



CBA 1 - STORYTELLING USING MYTH

TASK

The student takes a well-known myth, the Twelve Labours (or Tasks) of Heracles, and presents it in a hand-written standard retelling. Hand-drawn illustrated sketches relating to the narrative are integrated throughout the work.

FORMAT

Hand-written narrative, accompanied by sketches.

TITLE

'The Twelve Labours of Heracles'.

TEACHING AND LEARNING

For CBA1 *Storytelling using myth*, students develop their storytelling abilities and learn how to bring an idea from concept to realisation by engaging creatively with a myth in any approach or format, or combination of same, of their choosing.

The myth can be presented in a modern context, or in the context of the ancient world, but must adhere to the conventions and techniques of writing a myth as explored in the classroom.

Through this Classroom-Based Assessment, students will explore:

- the benefits and purposes of using myth as a form of storytelling
- the key features of a well-told myth
- how to develop a myth and prepare it for an audience
- how to develop and refine their storytelling ability through the medium of myth.



INTRODUCTION

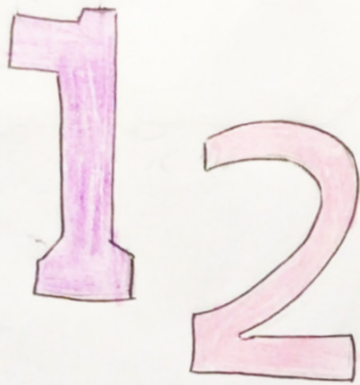
These exemplars are drawn from work completed by 2nd year students from different schools over a three-week period. The annotations provided for each exemplar refer to the three sets of Features of Quality set out in the Assessment Guidelines for each level of achievement (*Exceptional, Above expectations, In line with expectations*).

SAMPLE 1: THE TWELVE LABOURS OF HERACLES

This sample is a hand-written re-telling of each of the Twelve Labours of Heracles. It is accompanied by hand-drawn colour illustrations. The narrative offered is a standard re-telling of the well-known myth. It includes an introductory page setting out the background to Heracles being asked to undertake the tasks, detailing the goddess Hera's scheming in making him mad so that he kills his family before seeking penance at the Oracle at Delphi. The work includes some moral reflections at the end.

EVIDENCE OF WORK

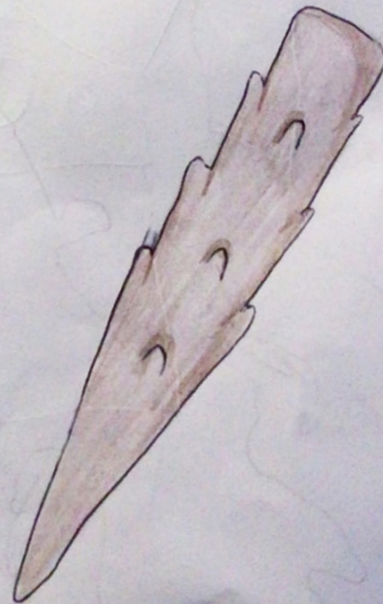




The twelve labours of Heracles were a number of tasks that Heracles was told to complete by King Eurystheus. It all started when Hera, who loathed Heracles for he was an example of Zeus' affairs, drove Heracles mad, making him kill his wife Megara and his children. When he realised what he'd done, he deeply regretted it and went to the Oracle of Delphi to ask for penance. There was told to serve Eurystheus, king of Tiryns, for twelve years, if he completed all the tasks he would become immortal. Although Heracles didn't like this

he decided to follow the Oracle's advice. When he arrived in Tiryns, Eurystheus initially asked Heracles to perform ten labours. These were:

- to kill the Nemean lion
- to kill the Lernaean Hydra
- to capture the Ceryneian Hind
- to capture the Erymanthian Boar
- clean the stables of Augeas in one day
- to kill the Stymphalian Birds
- to capture the Cretan Bull
- to steal the Mares of Diomedes
- to steal the girdle of the Amazon queen



LABOUR 1: KILLING THE NEMEAN LION

The Nemean lion was a terrible monster that roamed in the region of Nemea, capturing women as hostages, luring men to save them. When someone entered the lion's den and tried to free the woman, she would turn into the lion and eat the warrior. When Heracles arrived at the town and found the lion he shot many arrows against it and killed it. With the help of Athena he skinned the lion and wore it as an armour.



LABOUR 2: SLAYING THE LERNAEAN HYDRA

The Lernaean Hydra was a monster that lived in the swamp of the lake Lerna. It had been raised by Hera to kill Heracles. The Hydra had nine heads, one which was immortal and the rest were mortal. The swamp was covered in a poisonous mist, so Heracles put a cloth on his mouth and nose. To lure it out of his lair, Heracles shot flaming arrows, achieving his intent. However, when he chopped one of the Hydras head, he realised that two more



LABOUR 3: CAPTURING THE CERYNEIAN

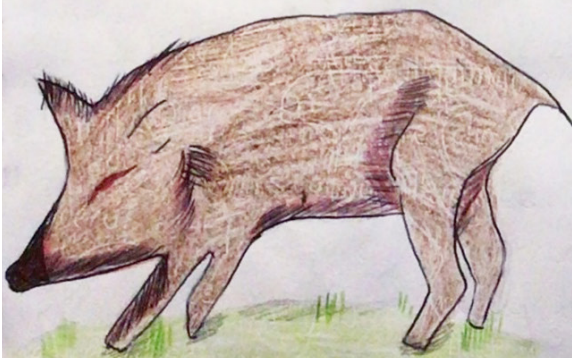
HIND

In their effort to mark an end to Hercules' success, Eurystheus and Hera decided that the next task would be to capture the Ceryneian Hind. This was a sacred deer belonging to Artemis, and had golden antlers and hooves of gold. It was believed it was so fast it could outrun a flying arrow. Hercules made a great effort to track it. When he saw it, he followed it for a year through Greece. According to a myth, he managed to capture the hind while it was sleeping.



LABOUR 4: CAPTURING THE ERYMANTHIAN BOAR.

Eurystheus ordered Hercules to bring him the wild boar from the mountain of Erymanthos. Hercules, on his way there, visited his friend, Pholus. The two ate and drank, which attracted other centaurs to the cave. Hercules killed the centaurs with his arrows, which would kill Pholus. Pholus picked up an arrow and asked how it was so lethal, when he suddenly dropped the poisoned arrow on his foot and killed himself. Hercules buried Pholus and began hunting the boar. He was able to drive the boar into the snow where he captured the boar in a net and brought it to Eurystheus.





LABOUR 5: CLEANING THE AUGEAS STABLES.

King Augeas of Elis had a large number of cattle in his stables. All of them were immortal. The stables of Augeas had never been cleaned in 30 years and Eurystheus asked Hercules to clean it in a day. This task was set to ruin Hercules reputation. When Hercules reached Augeas' court, he asked for one-tenth of the cattle if he did it in a day. The king agreed. Hercules managed to do it by diverting the rivers Alpheus and Peneus to pass through the stables. Eurystheus did not count it as a success, saying that the rivers did the work.

LABOUR 6: KILLING THE STYMPHALIAN BIRDS

Eurystheus' next task for Hercules was to kill the Stymphalian birds, large flying monsters that ate humans. They belonged to the god Ares, and they destroyed towns.

Hercules was unable to go into the swamp as he would drown. Athena helped him by giving him a rattle, the sound it made scared the birds and made them fly from their hiding place while in the air. Hercules shot many of them down with his poisonous arrows. The birds that remained flew away to plague other lands.





LABOUR 7: CAPTURING THE CRETAN BULL

The seventh task Eurystheus gave to Heracles was to capture the Cretan Bull. This was a monster that wreaked havoc on the island of Crete, destroying crops and land. After getting permission from King Minos, Heracles managed to catch the bull with his bare hands and sent it back to Eurystheus' court. Upon seeing it, Eurystheus hid in a jar and decided to sacrifice the animal to Hera. The Goddess rejected the offer, so the animal was left free.

LABOUR 8: STEALING THE MARES OF DIOMEDES

The mares of Diomedes were trained to eat human flesh. According to one story, Heracles brought a number of men to help him with the task. After they managed to steal the mares, they were chased by Diomedes and his army. Heracles told Abderus to take care of the horses, while he was fighting Diomedes, when he returned he realised that Abderus had been eaten by the mares, angry Heracles fed Diomedes to his own horses and later founded the city of Abdera in memory of Abderus. As they had eaten they were calm and Heracles bind their mouths and took them to Eurystheus.





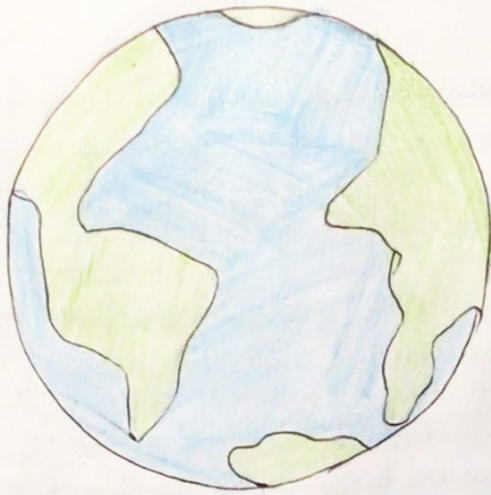
LABOUR 9 STEALING THE GIRDLE OF HIPPOLYTE

The ninth labour was stealing a girdle that belonged to the Amazon queen. At first, the queen welcomed Heracles and agreed to give him the belt without a fight. However, Hera disguised herself as an Amazon warrior and spread a rumor that Heracles intended to kidnap the queen. To protect her, the warriors attacked the hero's fleet, fearing for his safety, Heracles killed Hippolyte and ripped the belt from her body.

LABOUR 10 STEALING THE CATTLE OF GERYON

The tenth labour of Heracles was to steal the cattle of Geryon. Heracles went on his mission, he first had to cross the desert of Libya. At some point he was so hot, he shot an arrow at the sun, Helios, the sun god, was so impressed by his courage that he offered him his chariot, Heracles got on the chariot and reached Erythra overnight. There his first obstacle was the two-headed dog Orthrus. One blow of Heracles club was enough to kill Orthrus, Eurytion, the herdsman tried to confront Heracles, but was killed the same way.





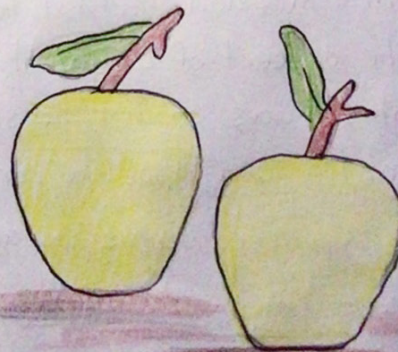
Upon finishing the tenth labour, Eurystheus told Heracles that he thought two of the labours were invalid; the Hydra was not slain by Heracles alone but was helped by Iolaus, while he accepted payment for the cleaning of the Stables, so two more labours had to be completed these were:

- 11. To steal the Hesperiden apples
- 12. To capture Cerberus, guardian of the Underworld

LABOUR 11: STEALING THE APPLES FROM THE GARDEN OF HESPERIDES;

The Hesperides were nymphs of the sunset that tended a garden somewhere in the far western corner of the world. Heracles managed to capture the Old Man of the Sea, a shape-shifting sea deity, in order to find out the exact location of the garden. There are two versions on how Heracles managed to steal the apples. One version is that he reached the Hesperidean Garden, where he killed Ladon, the dragon guardian of the apples. According to another version, he came across Atlas, the Titan god who was condemned to hold the heavens on his shoulders. Atlas was also the father of Hesperides, so he had access to the garden at all times. Heracles persuaded Atlas to change places for a while so Atlas could get the apples. In Atlas' return, he decided that he didn't want to get the heavens back. Heracles looked him and said he would keep the

The Hesperides were nymphs of the



heavens but wanted to adjust his cloak first. Atlas agreed to take back the heavens momentarily, but Heracles walked away with the apples



LAST LABOUR: CAPTURE CERBERUS

The final labour that Heracles had to capture Cerberus, the guardian and three headed dog of the Underworld. Before going to the Underworld, he decided to be initiated in the Eleusinian Mysteries, so that he would be taught how to travel alive from the world to the Underworld and vice versa. He then went to Tanagerum, where one of the entrances to the Underworld lay, and was helped by Athena and Hermes.

The Goddess Hestia also helped him with negotiating with Charon. When Heracles reached Hades he asked for permission of Hades to give him his dog, Hades agreed but Heracles had to win a fight against Cerberus without weapons. Heracles grasped the head of Cerberus between his hands and strangled it. Finally Heracles overpowered the beast and it surrendered. After his victory, Heracles carried Cerberus to Mycenae and showed it to the king Eurystheus. He was so terrified he hid in a jar. So Heracles returned back Cerberus to Hades



MORAL OF THE STORY

Hardships reveal character ✓

Dealing with the ups and downs of life

Requires staying true to your identity and unveiling of a person's real strenght is only possible through challenges. Growth too is a by product of facing and overcoming adversity.

Life is demanding regardless of privilege

Suffering is not a function of having less power, strenght or wealth, it's largely constant in everyone's life, though to different extents.

Take responsibility for all of your actions.

Never wait for others to do your work and never point fingers to avoid blame. Greatness and responsibility go hand in hand. Taking responsibility frees the mind and allows one to envision a future that can be created all over again with deliberate design.

THANK YOU FOR READING MY CBA

SOURCES

[greek-gods.info](#)
[medium.com](#)

[history.com](#)
[greekmythology.com](#)

[britannica.com](#)

[pintrest](#) (picture inspiration)

TEACHER ANNOTATIONS

Overall, the work offers a recapitulation of the myth of the twelve tasks of Heracles. It is essentially a summary or retelling, with no deviation from the standard narrative of these myths.

The work does have facets of mythical storytelling in the language used. For example, in Labour 1, the lion is 'luring men to save [the captured women]; in Labour 2, we are told that 'the swamp was covered in a poisonous mist'. However, this becomes more perfunctory afterwards.

The work includes reference at the end to three morals. These observations demonstrate awareness of suffering. It is worth considering how the morals could have been integrated into the piece throughout rather than added at the end. For example, Heracles could offer insights in an interview or the narrative could have reported Heracles' perspective.

The work features an imaginative modern twist with the illustration of a hand sanitiser accompanying the telling of Heracles' fifth labour, cleaning the Augean stables. This insertion acknowledges the impact of Covid-19 and is an imaginative nod towards a contemporary issue in telling the myth.

The piece is a standard retelling of all twelve myths. In the scoping stage, the choice could have been made to hone in on one or two myths and explore how they might be told from different perspectives. With the narrower scope, opportunities to be more creative or imaginative might have been usefully explored.

OVERALL JUDGEMENT:



In line with expectations