

MOVING THROUGH HISTORY

THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 7

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 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.

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DAY 7



Cool Down:

Rest Day

(or Historical Thinking)

DAY 7 - COOL DOWN

CONGRATULATIONS!

Congratulations on completing **Moving Through History: The Olympics and the African American Experience**.

Every athlete needs a full rest day. Resting is an important part of the process of building strength and endurance in your muscles. Every time you perform a workout, it breaks down your muscles and tissues. Rest days allow these muscles, tissues, bones and nerves time to rebuild stronger and to refuel themselves to be ready for your next workout.

So instead of working out today, let's focus on historical thinking!



**NMAAHC GALLERY:
SPORTS: LEVELING THE PLAYING FIELD**

DAY 7 - COOL DOWN

REST DAY (OR HISTORICAL THINKING)

DAY 7 WORKOUT

Now that you have completed a week of exercise for your body, your last task is to exercise your mind once more by becoming a historian.

Historians make history by creating an argument (an informed opinion supported by primary source evidence) about a historical topic.



FIRST, HISTORIANS
FIND A HISTORICAL
QUESTION THEY WANT
TO ANSWER.





SECOND, HISTORIANS RESEARCH BY GATHERING INFORMATION FROM FINDING AND QUESTIONING PRIMARY SOURCES* AND CREDIBLE SECONDARY SOURCES.

*** A PRIMARY SOURCE IS ANYTHING IS CREATED BY
THE HISTORICAL PERSON, MADE, OR EXISTED
DURING THE HISTORICAL PERIOD THE HISTORIAN
IS STUDYING.**



THIRD, HISTORIANS
CRAFT AN ANSWER
(AN INFORMED
OPINION) TO THEIR
HISTORICAL QUESTION
BASED ON THEIR
RESEARCH.

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DAY 7 - COOL DOWN

REST DAY (OR HISTORICAL THINKING)

DAY 7 (MENTAL) WORKOUT

We ask you to repeat the process now. With the information, you have gathered through the week, we ask you to answer the following question:

Of the Olympians you encountered this week, who do you believe was the most influential and why?

You may need to complete further outside research to strengthen your answer.



DAY 6 - GREATNESS



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



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GREAT JOB

AND THANKS FOR JOINING!

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