

MOVING THROUGH HISTORY

THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 3

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 type="checkbox"/>
3	TRAILBLAZERS	CORE	<input checked="" 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

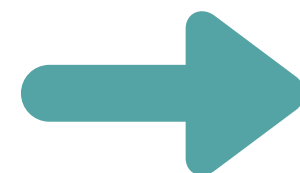
(Rest 30 Seconds)

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 3



The Trailblazers: Core Workout

1988 Winter Olympics (Calgary, Alberta, Canada)

Debi Thomas

1904 Summer Olympics (St. Louis, Missouri, USA)

George Poage

DAY 3 - THE TRAILBLAZERS

DEBI THOMAS

African American women have ventured into sports that traditionally have included few African American competitors. The successes of Debi Thomas in figure skating, and Vonetta Flowers in bobsledding (2002 Winter Olympics - Salt Lake City, Utah, USA) demonstrated the diversity of African American women's engagement with elite sports. Debi Thomas was the first African American to win a medal, in any sport, at the Winter Olympics. She won bronze for figure skating at the 1988 Winter Olympics.

In what ways have you been a trailblazer, or what way(s) do you want to be a trailblazer in your life?



**PAIR OF WHITE FIGURE SKATES WORN
BY DEBI THOMAS**

DAY 3 - THE TRAILBLAZERS



DEBI THOMAS

DAY 3 WORKOUT (PART 1)

One of the most identifiable moves in figure skating is the twisting jump.

Jumping is a full body exercise that improves balance, core strength, and overall mobility. When you add in a twist, it improves spinal flexibility and amps up all the other benefits.

1) TWISTING HIGH KNEES X 30 SECONDS PER CIRCUIT

2) STRAIGHT-LEG BICYCLES X 10 PER SIDE PER CIRCUIT

3) BALANCING CAT X 10 PER SIDE PER CIRCUIT

4) SINGLE-LEG ROTATION HOPS X 2 EACH DIRECTION PER CIRCUIT

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

DAY 3 - THE TRAILBLAZERS



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) TWISTING HIGH KNEES X 30 SECONDS PER CIRCUIT

- Begin standing with feet hip distance apart, arms reaching overhead.
- Inhale to reach your arms up.
- Exhale to lift your right leg up toward your chest, with knee bent, bring your left elbow to your right knee, and squeeze them together.
- Inhale to place right foot down and extend left arm back up.
- Exhale and switch to left leg and right elbow. Continue alternating back and forth with your breath.

DEBI THOMAS



**REST 30
SECONDS**

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DAY 3 - THE TRAILBLAZERS



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) STRAIGHT-LEG BICYCLES X 10 PER SIDE PER CIRCUIT

- Begin laying on your back. Bend your knees and place your feet on the ground hip distance apart.
- Inhale and pull your lower back onto the ground, and lift your legs straight into the air, keeping your feet flexed. **To start building strength: keep your knees bent at a 90-degree angle.**
- Interlace your fingers behind your head and keep your elbows wide.
- Inhale and lift your head and shoulders off the ground, keeping your neck long.
- Exhale, bring your left leg into your chest, twist your right elbow toward your left knee, and lower your right leg parallel to the ground.
- Inhale back to center, both legs straight up, then exhale to the other side, moving back and forth.

DEBI THOMAS



**REST 30
SECONDS**

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DAY 3 - THE TRAILBLAZERS



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) 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.

DEBI THOMAS



**REST 30
SECONDS**

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DAY 3 - THE TRAILBLAZERS



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) SINGLE-LEG ROTATION HOPS X 2 EACH DIRECTION PER CIRCUIT

- Begin with your feet hip distance apart. Interlace your fingers and hold your arms out in a circle in front of you. Shift them slightly to the right.
- Inhale and shift your weight to your right foot and lift your left leg, knee bent.
- Engage your core for balance, press down into your right foot, and inhale and hop, twisting 90-degrees to the right. With every inhale, hop and twist 90-degrees until you're facing the front again. That's one rotation.
- Complete another rotation, then switch the arms and leg and rotate twice the other direction.
- **To start building strength: keep your toes on the ground for balance.**

DEBI THOMAS



**REST 30
SECONDS**

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DAY 3 - THE TRAILBLAZERS

GEORGE POAGE

George Poage was a trailblazer in sports. He was the first African American to run track at his University of Wisconsin. He was the first African American to win a medal in the 1904 Summer Olympic games in St. Louis. He won bronze in the 200 and 400 meter hurdles. The games were held at the same time of the St. Louis World's Fair or the Louisiana Expansion Exposition. The 1904 Games were controversial within the African American community because of segregated viewing stands at the games and the world fair, which caused a number of African American athletes and leaders to boycott the games.

How did living during the early-twentieth century for George Poage, and the late-twentieth century for Debi Thomas impact their Olympic debuts?



FINISH OF THE 200 METER HURDLE RACE AT THE 1904 OLYMPICS...GEORGE POAGE, MILWAUKEE ATHLETIC CLUB, THIRD.

DAY 3 - THE TRAILBLAZERS



GEORGE POAGE

DAY 3 WORKOUT (PART 2)

As a hurdler, your core is your center of power. Core stability helps your legs power up and over hurdles and fly during speedwork on the track. The stronger your core, the more efficient your performance will be.

5) LEG RAISES X 10

6) HIGH-LOW BOAT X 10

7) KNEE TO ELBOW X 10 EACH SIDE

8) LONG WALK OUTS WITH 5 SECOND HOLD X 5

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

DAY 3 - THE TRAILBLAZERS



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) LEG RAISES X 10 REPS PER CIRCUIT

- 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, and lift your legs straight into the air, keeping your feet flexed. **To build strength: keep your knees bent at a 90-degree angle.**
- Exhale and lower your legs toward the ground, keeping your lower back on the ground, core pulling in. Stop lowering your legs when your lower back begins to come off the ground.
- Inhale and use your core to bring your legs straight into the air.

GEORGE POAGE



REST 30 SECONDS

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DAY 3 - THE TRAILBLAZERS



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) HIGH-LOW BOAT X 10 REPS 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.

GEORGE POAGE



REST 30 SECONDS

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DAY 3 - THE TRAILBLAZERS



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) KNEE TO ELBOW X 10 EACH SIDE 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.
- Exhale and lift your right leg, bend your knee, and use your core to bring your right knee toward your right elbow.
- Inhale to return to plank pose.
- Exhale to lift your left leg, bend your knee, and use your core to bring your left knee toward your left elbow.
- Continue breathing as you move back and forth. This is a slow, controlled motion with your breath!

GEORGE POAGE



REST 30 SECONDS

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DAY 3 - THE TRAILBLAZERS



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) LONG WALK OUTS WITH 5 SECOND HOLD X 5 REPS PER CIRCUIT

- Begin standing with feet hip distance apart and fold forward to place your hands on the ground. Bend your knees if necessary to place your palms flat on the ground.
- Engage your core and walk your hands forward to plank position. Continue walking your hands forward, keeping your hands in line with your shoulders, until your arms are extended above your head.
- Work up to holding for five seconds, keeping your core engaged and breathing.
- Walk your hands back to your feet.
- **To start building strength: perform the long walk out without holding it.**

GEORGE POAGE



REST 30 SECONDS

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DAY 3 - THE TRAILBLAZERS



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

WELCOME

SEE YOU NEXT TIME!

DAY 4: GOLDEN LADIES

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