

# MOVING THROUGH HISTORY

## THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 1

This resource is created for students and educators to enrich body and mind through history. This is an intermediate level regiment for those who have been exercising consistently for a period of time.



# EXERCISING BODY AND MIND

Since the first modern Olympics in 1896, the Games have been an international stage to demonstrate superior athletic ability and display exemplary character and conduct. As African Americans fought prejudice at home, the Olympic Games provided an opportunity to them to display important amateur ideals--character, discipline, and intellectual capacity-- before a worldwide audience .



# SAFETY INFORMATION



**PLEASE READ THE FOLLOWING PROGRAM GUIDELINES BEFORE PARTICIPATING IN THE MOVING THROUGH HISTORY ACTIVITY, OR USING IT AS A TEACHER RESOURCE.**

In order to safely participate in this activity, make sure that you (or your students, if you are a teacher using this as a teaching resource):

- are in a safe, clutter-free environment;
- have enough space to complete the exercises: you can lift your arms fully over your head, jump up and down and side to side, and lay down fully extended without bumping into anything;
- are wearing comfortable clothing that you can move and stretch in without it getting in the way (we recommend removing shoes and socks if you are in-doors);
- read and understand the instructions for each exercise before performing it; and
- listen to your body and respect your own limitations.
- may wish to have the following: a water bottle and either a yoga mat or towel (to be used under the knees).

This activity is designed for those aged 18 and older who are physically fit. For those under the age of 18, adult (parent/legal guardian/teacher) guidance is recommended. If you have any health concerns, contact your physician for advice prior to participating in this activity.

**By participating in this activity, you assume full responsibility for your safety and well-being. This includes waiving any claims that you may have against the Smithsonian Institution (including the National Museum of African American History and Culture, and its regents, staff, and representatives) and holding the Smithsonian harmless from any claim, cause of action, or liability arising caused in whole or in part by your participation in this activity and/or use of this activity as a teacher resource.**

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# SAFETY CHECK 1



**CAN YOU ANSWER YES TO ALL THE FOLLOWING QUESTIONS?**

- Are you are in a safe, clutter-free environment?
- Do you have enough space to complete the exercises by doing the following:
  - Can you lift your arms fully over your head?
  - Can you jump up and down and side to side?
  - Can you lay down fully extended without bumping into anything?
  - Is your floor space is clear of any objects that you may step on or bump into?

**IF YOU SAY NO TO ANY QUESTION, WE RECOMMEND YOU DO NOT PARTICIPATE IN THIS ACTIVITY.**



# SAFETY CHECK 2











## CAN YOU ANSWER YES TO ALL THE FOLLOWING QUESTIONS?

- Are you are wearing comfortable clothing that you can move and stretch in without it getting in the way? (We recommend removing shoes and socks if you are in-doors.)
- Will you read and understand the instructions for each exercise before performing it; or listen to your instructors directions?
- Will you listen to your body and respect your own limitations?
- Do you have or need a water bottle and either a yoga mat or towel (to be used under the knees)?

**IF YOU SAY NO TO ANY QUESTION, WE RECOMMEND YOU DO NOT PARTICIPATE IN THIS ACTIVITY.**

# SCHEDULE



DAY	THEME	WORKOUT	
1	UNFORGETTABLES	FULL BODY	
2	OVERCOMERS	LOIWER BODY	
3	TRAILBLAZERS	CORE	
4	GOLDEN LADIES	STRETCH	
5	CHAMPIONS	UPPER BODY	
6	GREATNESS	FULL BODY	
7	COOL DOWN	REST	

# USER GUIDE



The following exercises are meant to be performed as a circuit . Perform each of the daily exercises for the recommended time or number of repetitions with 30 seconds of rest between exercises. At the end of the circuit, rest for two minutes then repeat the circuit.

To meet your current level of fitness, you can increase or decrease the number of repetitions; increase or decrease the number of times you complete the circuit; and increase or decrease the resting period between exercises and between circuits.

These exercises are meant to be performed along with your breath. Make sure that you follow the breathing cues in the instructions and move slowly and consciously. For exercises where your knees are on the floor, pad your knees on either a yoga mat or a towel.

**Each day, background information on the highlighted Olympians is included and questions for you to consider. Some questions may require you to gather information outside of this source to help formulate an answer. You can enjoy this resource without answering these questions, but we strongly encourage you to engage with them to enhance your experience.**

All objects and images are part of the Collection of the Smithsonian National Museum of African American History and Culture, unless otherwise noted. Title slide additional credits: Uneven bar grips: Gift of Gabrielle Douglas; 1984 Olympic Gold Medal: Gift of the Carl Lewis Estate, © International Olympic Committee; Goalie gloves: Gift of Briana Scurry; Souvenir Program: Gift of the Rudolph Family in memory of Wilma Rudolph; Pair of White Figure Skates: Gift of Debra Janine Thomas; Olympic Swim Suit: Gift of Simone Ashley Manuel; Olympic Games: Finish of the 200 Meter Hurdle Race at 1904 Olympics...George Poage, Milwaukee Athletic Club, Third: Courtesy of the Missouri Historical Society, St. Louis.



# DAILY EXERCISE CIRCUIT



**Use this template as you go through the daily exercise circuit. Make sure that you read the instructions rest in-between the exercises.**

**BEGIN WITH PART ONE**  
and Read Introduction:

**Complete Exercise One**

(Rest 30 Seconds)

**Complete Exercise Two**

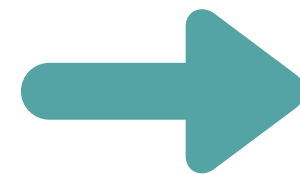
(Rest 30 Seconds)

**Complete Exercise Three**

(Rest 30 Seconds)

**Complete Exercise Four**

(Rest 30 Seconds)



**CONTINUE WITH PART TWO**  
and Read Introduction:

**Complete Exercise Five**

(Rest 30 Seconds)

**Complete Exercise Six**

(Rest 30 Seconds)

**Complete Exercise Seven**

(Rest 30 Seconds)

**Complete Exercise Eight**

(Rest 30 Seconds)



**FINISH THE DAY:**

**Walk/walk-in-place and drink a big glass of water.**



# DAY 1



## The Unforgettables: Full Body Workout

**1992 Summer Olympic Games (Barcelona, Spain)**  
**U.S. Olympic Basketball 1992 "Dream Team"**

**1968 Summer Olympics (Mexico City, Mexico)**  
**Tommie Smith**

# DAY 1 - THE UNFORGETTABLES

## U.S. OLYMPIC BASKETBALL 1992 “DREAM TEAM”

The American basketball team that played in the 1992 Summer Olympics is considered one of the strongest teams to ever play on the Olympic court. Magic Johnson and Larry Bird, the co-captains of the 1992 United States men's basketball team known as the Dream Team, signed this basketball. The 1992 Games were the first in which professionals were allowed to compete. It was the first time the team included Olympics stars and showcased American basketball at its finest and spread the sport's popularity worldwide.

**How have you or how can you make a meaningful impact on those in your world?**



**BASKETBALL SIGNED BY MEMBERS OF  
THE U.S. "DREAM TEAM"**

# DAY 1 - THE UNFORGETTABLES



## U.S. OLYMPIC BASKETBALL 1992 “DREAM TEAM”

### DAY 1 WORKOUT (PART 1)

Basketball is about more than being able to shoot a ball with accuracy (though that's a very important part!). You also need strong legs, core, and arms to give you the ability to turn quickly to block and move into shooting position.

**1) JOG IN PLACE WITH HIGH KNEES X 30 SECONDS PER CIRCUIT**

**2) SQUATS X 10 REPS PER CIRCUIT**

**3) WALKING PLANKS X 10 REPS PER CIRCUIT**

**4) DOLPHIN PUSH-UPS X 10 REPS PER CIRCUIT**

**See instructions on next slides!**  
**Read all instructions before starting.**

# DAY 1 - THE UNFORGETTABLES



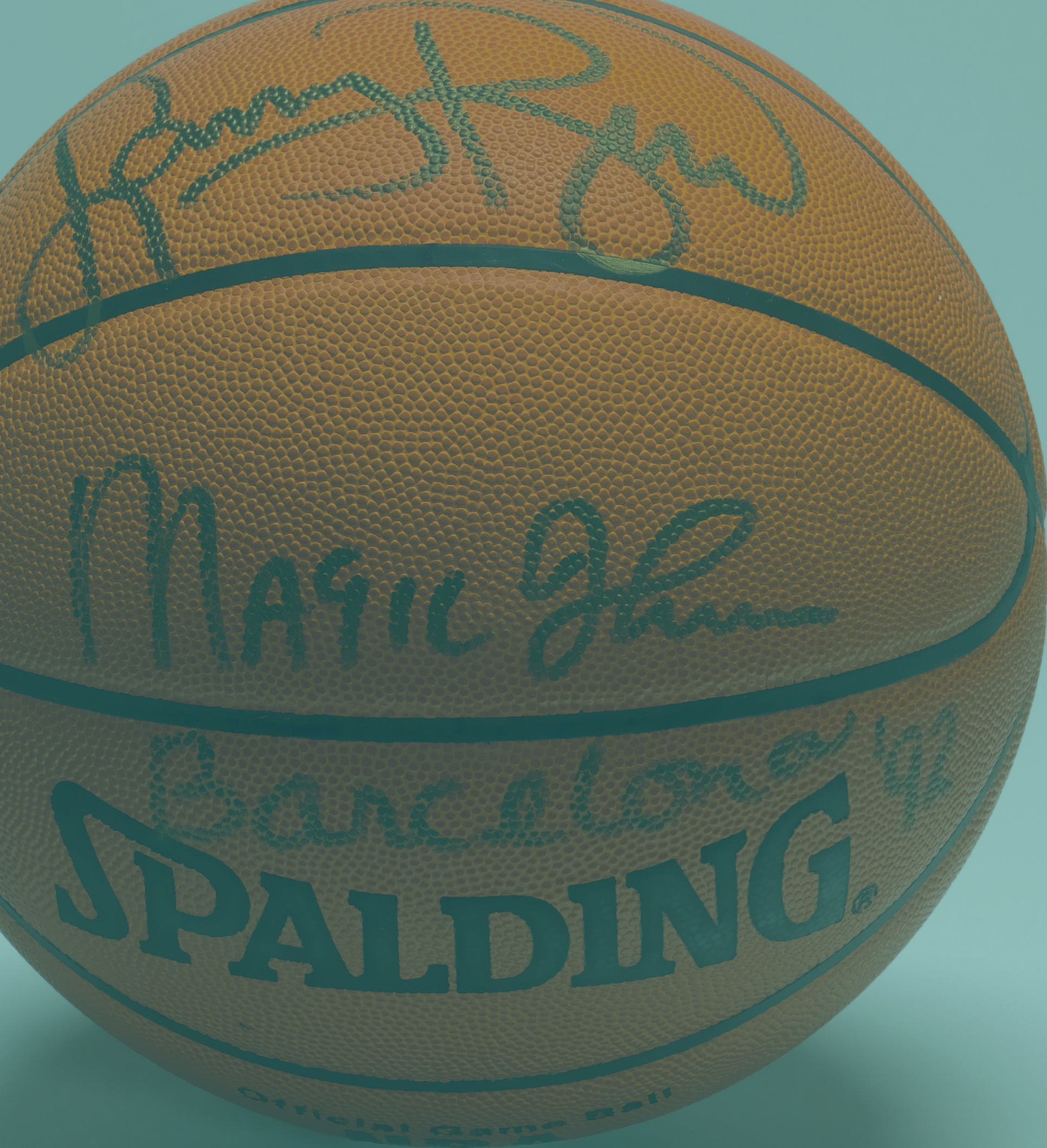
The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 1) JOG IN PLACE WITH HIGH KNEES X 30 SECONDS PER CIRCUIT

- Begin standing with feet hip distance apart.
- Shift your weight to your left foot and lift your right leg up toward your chest, with knee bent.
- Place right foot down and lift your left leg toward your chest.
- Continue the back and forth movement and speed up, driving your knees up.

U.S. OLYMPIC BASKETBALL 1992 “DREAM TEAM”





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES



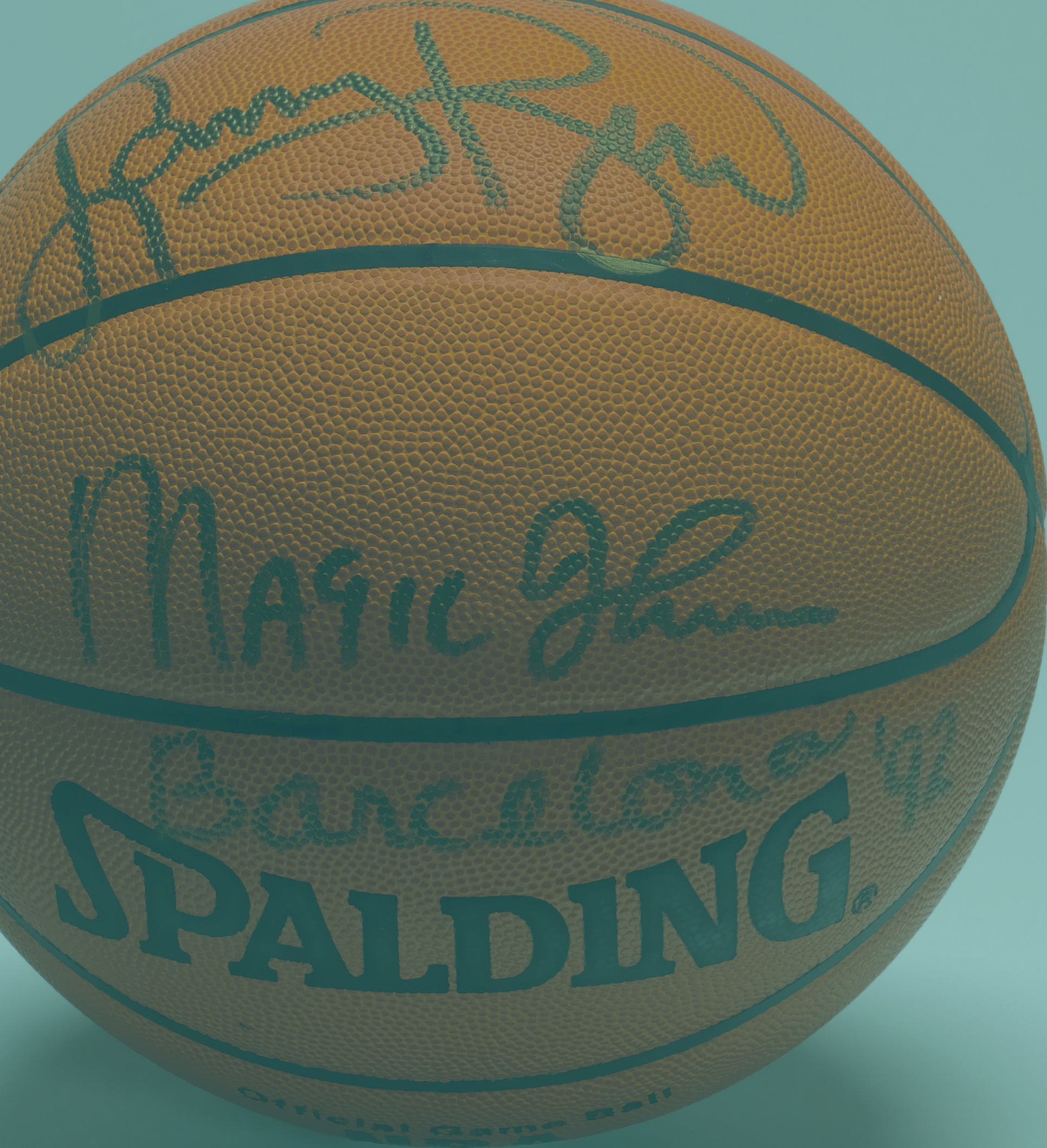
The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 2) SQUATS X 10 REPS PER CIRCUIT

- Begin standing with your feet slightly wider than hip distance apart, toes turned out slightly.
- Clasp your hands in front of your chest and keep your shoulders back, shoulder blades down, and chest open.
- Exhale and sit your hips back then bend your knees and lower into the squat.
- Keep your knees in line with your ankles and lower until your hips are in line with your knees (lower than you think!).
- Inhale and press into your heels, squeeze your glutes, and press back to standing.

U.S. OLYMPIC BASKETBALL 1992 “DREAM TEAM”





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES



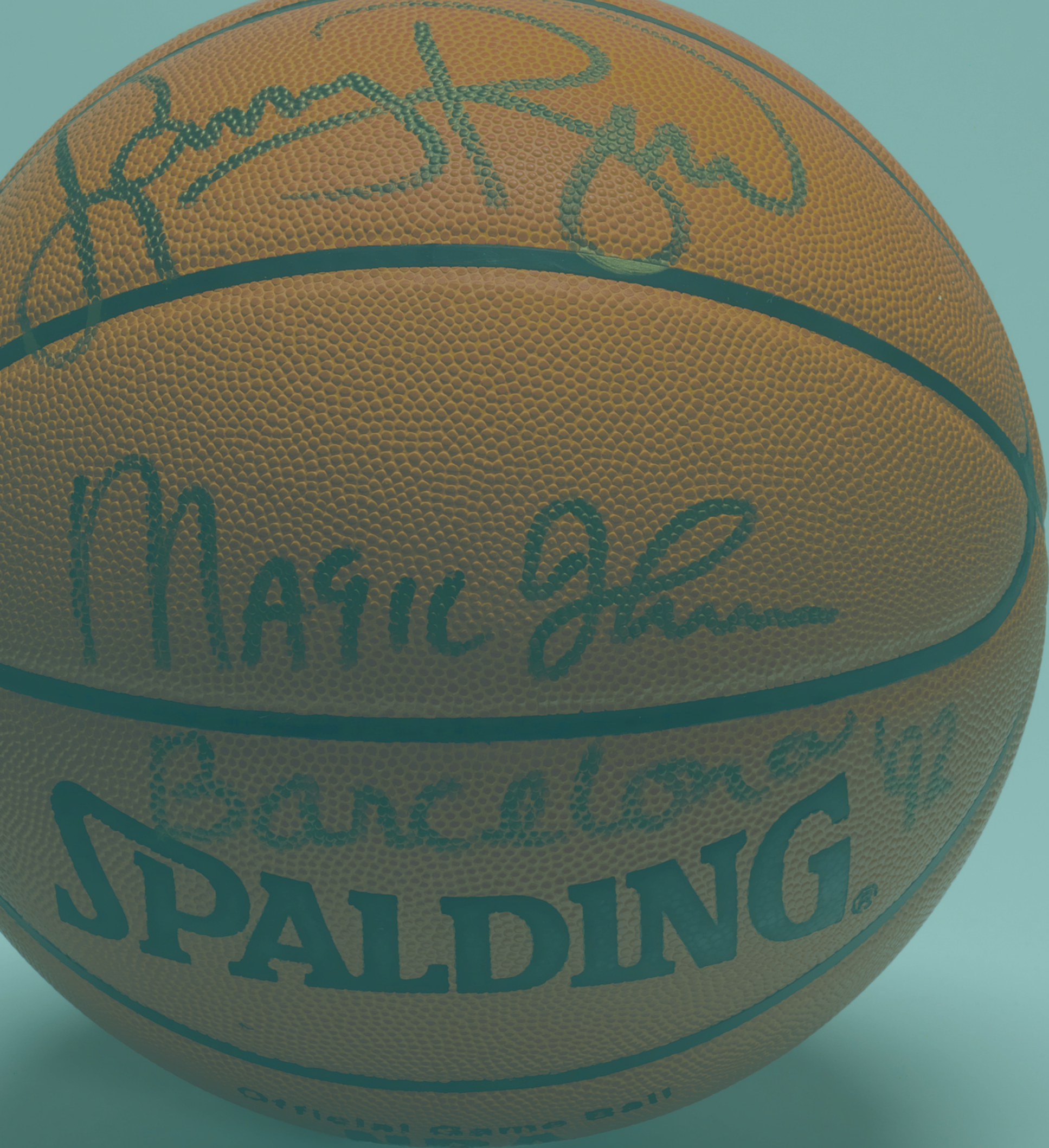
The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 3) WALKING PLANKS X 10 REPS PER CIRCUIT

- Begin in plank position, wrists under shoulders and a straight line from your head to your feet. Drive your heels back.
- Engage your core and drop your right elbow where your right wrist was, followed by the left.
- Set in forearm plank, then press up from the ground with your right hand first, then the left.
- Repeat, alternating starting sides.
- **To start building strength: keep your knees on the ground.**

U.S. OLYMPIC BASKETBALL 1992 “DREAM TEAM”





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES



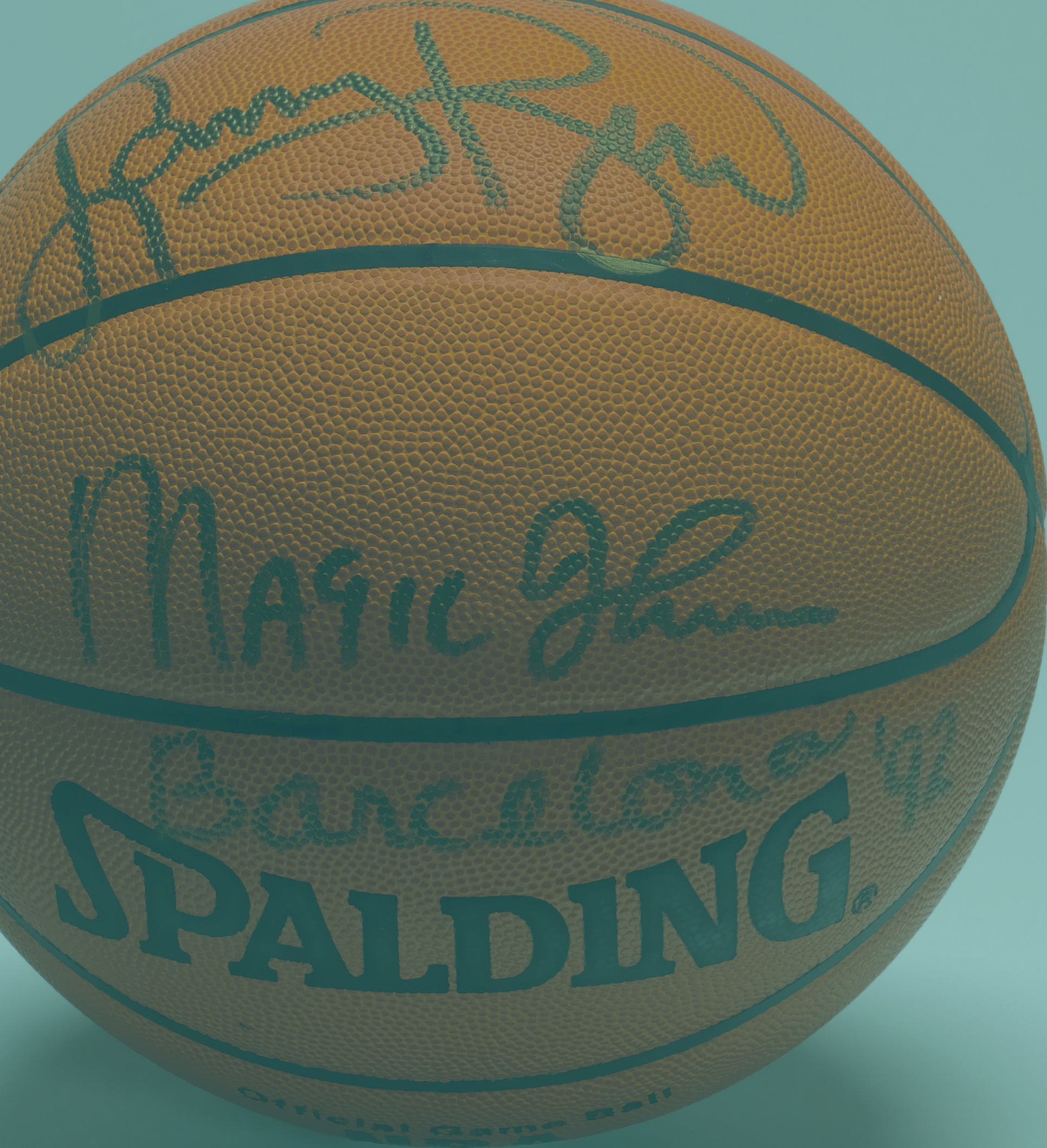
The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 4) DOLPHIN PUSH-UPS X 10 REPS PER CIRCUIT

- Begin on all fours and drop your elbows where your hands are, then interlace your fingers.
- Curl your toes under, press into your forearms, and exhale to straighten your legs and send your hips up.
- Engage your core. This is your starting pose, dolphin pose.
- Inhale and bring your collarbones toward your hands, keeping your belly engaged.
- Exhale and press back to dolphin.
- **To start building strength: keep a bend in your knees or keep your knees on the ground.**

U.S. OLYMPIC BASKETBALL 1992 “DREAM TEAM”





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES

## TOMMIE SMITH

On October 16, 1968, Tommie Smith, John Carlos, and Australian Peter Norman staged one of the most iconic and important protests against racial discrimination. Shoeless, dressed in black stockings, each with a black glove on one hand, the Olympic medalists stretched the two black gloves high into the sky to symbolize power and unity. Smith wore a scarf that signified “Blackness.” The black socks stressed the poverty plaguing Black America, and their bowed heads represented their prayers for Black Americans.

**How did the 1992 Dream Team and Tommie Smith make unforgettable marks on the sports world and beyond? Why do you think so?**



1968 OLYMPIC WARM-UP SUIT JACKET  
WORN BY TOMMIE SMITH

# DAY 1 - THE UNFORGETTABLES



**TOMMIE SMITH**

## DAY 1 WORKOUT (PART 2)

Runners need to balance power, stability, and forward momentum as they move. These exercises will open your hip muscles and activate your posterior chain— all the muscles along the backside of your body. That's where you'll find the power to push yourself forward. Tommie Smith used exercises like these in his warm-up.

**5) LUNGES X 10 PER SIDE PER CIRCUIT**

**6) GLUTE BRIDGES WITH SINGLE LEG LIFTS X 5 SETS PER SIDE PER CIRCUIT**

**7) BALANCING CAT X 10 PER SIDE PER CIRCUIT**

**8) SUPERMANS X 10 REPS PER CIRCUIT**

**See instructions on next page!**  
**Read all instructions before starting.**

# DAY 1 - THE UNFORGETTABLES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 5) LUNGES X 10 PER SIDE PER CIRCUIT

- Begin standing with your feet hip distance apart, hands on your hips. Inhale and step your right foot forward, bending your knee and pressing your hips forward and toward the ground.
- Make sure your front knee does not go beyond your front ankle.
- Exhale, press into your right foot, and squeeze your glutes to bring you back to standing.
- Repeat on the other side, alternating back and forth.

**TOMMIE SMITH**





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 6) GLUTE BRIDGES WITH SINGLE LEG LIFTS X 5 SETS

- Begin laying on your back, hands at your sides with palms pressing into the ground. Bend your knees and place your feet on the ground hip distance apart.
- Inhale and pull your lower back onto the ground, press into your feet, and slowly roll your hips off the ground.
- Lift your hips as high as you can. **DO NOT TURN YOUR HEAD IN THIS POSITION.**
- Press into the inside edges of your feet to keep your knees in line.
- Inhale and extend your right leg so it's in line with your left. Keep your hips lifted and pelvis level.
- Exhale and lower your right leg. Repeat with the left leg.
- Exhale and roll back down your spine until your hips are on the ground. This is one set.
- **To challenge yourself: lift your leg straight into the air while keeping your hips lifted.**

TOMMIE SMITH





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 7) BALANCING CAT X 10 PER SIDE PER CIRCUIT

- Begin on all fours. Engage your core and extend your right leg straight back.
- Keep your right leg straight and lift it to hip height, toes pointing down.
- Use your core for stability and extend your left arm straight out in front of you.
- Inhale to extend out through your lifted arm and leg, then exhale and bring right knee to touch left elbow underneath you. Continue inhaling to extend your arm and leg and exhaling to bring them in.
- After 10, repeat with opposite arm and leg raised.

**TOMMIE SMITH**





# REST 30 SECONDS

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# DAY 1 - THE UNFORGETTABLES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 8) SUPERMANS X 10 REPS PER CIRCUIT

- Begin laying flat on your belly with your arms outstretched above your head. Lengthen your tailbone toward your heels.
- Inhale and use your back muscles to lift both your legs and arms up off the ground. Do not jerk your neck, and continue looking at the ground.
- Exhale and lower to the ground.
- **To start building strength: begin by raising fewer limbs off the ground: try just legs, just arms, or an alternate arm and leg.**

TOMMIE SMITH





# REST 30 SECONDS

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## DAY 1 - THE UNFORGETTABLES



**FINISH TODAY WITH A SHORT  
WALK/WALK-IN-PLACE AND A  
BIG GLASS OF WATER!**





SEE YOU NEXT TIME!

DAY 2: THE OVERCOMERS

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