

# MOVING THROUGH HISTORY

## THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 2

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	<input type="checkbox"/>
2	OVERCOMERS	LOWER BODY	<input checked="" type="checkbox"/>
3	TRAILBLAZERS	CORE	<input type="checkbox"/>
4	GOLDEN LADIES	STRETCH	<input type="checkbox"/>
5	CHAMPIONS	UPPER BODY	<input type="checkbox"/>
6	GREATNESS	FULL BODY	<input type="checkbox"/>
7	COOL DOWN	REST	<input type="checkbox"/>

# 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 2



## The Overcomers: Lower Body Workout

**1936 Summer Olympic Games (Berlin, Germany)**

**Jesse Owens**

**2004 Summer Olympics (Athens, Greece)**

**Briana Scurry**

# DAY 2 - THE OVERCOMERS

## JESSE OWENS

On August 5, 1936, Jesse Owens won his third gold medal at the Berlin Olympics in the 200-meter sprint. In total, he won four gold medals at the 1936 Olympic Games, becoming the first American athlete to do so. Owens was descended from enslaved people. His success challenged the racist beliefs of Jim Crow America and Nazi Germany that subscribed to the superiority of whiteness and the inferiority of African Americans and other persons of African descent around the globe.

**What is an experience where you have to overcome something? How did you challenge the obstacle? What was the outcome?**



TICKET STUB FOR THE 1936 BERLIN  
SUMMER OLYMPICS

# DAY 2 - THE OVERCOMERS



**JESSE OWENS**

## DAY 2 WORKOUT (PART 1)

Runners need momentum, coordination, and flexibility. These exercises will open and strengthen your hip muscles and prepare you to take on a fast 200-meter sprint like Jesse Owens. His winning time was 20.7 seconds. How fast can you go?

- 1) JOG IN PLACE WITH HIGH KNEES X 30 SECONDS PER CIRCUIT
- 2) SINGLE-LEG DEADLIFTS WITH HIGH KNEES X 10 PER SIDE PER CIRCUIT
- 3) HURDLE WALK-OVERS (FORWARD AND BACKWARD) X 10 PER SIDE, EACH DIRECTION PER CIRCUIT
- 4) PLANK WITH LEG LIFTS X 10 PER SIDE PER CIRCUIT

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

# DAY 2 - THE OVERCOMERS



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.

JESSE OWENS



XI. OLYMPIADE BERLIN 1936

Platz OLYMPIA Platz  
STADION

*Leichtathletik*

5. AUG. 10.30 UHR u. 15.00 UHR

RM 2.50

*Dr. Diem*  
GENERALSEKRETÄR

NR 09757

REST 30  
SECONDS

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# DAY 2 - THE OVERCOMERS



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) SINGLE-LEG DEADLIFTS WITH HIGH KNEES X 10 PER SIDE PER CIRCUIT

- Begin standing with feet together.
- Shift your weight to your left foot and lift your right leg up toward your chest, with knee bent.
- Inhale and extend your right leg straight back behind you, pressing out through the heel, as you hinge forward at the hip. Keep a slight bend in your standing leg.
- Exhale, stay balanced on your standing leg, and bring your right leg up toward your chest. Continue inhaling to extend and exhaling to bring in.
- After 10, repeat with opposite leg raised.

JESSE OWENS





XI. OLYMPIADE BERLIN 1936

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REST 30  
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# DAY 2 - THE OVERCOMERS



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) HURDLE WALK-OVERS (FORWARD AND BACKWARD) X 10 PER SIDE, EACH DIRECTION PER CIRCUIT

- Begin standing with feet hip distance apart, hands on your hips.
- Inhale and lift your right leg high, bending the knee, and swing your leg out, up, and forward as if you're walking over a hurdle.
- Exhale and place your foot back down where it started. Repeat 10 times and switch to the left side.
- After 10 on each side, return to the right side.
- Inhale and lift your right leg high, bending the knee, and swing your leg out, up, and backward as if you're walking over a hurdle.
- Exhale and place your foot back down where it started. Repeat 10 times and then switch to the left side.

JESSE OWENS



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# DAY 2 - THE OVERCOMERS



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) PLANK WITH LEG LIFTS X 10 PER SIDE 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 inhale, lifting your right foot off the ground. Keep your hips level.
- Exhale and place your foot down. Repeat on the other side.

JESSE OWENS



XI. OLYMPIADE BERLIN 1936

Platz OLYMPIA Platz  
STADION

*Leichtathletik*

5. AUG. 10.30 UHR u. 15.00 UHR

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REST 30  
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# DAY 2 - THE OVERCOMERS

## BRIANA SCURRY

Briana Scurry was one of the first professional African American female and openly LGBTQ+ soccer players. In 1994, she joined the United States national women's soccer team. She helped the team secure an unprecedented FIFA World Cup Championship victory in 1999 by blocking a penalty kick, which helped provide the U.S. team's decisive edge against China. Scurry and her team secured two gold Olympic wins at the 1996 Olympic Games (Atlanta, Georgia, USA) and the 2004 Summer Olympic Games (Athens, Greece).

**Research the experiences of Jesse Owens and Briana Scurry. (You will have to do some outside research.) How do their differences provide a more diverse view of the African American experience in sports?**



GOALIE GLOVES WORN BY BRIANA SCURRY

# DAY 2 - THE OVERCOMERS



**BRIANA SCURRY**

## DAY 2 WORKOUT (PART 2)

Lateral movement – moving from side to side – is extremely important in soccer and allows players to make breakaway plays and goalies to block kicks. But we don't do it very often in our daily lives. Increasing lateral movement increases agility, balance, coordination, and can protect the body from injuries.

**5) LATERAL SIDE HOPS (IN AIR OR OVER OBJECT) X 10 EACH DIRECTION PER CIRCUIT**

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

**7) SPEED SKATERS X 10 EACH DIRECTION PER CIRCUIT**

**8) LATERAL BEAR CRAWLS X 10 EACH DIRECTION PER CIRCUIT**

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

# DAY 2 - THE OVERCOMERS



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) LATERAL SIDE HOPS (IN AIR OR OVER OBJECT) X 10 EACH DIRECTION PER CIRCUIT

- Lay down a belt or draw an imaginary line on the ground.
- Begin standing with feet hip distance apart, hands clasped in front of you.
- Bend your knees and push through the balls of your feet to jump upwards and sideways, across the line.
- Land on the balls of your feet with knees bent to absorb the shock and immediately push down into the ground to jump back to where you started.
- **To challenge yourself: hop over a raised object or hop farther to the sides.**

**BRIANA SCURRY**





REST 30  
SECONDS

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# DAY 2 - THE OVERCOMERS



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) SIDE LUNGES X 10 PER SIDE PER CIRCUIT

- Begin with feet hip distance apart, hands clasped in front of you.
- Inhale and take a wide step out to the left.
- Exhale and bend your left knee as you sit your hips back and lunge to the left.
- Keep your right leg straight and both feet flat on the ground.
- Inhale and push into your left foot to return to starting position.
- Inhale and repeat to the right. Continue alternating sides until you have completed 10 on each side.

**BRIANA SCURRY**





REST 30  
SECONDS

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# DAY 2 - THE OVERCOMERS



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) SPEED SKATERS X 10 EACH DIRECTION PER CIRCUIT

- Begin with feet hip distance apart, knees bent and leaning forward from the hips.
- Staying on the balls of your feet, inhale and hop your right foot to the right and swing your arms to the right.
- Exhale and swing your left foot behind the right knee without touching the toes to the ground.
- Inhale and hop your left foot far to the left, beyond the original standing position, and swing your arms to the left.
- Exhale and swing your right foot behind the left without touching the toes to the ground.
- Keep your knees bent and hips low, continuing alternating legs until you have completed 10 on each side.

**BRIANA SCURRY**





REST 30  
SECONDS

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# DAY 2 - THE OVERCOMERS



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) LATERAL BEAR CRAWLS X 10 EACH DIRECTION PER CIRCUIT

- Begin on all fours with your toes curled under.
- Engage your core and inhale to lift your knees a couple inches from the ground. Exhale here.
- Inhale, pick up your right hand and right foot, and move them to the right at the same time. Set them down on an exhale.
- Inhale, pick up your left hand and left foot, and move them to the left at the same time. Set them down on an exhale.
- Continue moving back and forth until you have gone each direction ten times.
- Keep your knees low to the ground the whole time and your spine long (not rounded).

**BRIANA SCURRY**





REST 30  
SECONDS

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## DAY 2 - THE OVERCOMERS



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



# SEE YOU NEXT TIME!

## DAY 3: THE TRAILBLAZERS

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