceroy of Upper Egypt.**

Together these two kept the older Ramesses XI in seclusion on his estates, until he died.

Upon his death, Smendes and Herihor divided Egypt among themselves, which started the Twenty-first Dynasty.



A ceramic shape with writing about Smendes on it.

No statues of him were found.

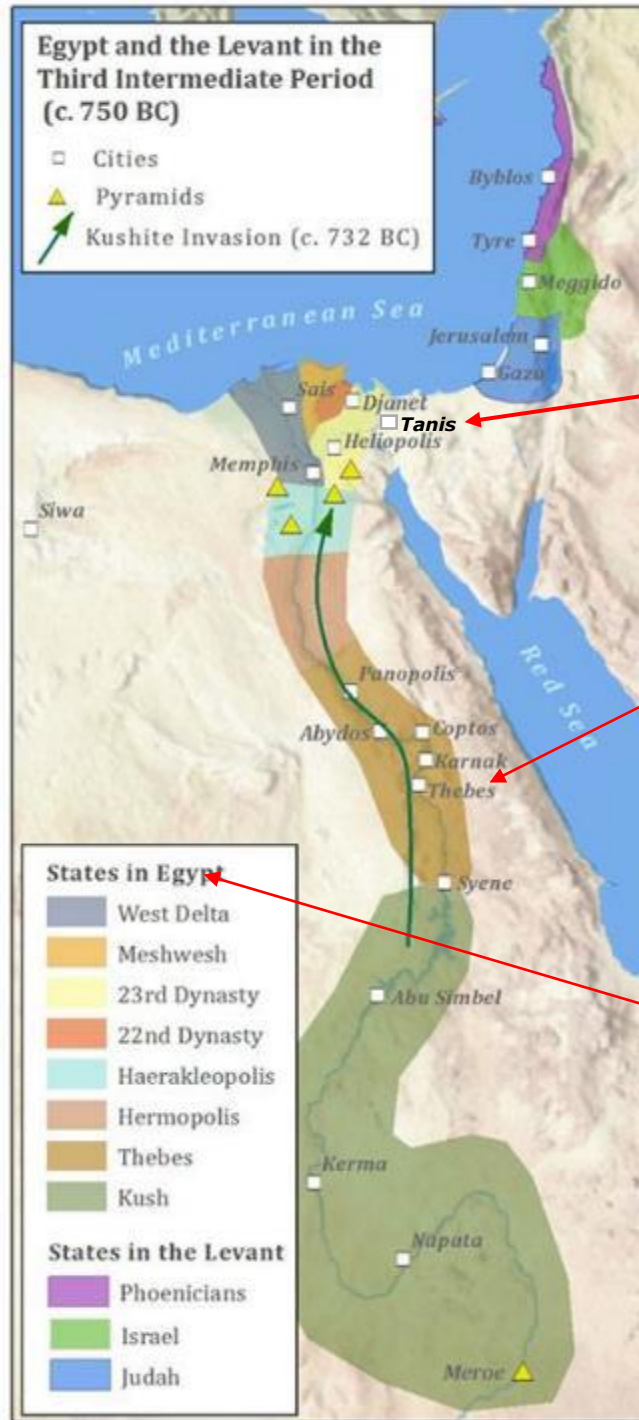
THE 21ST DYNASTY

The pharaohs of the 21st Dynasty, ruled from Tanis, and were mostly active in Lower Egypt, which they controlled.

Meanwhile, the High Priests of Amun at Thebes effectively ruled Middle and Upper Egypt, in all but name.

However, this division was less significant than it seems, since both the priests and pharaohs came from the same family.

As the map show, during the 3rd Intermediate Period, Egypt was divided into 8 States, with different groups governing them.

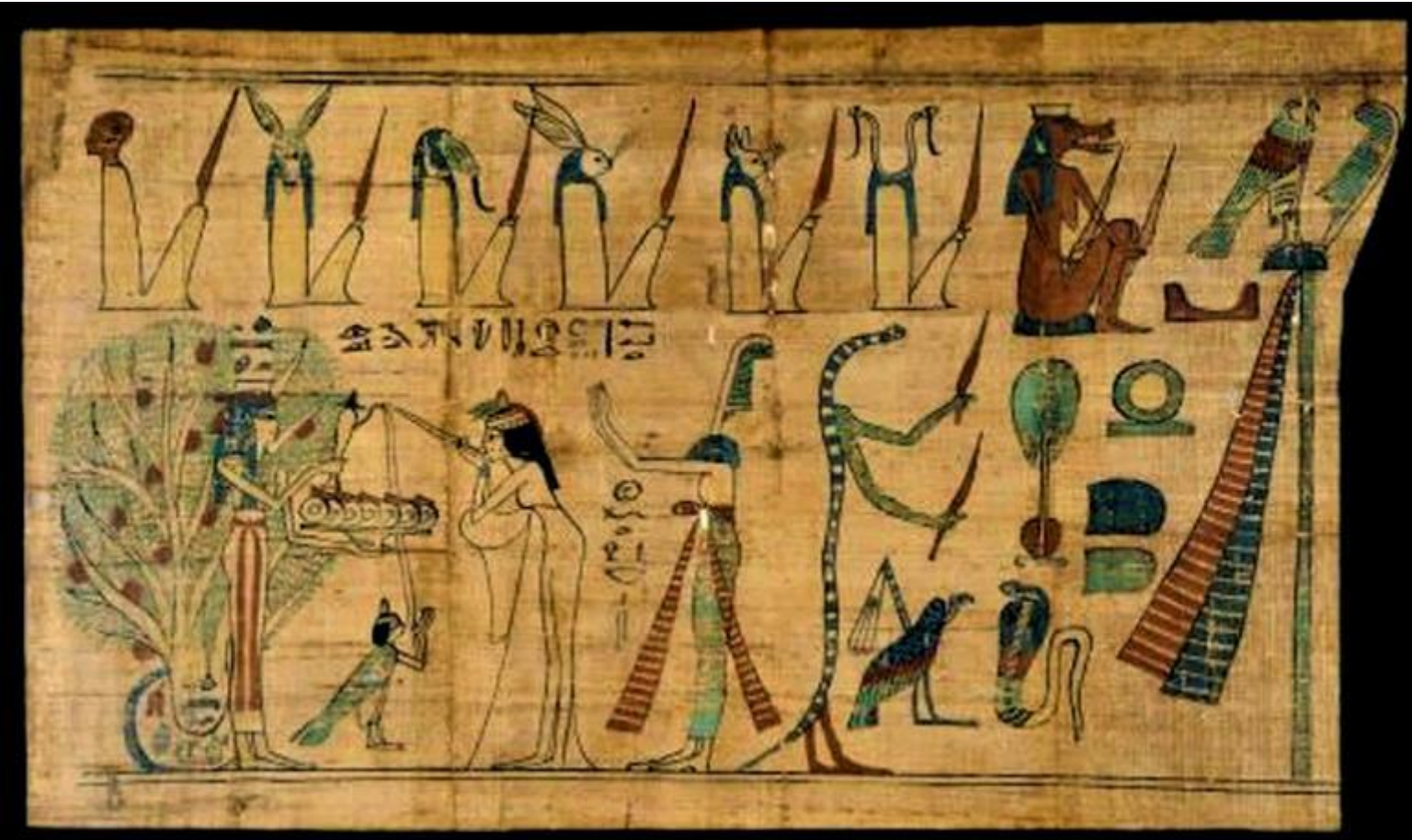


THE GOOD ASPECTS OF THE 3RD INTERMEDIATE PERIOD

In Tanis, the kings from the 21st and 22nd Dynasty, had to share their power with the Theban high-priests, or with some other, local dynasties, such as in the 23rd and the 24th dynasties.

This division of power, however, did not lead to civil wars or a decline in wealth.

To the contrary, the period so often called "3rd Intermediate Period" was a period of relative peace and





Gold masks of King Psusennes, center, and the gold coffin and mummy mask of King Amenemope, from the royal necropolis of Tanis discovered in 1939-1940 by Pierre Montet, the first intact Egyptian Pharaohs tombs ever discovered.



Royal jewelry: left, the two bracelets of Ramesses II, top, the flies of Queen Ahhotep, center, the pectoral of Princess Sithathor with the cartouche of King Senusret II, right, the Wadjet cobra, sole survivor of King Senusret II's treasure. The two falcons stand on the hieroglyph ? nbw for gold. Courtesy Cairo Egyptian museum via Global Egyptian Museum



Gold mask of general and high priest Undjebauendjed, from the Royal Necropolis of Tanis.

It was one of the 4 intact Egyptian tombs found by Pierre Montet, in 1940 and 1946.



GOLD FUNERAL MASK OF SHOSHENQ, JEWELRY OF KING AMENEMOPE, PART OF THE TREASURE OF TANIS. THE MASK HAS LOST ITS EYES.

COURTESY CAIRO EGYPTIAN MUSEUM VIA GLOBAL EGYPTIAN MUSEUM

3,000 years
of gold
objects
belonging to
Pharaohs,
Queens or
temples.

From the 1st
dynasty to
the Roman
era.



JEWELRY AND ACCESSORIES



Necklace with falcon pendant, Ancient Egypt, Located in the Egyptian Museum, Cairo, Egypt



Bracelet with image of Goddess Hathor – Museum of Fine Arts, Boston



BRACELET FROM THE TOMB OF QUEEN AMANISHAKHETO IN NUBIA

EGYPTIAN MUSEUM BERLIN

**PECTORAL AND
NECKLACE OF
PRINCESS SIT-
HATHOR-YUNET
1887–1878 BCE**

THE METROPOLITAN
MUSEUM





Double outer Coffin Set and a mummy board of the Singer Henettawy, 21st dynasty, Met Museum, New York

MUMMSET OF THE SINGER, HENETTAWY

LATE DYNASTY 21, 1000–945 B.C.

The Mistress of the House, Singer of Amun-Re, Henettawy died at the young age of twenty-one.

She was buried in a plundered tomb, which had originally been the resting place of Minmose, an official of Hatshepsut.

Her burial was a modest one, including a set of coffins and personal jewelry.

Henettawy's body was not embalmed but simply wrapped in layers of linen bandages.



PSUSENNES I

He was the third king of the Twenty-first Dynasty, from 1040 – 992 BCE (48 years)

He is probably the best known of all this dynasty's kings because of the discovery of his intact tomb during the excavation of Tanis, and the many treasures in it.

His mummy was found in the tomb and was that of an old man.

He married his sister Mutnedjmet and in his tomb there was a second burial chamber for her.

THE AMAZING AND BEAUTIFUL GOLD AND SILVER ITEMS FOUND IN KING PSUSENNES I TOMB



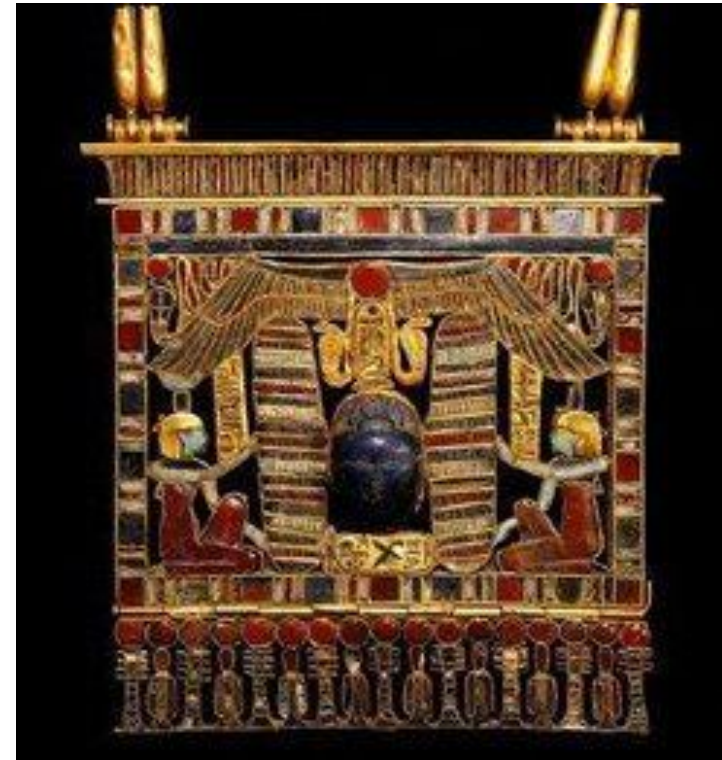
GOLD AND LAPIS LAZULI COLLAR



GOLD AND LAPIS LAZULI BURIAL MASK



GOLD BRACELET



He was interred in an "inner silver coffin" which was inlaid with gold.

Since silver was 3 times rarer than gold, his silver coffin represents a sumptuous burial of great wealth, during Egypt's declining years.



His fingers and toes had been encased in gold stalls, and he was buried with gold sandals on his feet.

The finger stalls are the most elaborate ever found, with sculpted fingernails.

Each of his fingers wore an elaborate ring of gold and lapis lazuli or some other semi-precious stone.



A SUMMARY OF THE REST OF THE 3RD INTERMEDIATE PERIOD (DYNASTIES 22 TO 25)

In the latter part of the 22nd Dynasty, Egypt was divided by civil war.

By the time of the 23rd, the country was divided between self-styled monarchs who ruled from Herakleopolis, Tanis, Hermopolis, Thebes, Memphis, and Sais.

This division made a united defense of the country impossible and the Nubians (from Kush) invaded from the south.

(See the arrow from bottom to top, on the map)

The 24th and 25th dynasties saw unification under Nubian rule.





This is a picture of a Nubian family and a room in their house, in the present time.

The area of Nubia (also called Kush), is shown in the red rectangle, at right.



THE APIS BULL

Apis was the most important and highly regarded bull deity of ancient Egypt.

It was considered sacred and worshiped as a symbol of strength, vital energy and power.

Worship of the Apis bull is recorded as early as the First Dynasty (3150 to 2890 BCE) in ceremonies known as The Running of Apis.

The reason the worship of the Apis bull never significantly changed in over 3,000 years is because it embodied the deepest Egyptian values concerning life, time, and eternity.





Painted coffin footboard with an image of the Apis Bull on it.

In the region where the god Ptah was worshiped, cattle exhibited white patterning on their mainly black bodies, and so a belief grew up that **the Apis calf had to have a certain set of markings suitable to its role.**

It was required to have:

- 1) A white triangular marking upon its forehead
- 2) A white Egyptian vulture wing outline on its back
- 3) A scarab mark under its tongue
- 4) A white crescent moon shape on its right flank
- 5) Double hairs on his tail.

The calf that matched these markings was selected from the herds, brought to a temple, given a harem of cows, and worshiped as an aspect of Ptah.

The Festival of the Apis Bull was celebrated by the Egyptian that lasted for seven days.

Throng of people gathered in Memphis to watch the solemn procession where the priests lead the sacred bull through the welcoming crowds, when it was bedecked with jewelry and flowers. (Painting by F.A. Bridgman)





PHARAOH STATUETTE WITH THE APIS BULL (BRITISH MUSEUM)

DEATH OF AN APIS BULL

On the death of the Apis Bull, the people went into mourning.

its body was embalmed and buried with full honors in the manner as if Osiris himself has died, befitting royalty.

The animal was carefully mummified and his funeral rites were much more ostentatious placing a heavy burden on the Pharaoh in power at the time.

This is evident from the facts that before being interred in the "Serapeum" in a stone sarcophagus which could weigh over 60 tons.

The people grieved until the successor Apis was found then rejoicing commenced with as much joy.



<https://www.youtube.com/watch?v=uJEoDKAidBo>

4.8 minutes

STATUE OF APIS, FROM A CHAPEL OF THE SERAPEUM (AT THE LOUVRE)

This animal was chosen because it symbolized the courageous heart, great strength, and fighting spirit of the king.

Apis came to being considered a manifestation of the king, as bulls were symbols of strength and fertility, qualities that are closely linked with kingship.



The gateway to the Serapeum at Saqqara, for the tombs of the Apis bulls.





The main tunnel in the Serapeum, with side openings for the tombs of the Apis Bulls.

These hallways are home to 24 sarcophagi that date from various periods between the 26th Dynasty to the Greco-Roman period, hence the diversity in their designs.

36 other bulls were buried but not in a sarcophagus.

TOMBS OF THE APIS BULLS

Excavation of the Serapeum of Saqqara revealed the tombs of more than 60 animals, ranging from the time of Amenhotep III to that of the Ptolemaic dynasty.

Originally, each animal was buried in a separate tomb with a chapel built above it.



When Auguste Mariette first discovered the Serapeum, all the sarcophagi had been broken into and their contents removed, except for one.

He blew it open with dynamite; the bull mummy is said to be at the Agriculture Museum in Cairo, and the jewels are in various museums around the world.



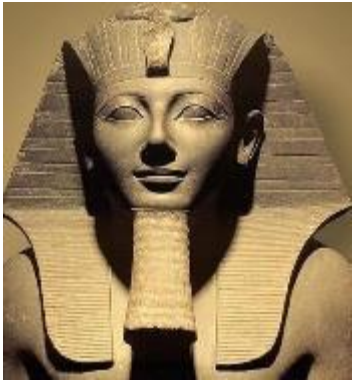
THE SERAPEUM OF SAQQARA

It is a necropolis that is located northwest of the Pyramid of Djoser at Saqqara

It was a burial place of the Apis bulls, sacred bulls that were incarnations of the Egyptian god, Ptah.

They weighed 70 to 300 tons, with the lid !

WHAT PHARAOH DID MOSES APPEAL TO, FOR LETTING HIS PEOPLE LEAVE EGYPT ?



The name of the pharaoh who opposed Moses in the book of Exodus is one of the most hotly debated subjects in Bible scholarship.

Scholars disagree on the actual date of the Hebrews' escape from Egypt, some placing it at 1446 B.C. and others as late as 1275 B.C.

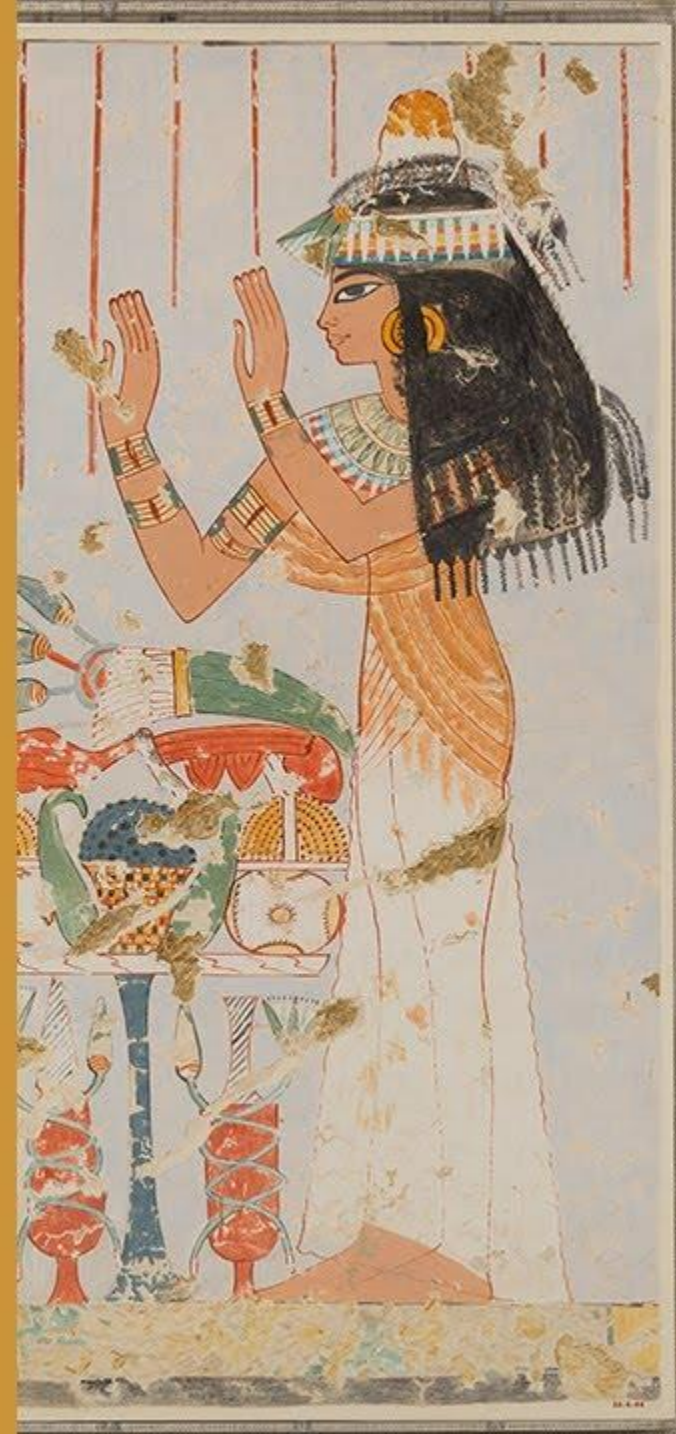
The first date would have been during the reign of **Amenhotep II**

The second date during the reign of **Rameses II.**

Another reference says the most likely candidates for the Exodus pharaoh being either **Thutmose I** or **Thutmose II.**



**MAKEUP
AND
BEAUTY
IN
ANCIENT
EGYPT**



MAKEUP FOR WOMEN AND MEN



Ancient Egypt was known for its magnificent beauty, exotic perfumes, beautiful clothes, flamboyant style and vivacious hairstyles.

They used soaps, creams, and oils for skin care.

They used aromatic perfumes and dramatic hairstyles to fight the intense heat.

They unearthed the art and importance of birth controls and spas.

Ancient Egypt Beauty Secrets placed a high emphasis on beauty.

MAKING UP THE EYES

Egyptians mostly used:

1) **Galena** (an ore of lead) (more commonly known as kohl)

2) **Malachite** powder (a green mineral – copper ore) for eye makeup.

Ancient Egyptians made their traditional eyeliner cosmetic by grinding these 2 items together, with oil or fat, using a mortar and pestle.

A line was traced around the upper and lower lids and extended toward the ear.

Unisex: Both men and women wore kohl.

Both were applied using ivory, wood, or sticks made of metal.

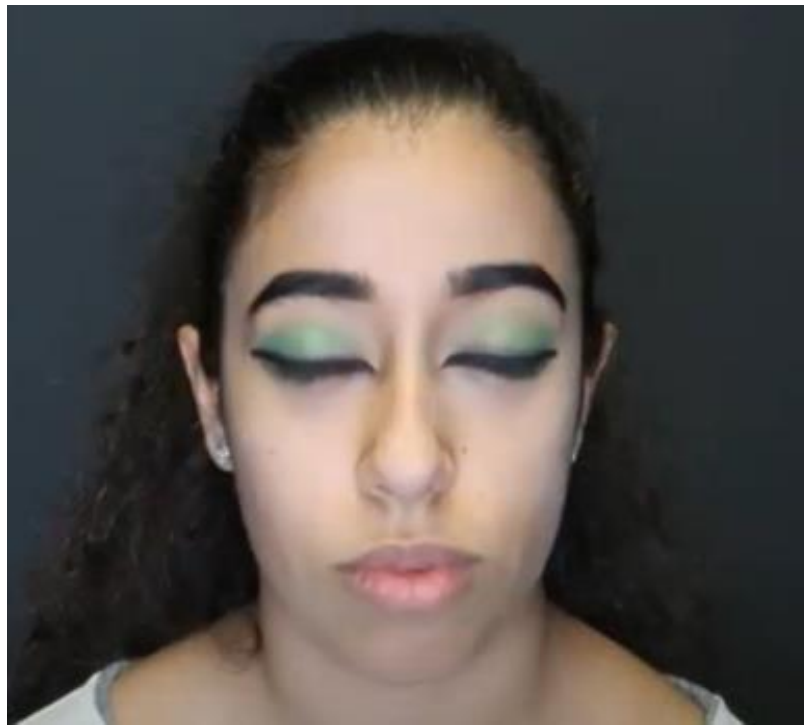


Black was mostly used around the eyes and an almond or feline-inspired shape was the norm.

However, the galena could also be applied to the eyebrows and eyelashes for added definition.

Green pigment was placed all over the eyelid and underneath the brow bone.

Though styles varied as time went on, black and green were staples of beauty in ancient Egypt.





Mortar and Pestle for grinding minerals to make cosmetics



Ancient Egyptian cosmetic set from 1550–1458 BCE

From left to right, a kohl tube, a razor, a pair of tweezers, a whetstone, and a mirror



ANCIENT EGYPTIAN COSMETICS SPOON

This artefact from Ancient Egypt, made in the shape of a woman, is thought to have been used to hold cosmetic ointments for women.

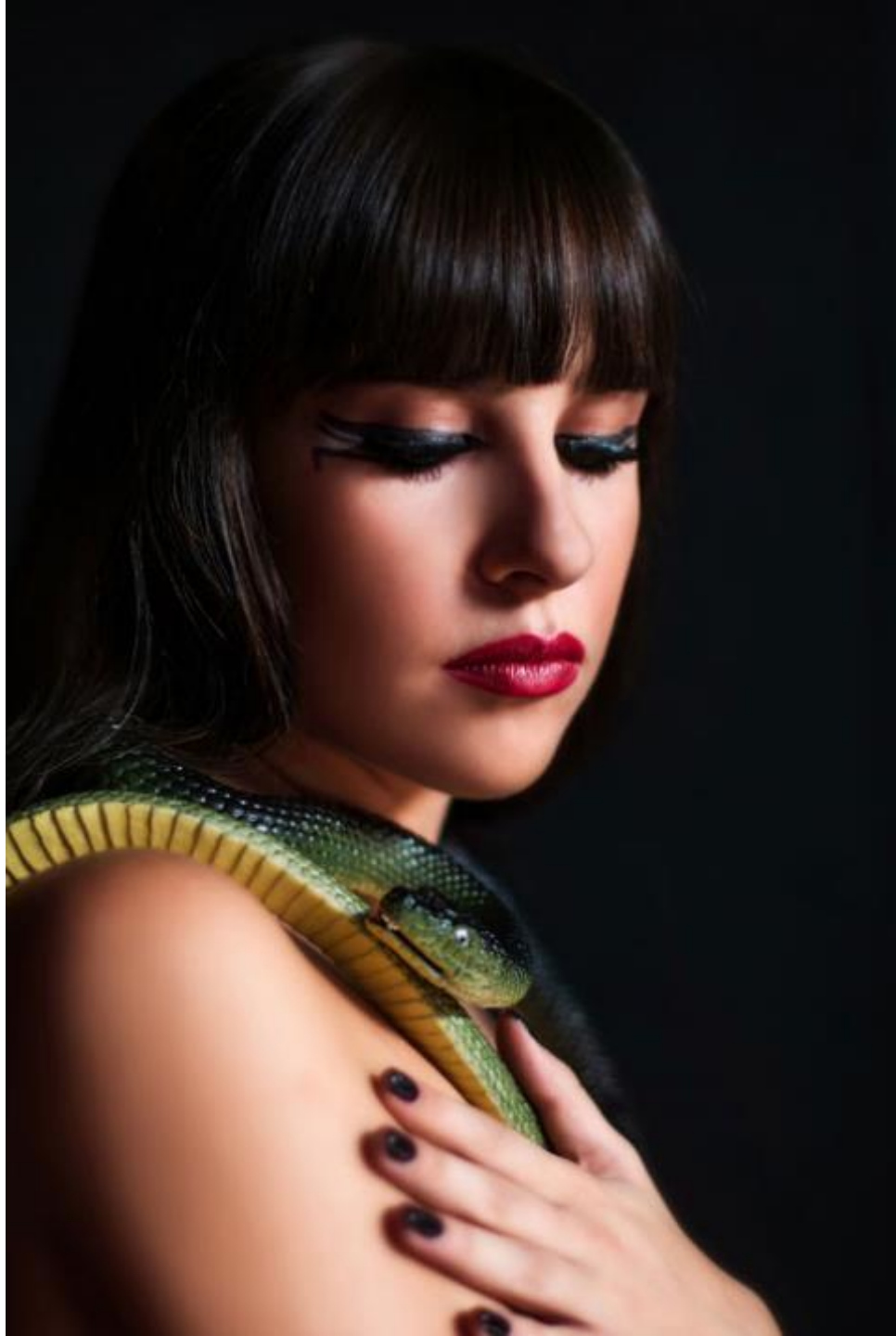
The woman's body is made of ivory, and the wig is made from ebony wood.



Ancient Egyptian cosmetics jars and tools.



GOLD SCISSORS



ACCENTING THE MOUTH

Though the eyes had the highest importance, men and women drew attention to the lips as well.



This was typically done with the use of red ocher.

It was often applied alone but in many cases was mixed with resin or gum for a longer lasting appearance.

Popular color choices included red, orange, magenta, and blue-black.

Cleopatra wore a unique red lipstick created from flowers, red ochre, fish scales, crushed ants, carmine, and beeswax.

Her signature shade made red a popular choice, and as a result, the use of **carmine (a dark red pigment from local minerals)** became more widespread.

Ingredients were mixed in either brass or wooden bowls (depending on class levels)

Once the color had been created it could be applied directly onto the lips.

This was done using wet wooden sticks that acted as an applicator brush.



NATURAL COSMETIC INGREDIENTS

<p>Ground Eucalyptus Leaf</p>  <p>Eucalyptus is a highly medicinal plant, as it is a natural analgesic, deodorant and immune system stimulant which also has anti-viral, anti-bacterial, anti-fungal and anti-microbial properties. This makes eucalyptus a great treatment for just about any type of skin infection.</p>	<p>White Willow Bark Powder</p>  <p>This herb has been used for millennia for natural pain relief. Its anti-inflammatory and analgesic properties make this the perfect soak for people with skin disorders such as Psoriasis, Eczema, or even a nasty sunburn.</p>
<p>Powdered Lavender Flowers</p>  <p>Lavender has a host of benefits when used in skin care products, but has great value in helping the skin heal itself, stimulating cell growth, reducing inflammation, preventing scarring and balancing the production of oil while at the same time cutting down on localized pain - all perfect when fighting acne and problem skin.</p>	<p>Poppy Seeds</p>  <p>Poppy seeds act as source for a variety of minerals like iodine, manganese, magnesium, zinc and copper. They also make a very good gentle exfoliator.</p>
<p>Peppermint Leaf</p>  <p>When massaged into the skin, peppermint plays an innocuous trick on the nerves: it stimulates those that produce a cool, soothing sensation and desensitizes those that pick up pain messages.</p>	<p>Anise & Chamomile</p>  <p>Anise is a natural treatment for oily skin and serves as a treatment for mild acne. Chamomile soothes skin rashes including eczema, minor burns and sunburn, reduces skin inflammation, speeds healing and helps in preventing bacterial infection.</p>
<p>Ground Orange Peel</p>  <p>Orange peel is great for the skin because of its high antioxidant content, which protects the skin from damage and ageing, and citric acid, which helps wash away oils from the skin.</p>	<p>Ground Apricot Kernel</p>  <p>The apricot kernel powder helps to promote a clear skin and removes impurities. This natural exfoliant is a mild abrasive, gently exfoliating the skin without causing damage or minor scrapes while removing dead cells.</p>
<p>Rose & Chamomile Tea</p>  <p>Rose has excellent emollient and hydrating properties, which helps the skin to stay soft and properly moisturized and fight any dryness and dehydration. Chamomile soothes skin rashes including eczema, minor burns and sunburn, reduces skin inflammation, speeds healing and helps in preventing bacterial infection.</p>	<p>Raw Honey</p>  <p>Honey's ability to absorb and retain moisture make it an ideal ingredient in a lot of skin care products as it helps keep skin hydrated and fresh and prevents drying. Honey's natural antioxidant properties supports the skin's ability to rejuvenate and refresh depleted skin, leaving it feeling silky soft and supple.</p>
<p>Rosemary</p>  <p>Supreme skin regenerative and wound healing properties make Rosemary especially useful for treating chronic skin conditions, dermatitis, eczema and psoriasis. Acne prone skin may respond favorably to the renewing effects of Rosemary, as well as to its action to fight infection and promote glandular balance and function. Its skin nourishing action makes it ideal for dry and mature skin. Rosemary's pronounced stimulating effect on the circulatory systems makes it especially helpful for lowering blood pressure, as well as for promoting cellular respiration and detoxification.</p>	<p>Pure Aloe Gel</p>  <p>Aloe contains nutrients, vitamins, active compounds, essential minerals and amino acids that reduce inflammation. Everyone knows the benefit of an aloe plant for a burn on the skin, but it can also be effective in treating acne, psoriasis, and inflammation. These healing benefits come from the aloe offering more oxygen to the skin, this in turn increases the strength of the tissue as it can penetrate up to seven layers deep! This helps stimulate cell rejuvenation and gives the skin a more youthful look.</p>
<p>Red Rose Petals</p>  <p>Rose has excellent emollient and hydrating properties, which helps the skin to stay soft and properly moisturized and fight any dryness and dehydration.</p>	<p>Whole & Powdered Oat</p>  <p>Natural Oat is an ingredient long recognized for its ability to relieve itching and irritation while moisturizing and soothing the skin.</p>
<p>Green Tea Leaf</p>  <p>Studies have shown that green tea leaf, applied topically to the skin, can provide protection from cancer by quenching free radicals, neutralizing UV light, and stimulating new cell growth.</p>	

ANCIENT EGYPT HYGIENE





The mint and other herbs were used to help improve their breath, and mint is still a popular toothpaste ingredient today.

Some of the ancient Egyptian mixtures even included the ashes of ox hooves and burnt eggshells!

INGREDIENTS FOR EGYPTIAN TOOTHPASTE

This is a 3,000 year old recipe for toothpaste:

- One drachma (one-hundredth of an ounce) of rock salt
- One drachma of mint
- One drachma of dried iris flower
- All mixed with around 20 grains of pepper.

According to the document, the composition should form a paste-like consistency when in contact with the saliva of the mouth.



Sadly, ancient Egyptians did not have the best teeth in the ancient world (likely due to the sand residue left in food products by rock grinders), as evidenced by the presence of rotting teeth and terrible tooth abscesses in the mouths of mummies.

To cover the smell, Egyptians became the first civilization to invent breath mints, which were originally pellets made out of cinnamon, myrrh, frankincense, and honey.



The first signs of a toothbrush being used by human beings dates back to 3500 B.C. in ancient Egypt.

The Babylonians and Egyptians would chew on a stick about six inches long until one end would become soft like a brush.

They would use this softened twig to brush and pick between their teeth

PERFUMES & DEODORANTS

The most popular and best-known perfume was kyphi.

It was made of frankincense, myrrh, mastic, pine resin, cinnamon, cardamom, saffron, juniper, mint, and other herbs and spices.

The scent is described as completely elevating, and those who could afford it are reported as being envied by those who could not.

Less expensive and more common perfumes were made from flowers, roots, herbs, and other natural elements, which were ground into a paste and then either combined with fat or oil for a cream or made into a cone of incense.



AN EGYPTIAN PERFUME BOTTLE

Deodorants were made in the same way as perfumes and often they were the same recipe applied in the same way.

Several types were used:

- 1) Mix an ostrich egg, nuts, tamarisk, and crushed tortoise shell with fat, mix into a cream, and apply to one's arms, torso, and legs for a scent-free deodorant.
- 2) Mix lettuce, myrrh, incense, and another plant (whose name is not known) and rubbing the paste on the body to prevent the odor of perspiration.
- 3) The juices from fruits, mixed with frankincense or other spices such as cinnamon were also used.



Ancient



Egypt



Toys

Painted toy horse

Only the wealthy owned horses in ancient Egypt. The animals were considered status symbols and were often given as gifts to the rulers of other kingdoms. This wooden horse was pulled along by a rope that was threaded through its muzzle.

MADE IN Roman Period

SIZE 11 cm (4.5 in) long

Wooden wheel

Saddle painted on back of horse

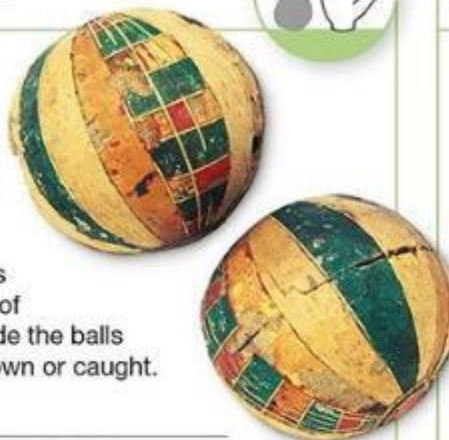


Painted balls

These balls are made of linen and strengthened by reeds. They are hollow and were originally filled with seeds or small beads of clay, which made the balls rattle when thrown or caught.

MADE IN Roman Period

SIZE 6.6 cm (2.5 in) wide



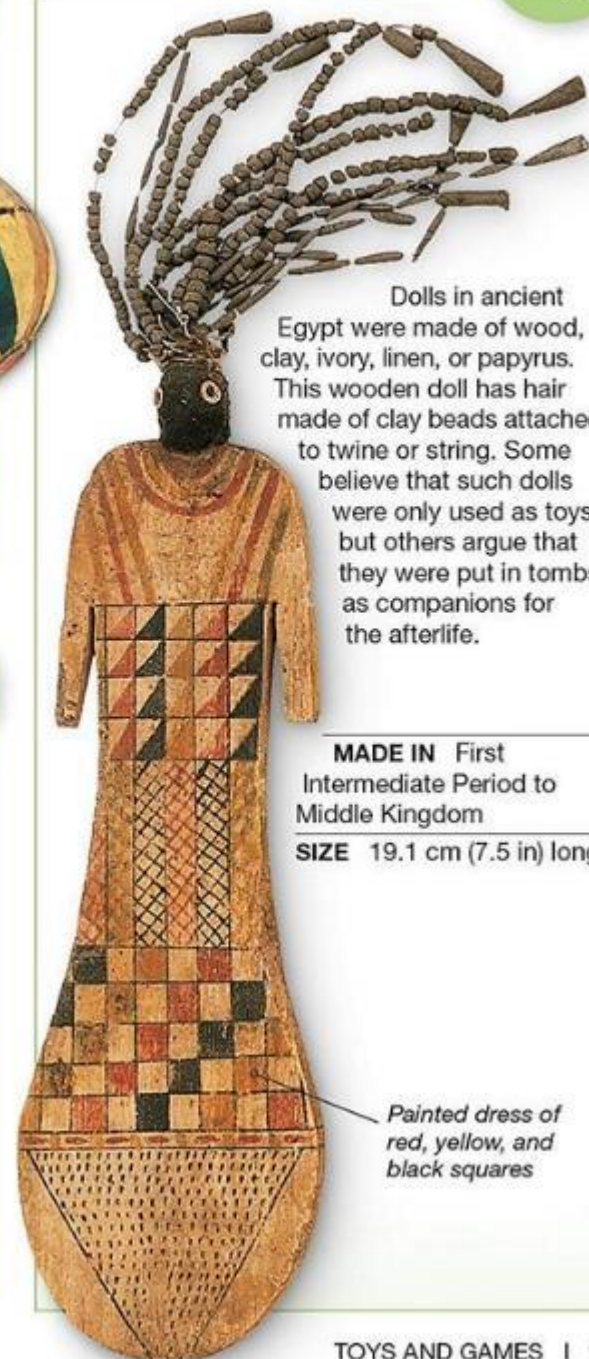
Wooden doll

Dolls in ancient Egypt were made of wood, clay, ivory, linen, or papyrus. This wooden doll has hair made of clay beads attached to twine or string. Some believe that such dolls were only used as toys, but others argue that they were put in tombs as companions for the afterlife.

MADE IN First Intermediate Period to Middle Kingdom

SIZE 19.1 cm (7.5 in) long

Painted dress of red, yellow, and black squares

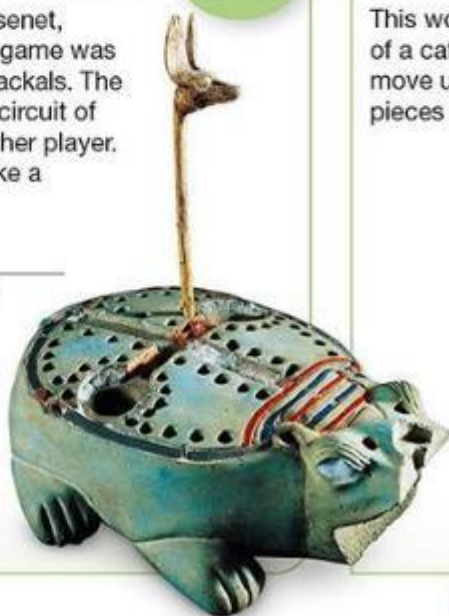


Dogs and jackals

As well as mehen and senet, another popular board game was the game of dogs and jackals. The aim was to complete a circuit of the board before the other player. This board is shaped like a hippopotamus.

MADE IN 525–332 BCE (27th–30th Dynasty Late Period)

SIZE 21.5 cm (8.7 in) long



Wooden cat

This wooden toy is carved roughly into the shape of a cat. Pulling the string makes its lower jaw move up and down. It has bronze teeth and pieces of rock crystal for eyes.

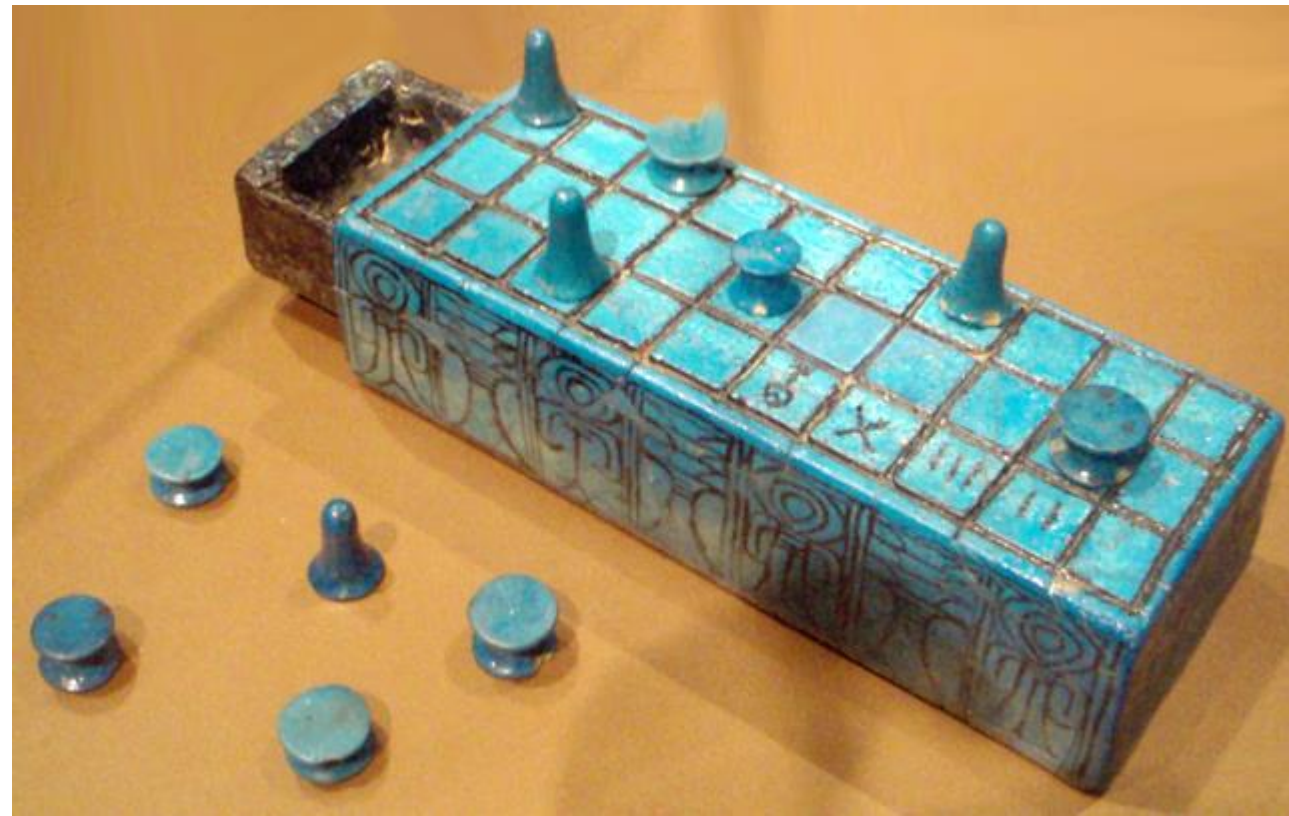
MADE IN New Kingdom

SIZE 11.7 cm (4.75 in) long





Horse and Rider Pull Toy



Senet Game Board possibly from the tomb of Amenhotep III

HOLLOW BALLS WITH SEEDS
INSIDE, TO MAKE NOISES



DOLL





IVORY FROG



JACKALS AND DOGS GAME

Music

Vital to Egyptian life, music was played during celebrations, religious festivals, and even during everyday work. Noblewomen would play the harp to help their husbands relax, while farmers would sing to their oxen to make them work better.



FOCUS ON... MUSICIANS

Professional musicians were present in many different levels of Egyptian society.



◀ This painting shows Egyptian musicians playing harps, lyres, and flutes. Among musicians, the ones who played in temples had the highest status. Mainly women, they were given the title *Shemayet*, meaning "musician". Next came the musicians of the royal court, who included gifted singers and harp players. There were also groups of musicians who travelled from place to place as troupes, playing at banquets and festivals.

Sistrum



The sistrum was mainly associated with the goddess Hathor. Noblewomen and priestesses carried it at religious ceremonies. Small metal rings on the crossbars would move when the sistrum shook, producing a rattling sound.

Metal rings

Handle decorated with the head of Hathor



MADE IN Late Period

SIZE 41.7 cm (16.25 in) long

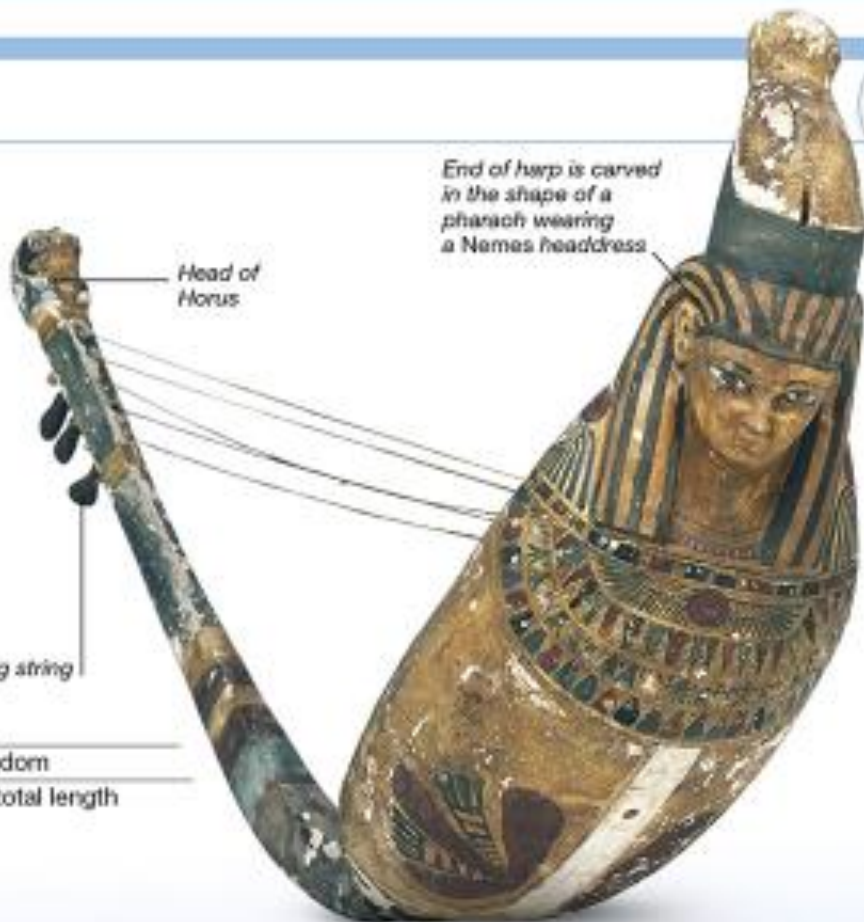
Harp

The harps played in ancient Egypt varied greatly in size, shape, and the number of strings. This five-stringed harp was found in the tomb of an Egyptian called Ani. The design of the pharaoh head on it suggests that it belonged to a court musician.

Head of Horus

Peg for tuning string

End of harp is carved in the shape of a pharaoh wearing a Nemes headdress



MADE IN New Kingdom

SIZE 97 cm (38 in) total length

Clappers



Clappers were used in Egyptian music in the same way as modern castanets. Musicians held the clappers in one hand and banged them together. Made of ivory and bone, these clappers were held together by a piece of string.

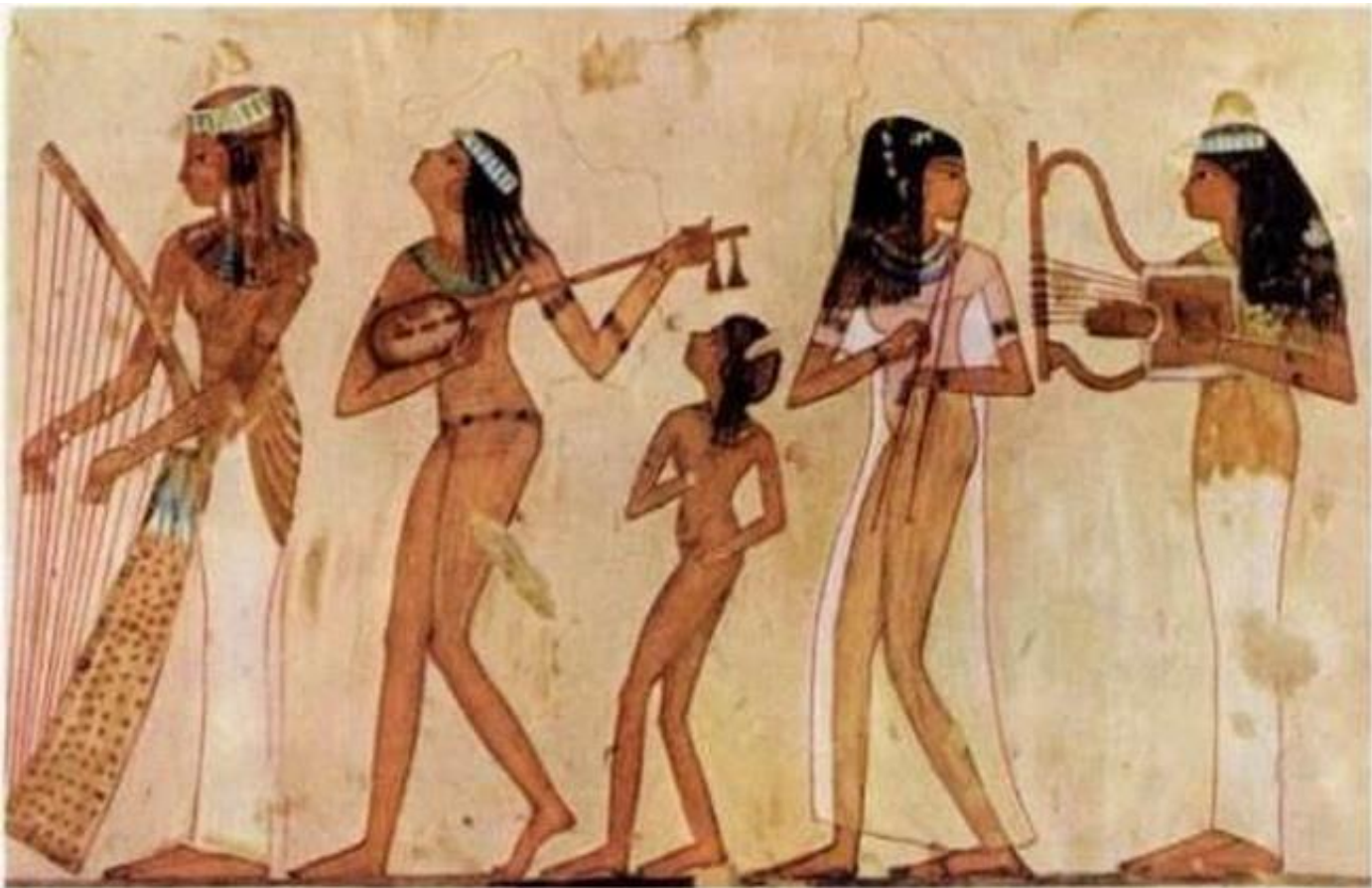
MADE IN 1901–1902 BCE
(12th Dynasty Middle Kingdom)

SIZE 17 cm
(6.5 in) long

Clapper is carved to look like a hand









Here are some instruments

Lyre: An ancient plucked string instrument in the shape of a box, similar to a harp but smaller

The Oud- A pear shaped stringed instrument .

The Kithara-A seven stringed Lyre played by professional musicians.

Sistrum-A special instrument in Egypt used in dances and religious ceremonies

Lyre:



The Oud:



The Kithara:



Sistrum:



EGYPTIAN BOX LYRE





riqq



far



types of duff

tabl baladi



types of mazhar



sagat

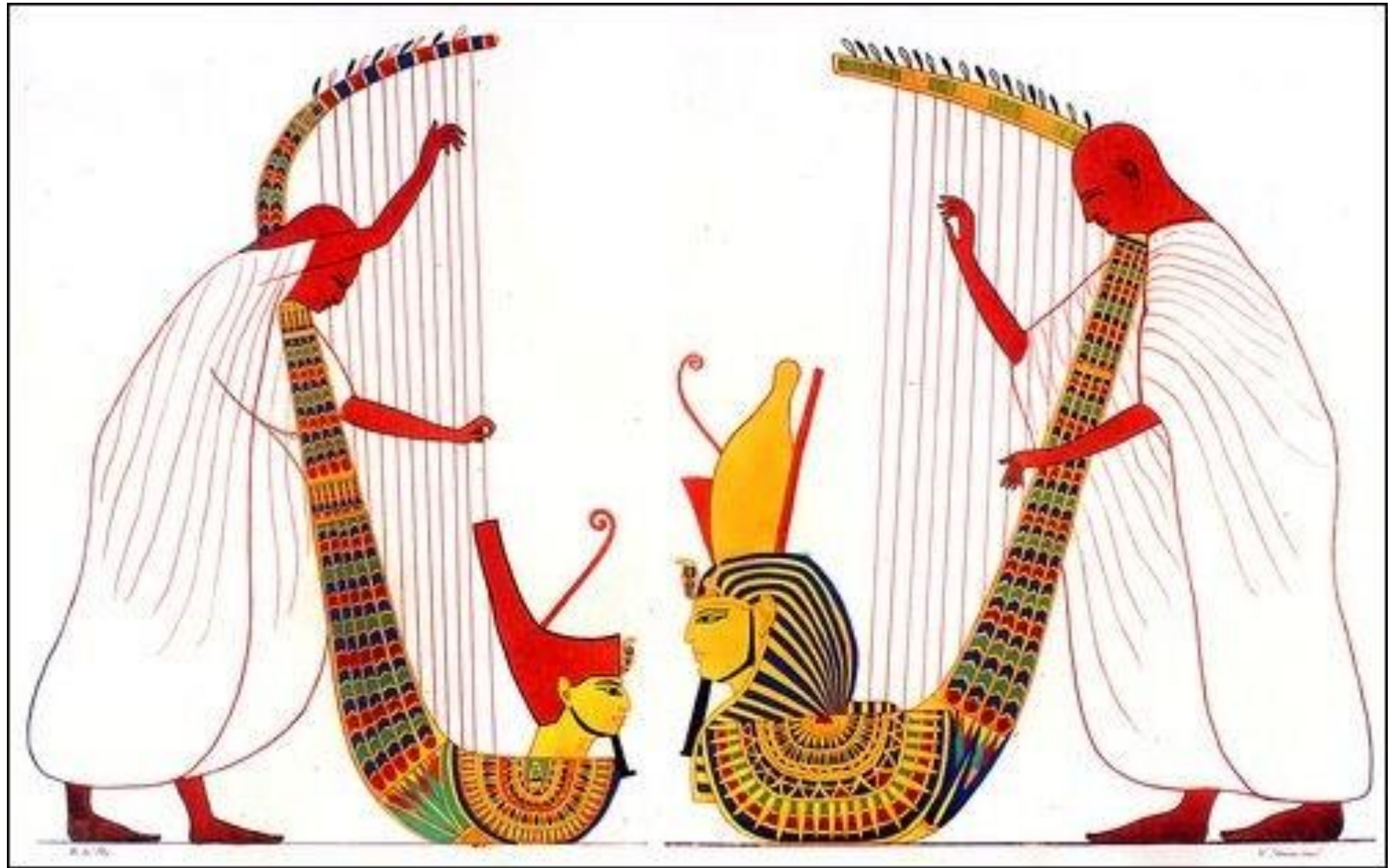


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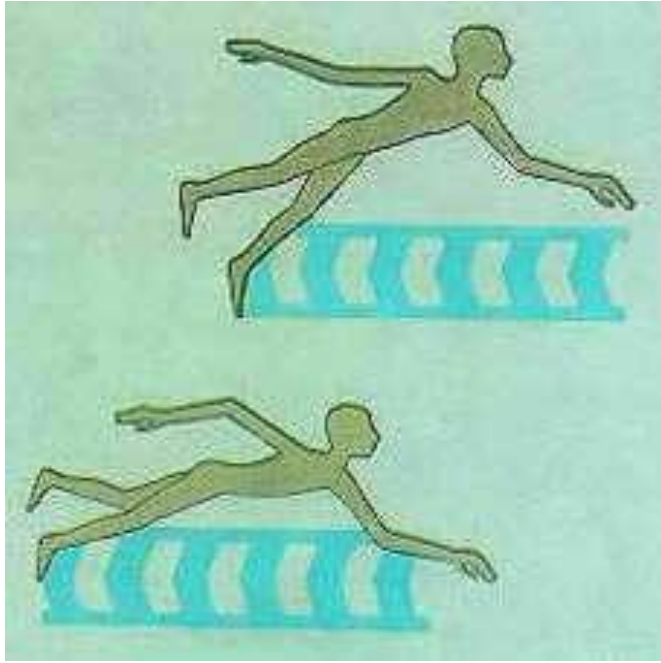


SPORTS IN ANCIENT EGYPT

The scenes on the walls of temples and pyramids clearly show that Egyptians knew how to maintain their physical fitness and health. The sport was an important part of everyday life and culture.

Among the most common sports practiced by ancient Egyptians are gymnastics, marathon, handball, javelin, boxing, high jump, archery, weightlifting, swimming, rhythmic gymnastics, and balance.



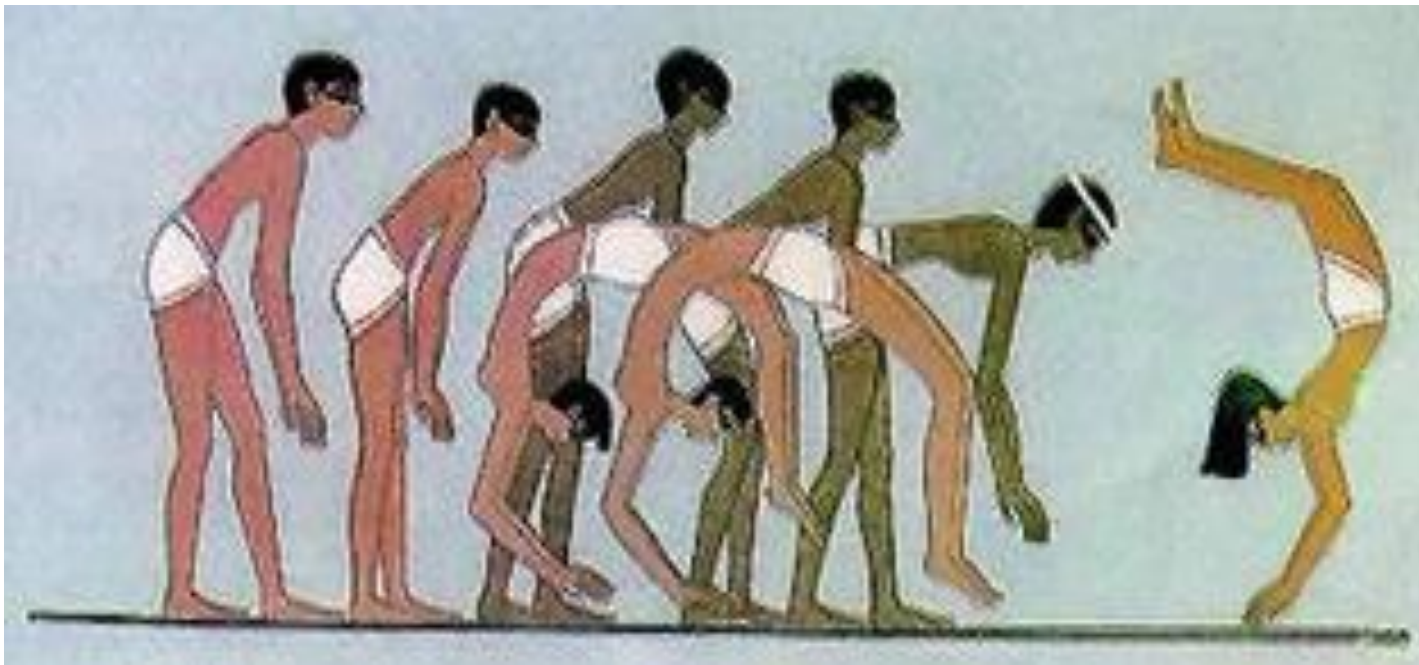


SPORTS AND PHYSICAL FITNESS

There were significant aspects of ancient Egyptian life and helped people maintain their mental health and fitness.

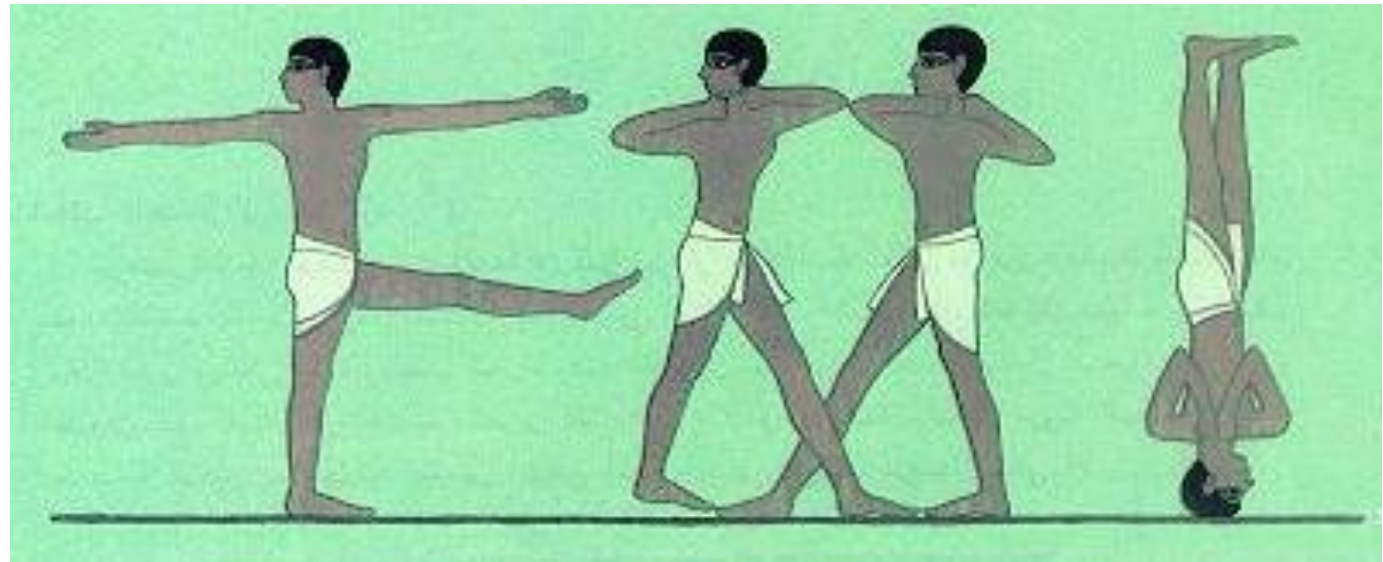
Games like the popular **Senet**, a version of checkers, were more intellectual pastimes.

These sports and games reflected the culture's beliefs in participating in something enjoyable and positive for an individual's entire well-being.



TYPES OF ANCIENT EGYPTIAN SPORTS

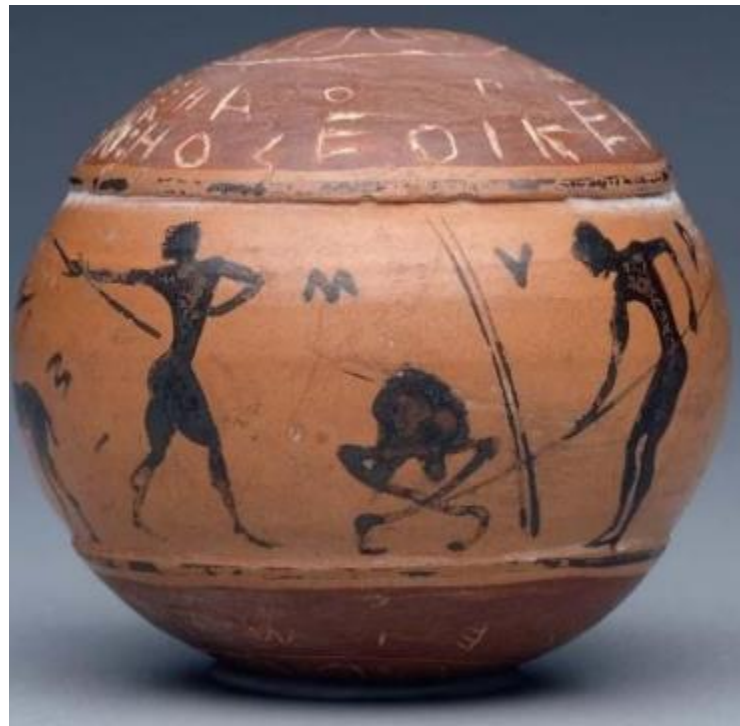
- Hockey
- Handball
- Gymnastics (floor exercises)
- Javelin Throw
- Fishing
- Boxing
- Weightlifting
- High Jump
- Swimming
- Rowing
- Archery
- Rhythmic Gymnastics
- Marathon Running
- Tug of War





JAVELIN THROWING

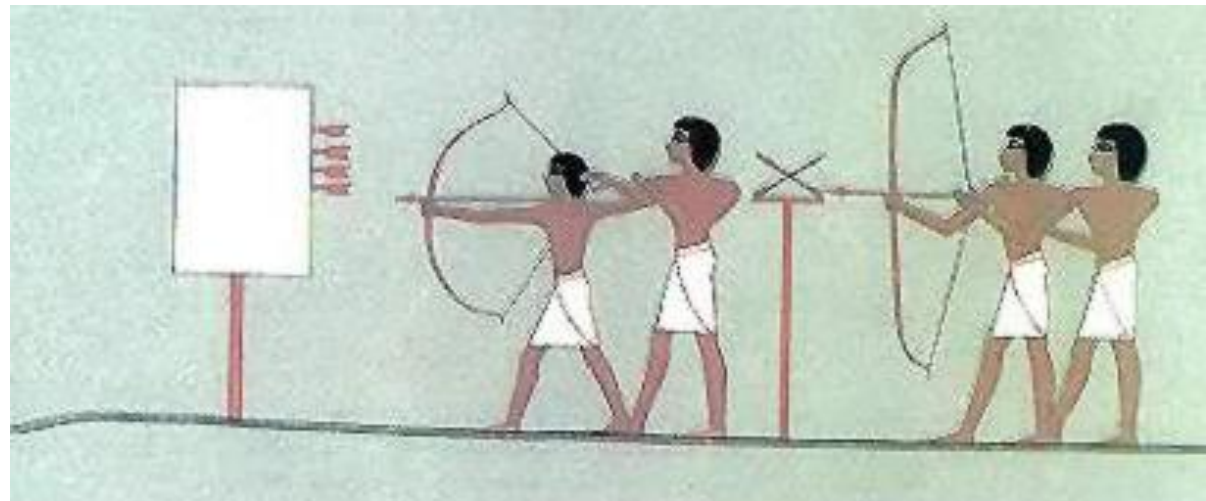
One of the popular ancient Egyptian sports is the **javelin throwing**, which was used for hunting sport for finding food.



ARCHERY

Archery was another sport of its kind that was a popular way of recreation in Egypt and a popular fishing method.

The Archery was often practiced by the royal family.

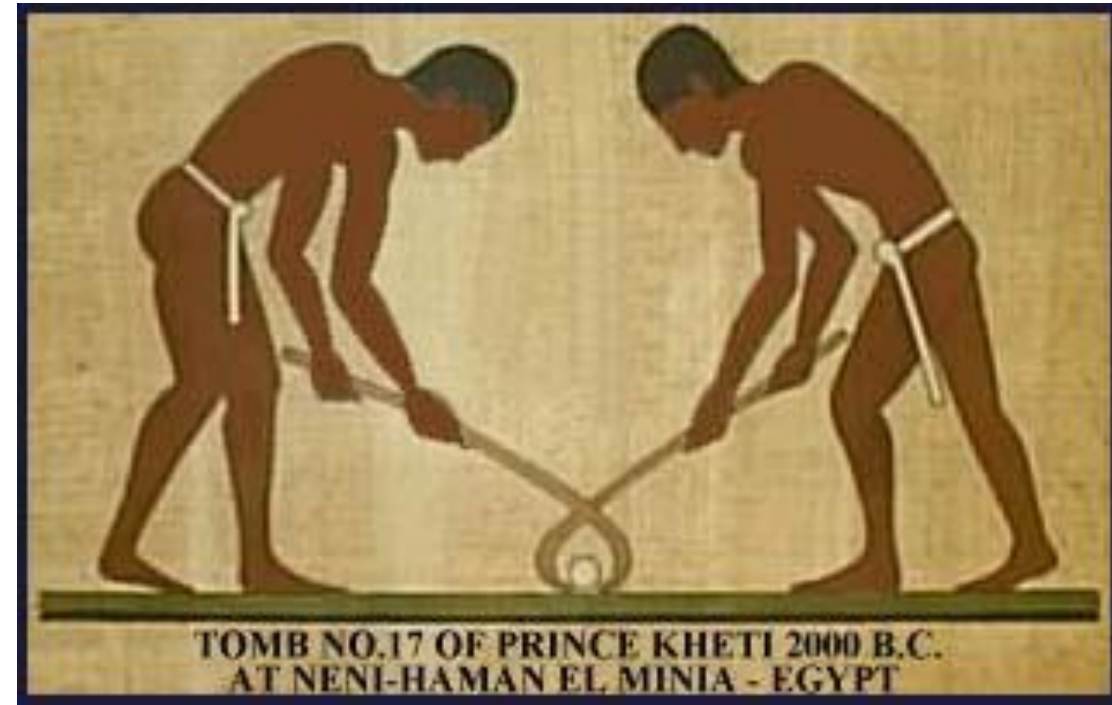
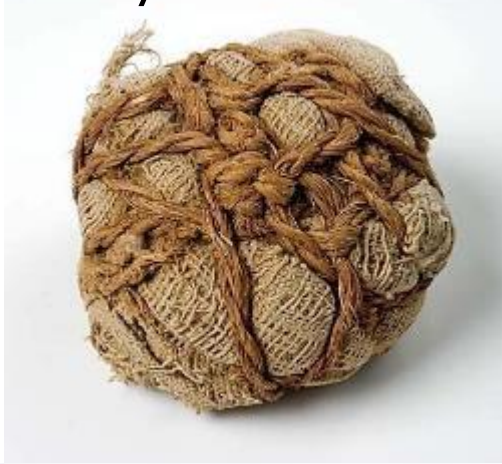


FIELD HOCKEY

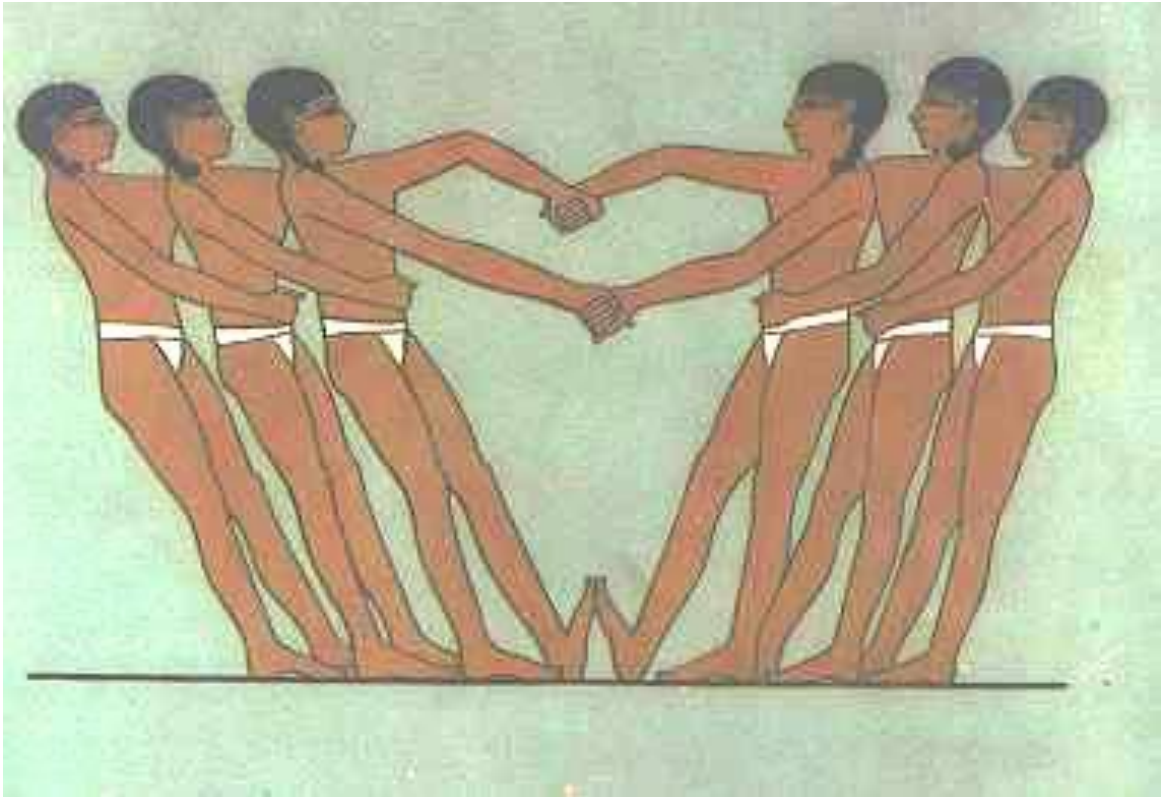
They had a version of field hockey. Hockey sticks were pieces of palm tree branches with the tell-tale bend at the end.

The inner core of the ball was papyrus. The covering was leather.

Equipment makers dyed the ball different colors.



TUG OF WAR



It is a playground and fitness sport we play today with a rope.

Players stand on either side of a line or pit and pull until one team goes over the line.

In Ancient Egypt, tug of war was two players pulling each other's arms at the front of the line.

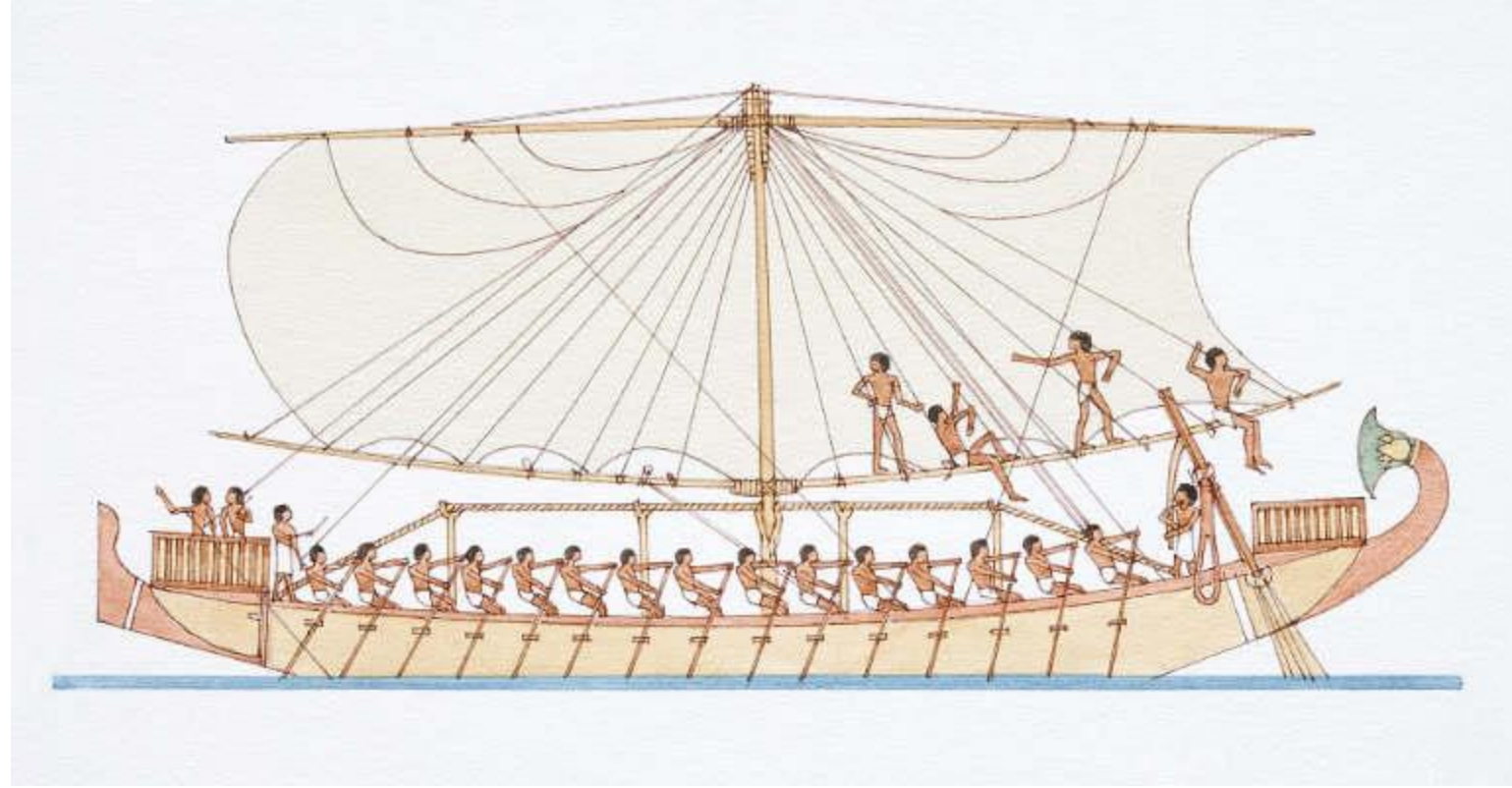
Everyone else grabs the waist of the player in front of him and pulls until one team pulls the other team across.

BOATS FOR TRAVELING, FISHING, AND SPORT

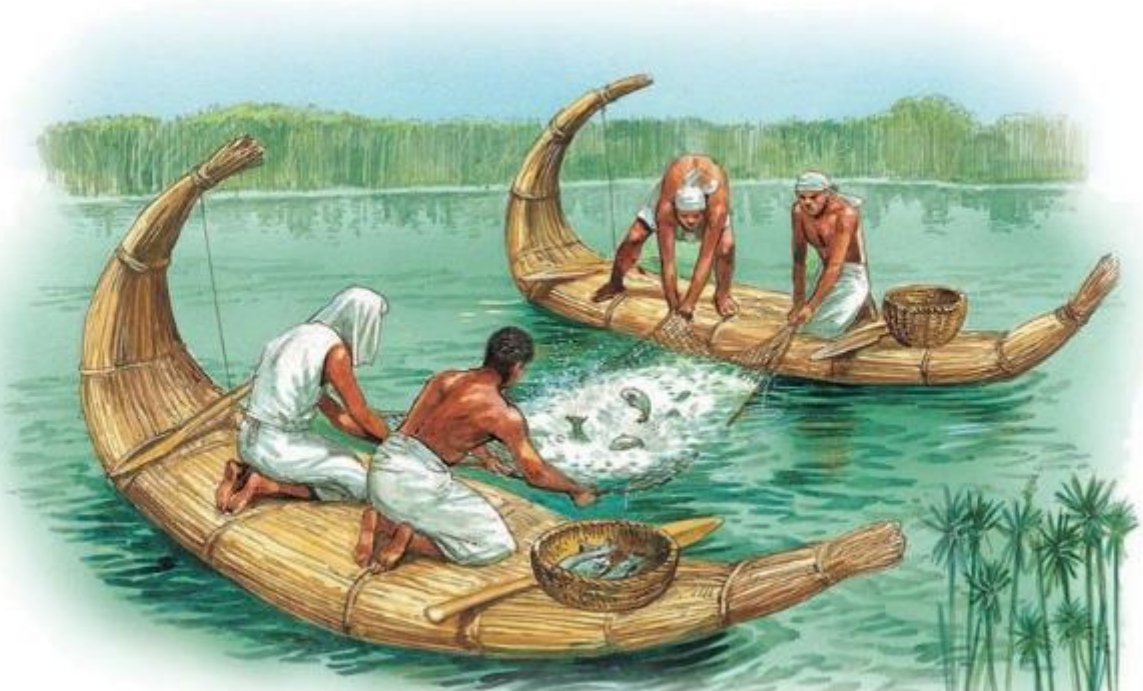
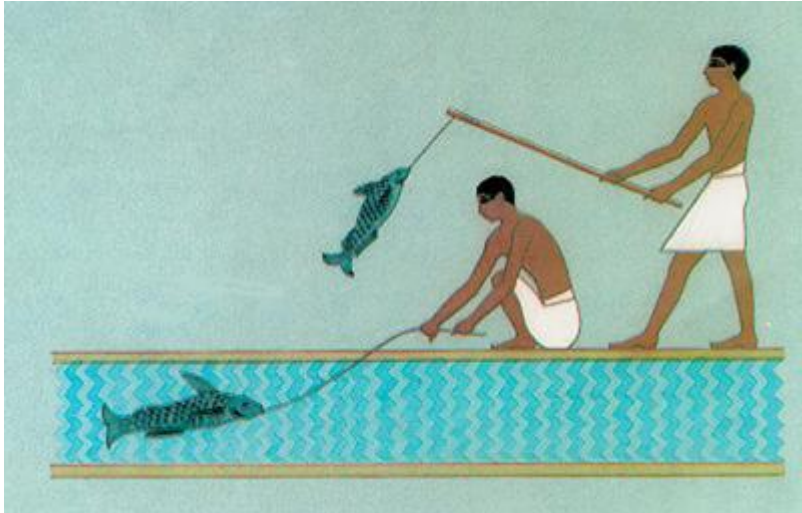
Rowing and swimming were among the most common water sports played by Egyptians during this period.

Rowing as a team was a way to get exercise and compete, like it is today.

Everyone works together according to the demands of a leader who uses verbal cues to command his team.



FISHING



BOWLING



BIG AND SMALL BOWLING BALLS AND PINS FOR PLAYING GAMES

HANDBALL



The drawings of this sport were found on the tombs of Saqqara, 5,000 years ago.

The ball was made of leather and stuffed with vegetable fibers or straw or made from papyrus plants to be light and more durable.

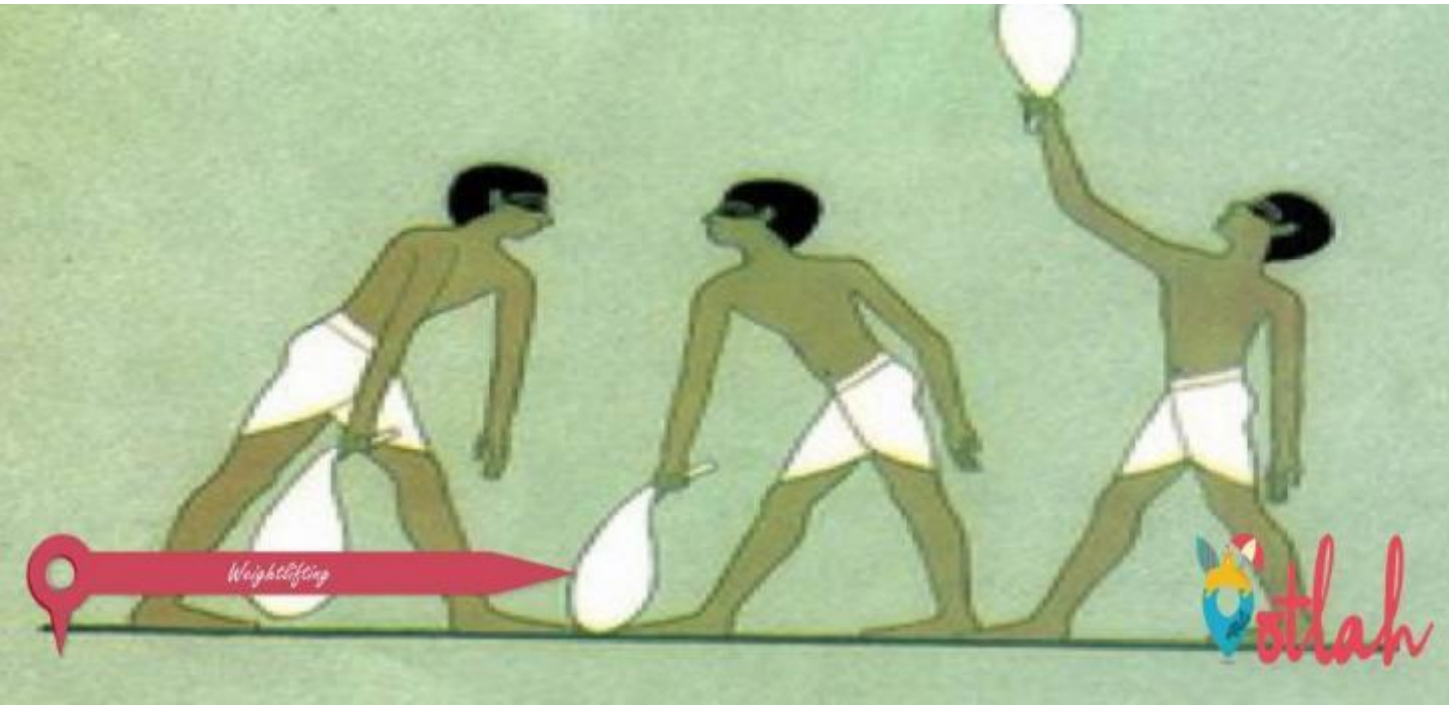
It was rarely used for more than one game.

The painting shows four girls playing handball.

Each team is aiming at the other at the same time. Players can either be on their feet or on the backs of teammates during the exchange of balls.



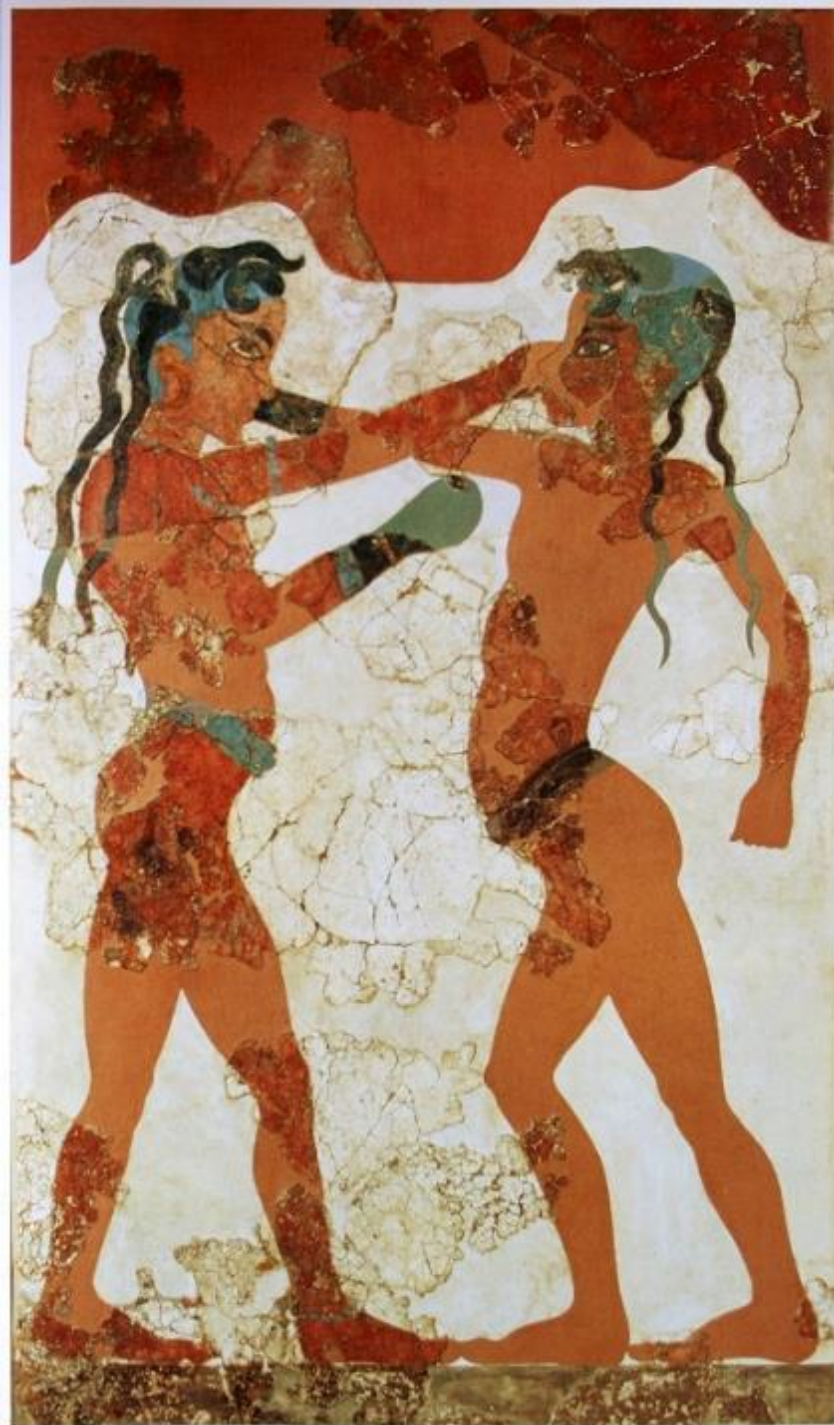
WEIGHTLIFTING



WRESTLING



BOXING



RUNNING





THE END