

# MOVING THROUGH HISTORY

## THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE

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.



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# THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE

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 .

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# 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 indoors);
- 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.**

# SCHEDULE

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| 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



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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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# DAILY EXERCISE CIRCUIT



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**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)

**Move onto 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 with a 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.



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

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

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

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



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.

### 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.

### 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.**

### 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.**

**CONTINUE ONTO PART TWO: TOMMIE SMITH**

# 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.



1968 OLYMPIC WARM-UP SUIT JACKET  
WORN BY TOMMIE SMITH

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

## 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 CIRCUIT**

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

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

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

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

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.

### 6) GLUTE BRIDGES WITH SINGLE LEG LIFTS X 5 SETS PER SIDE 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, 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.**

### 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.

### 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.**

**FINISH TODAY WITH A SHORT WALK/WALK-IN-PLACE AND 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.



**TICKET STUB FOR THE 1936 BERLIN  
SUMMER OLYMPICS**

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

## 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 page! Read all instructions before starting.**

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.

### 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.

### 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.

### 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.

**CONTINUE ONTO PART TWO: BRIANA SUCRRY**



# 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).



GOALIE GLOVES WORN BY  
BRIANA SCURRY

**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?**

## 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.**



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 father to the sides.

### 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.

### 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.

### 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).

**FINISH TODAY WITH A SHORT WALK/WALK-IN-PLACE AND 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.



PAIR OF WHITE FIGURE SKATES  
WORN BY DEBI THOMAS

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

## 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 page! Read all instructions before starting.**

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.

### 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.

### 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.

### 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.**

**CONTINUE ONTO PART TWO: GEORGE POAGE**

# 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.



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

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

## 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.**

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.

### 6) HIGH-LOW BOAT X 10 REPS PER CIRCUIT

- Begin seated on the ground. Bend your knees and place your feet on the ground hip distance apart.
- Inhale, lengthen up your spine, engage your core, and lean backward, lifting your legs so your lower legs are parallel with the ground. This is high boat pose. **To start building strength: keep your toes on the ground.**
- Keep lifting your chest and keeping your spine long. Extend your arms out beside your knees, palms facing up.
- Exhale and lower your torso and legs toward the ground, straightening your legs. Hover just over the ground.
- Inhale and return to high boat.

### 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!

### 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.**

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

# Day 4



## Golden Ladies: Stretch Workout

**2012 Summer Olympic Games (London, England)**

**Gabby Douglas**

**1960 Summer Olympic Games (Rome, Italy)**

**Wilma Rudolph**



# DAY 4 - GOLDEN LADIES

## GABBY DOUGLAS

At the 2012 London Olympics, gymnast Gabby Douglas became the first African American woman to win the gold medal in the one of the most high-profile events: the women's individual all-around competition. Gabby Douglas used the uneven bar grips, at the 2012 Olympics. She became the first American woman to win gold in both the all-around and team competitions at the same Olympic Games. It was also the first time that the United States won the all-around individual and team championship and the games.



UNEVEN BAR GRIPS USED BY GABBY DOUGLAS IN THE 2012 LONDON OLYMPICS

**If you received a gold medal for a talent or skill, what would it be for? (This skill or talent does not have to be a sport. It can be anything!)**

## DAY 4 WORKOUT (PART 1)

Gymnasts don't just have explosive power, but they're flexible as well.

Stretching is an extremely important part of any exercise routine, and it warms up your muscles for movement and cools them down afterward. It will help make you a stronger, better athlete.

**1) STANDING SIDE BENDS X 5 BREATHS EACH SIDE**

**2) HIP OPENER FORWARD FOLD X 10 BREATHS EACH SIDE**

**3) WIDE-LEGGED FORWARD FOLD X 10 BREATHS**

**4) SPINAL FLEXION AND EXTENSION X 5 BREATHS**

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

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) STANDING SIDE BENDS X 5 BREATHS EACH SIDE

- Begin standing with feet hip distance apart, grounding down into the feet evenly.
- Inhale and reach your arms toward the ceiling, reaching and spreading your fingers.
- Grip your right wrist with your left fingers. Inhale and extend up through your right arm.
- Exhale and bring your right arm up and over to the left.
- Keeping pressing evenly into both feet as you inhale to extend your arm and exhale to bend more deeply for five breaths. Make sure you do not collapse forward as you bend: roll your shoulders back and keep your chest open.
- Inhale to return to center and switch sides.

### 2) HIP OPENER FORWARD FOLD X 10 BREATHS EACH SIDE

- Begin standing with feet hip distance apart, grounding down into the feet evenly.
- Cross your left foot in front of your right and make sure your feet are still hip distance apart and toes pointing forward.
- Inhale and lengthen your spine then exhale and fold forward, reaching your fingers toward the ground. Your left leg will have a slight bend in the knee, and your right leg will be straight.
- Make sure your hips stay facing forward: pull your left hip back and press your right hip forward. Breathe here for ten slow breaths.
- On an inhale, return to standing and switch the cross of your legs.

### 3) WIDE-LEGGED FORWARD FOLD X 10 BREATHS

- Begin standing with feet hip distance apart.
- Inhale and step your feet wide apart, toes pointing forward. Lift your arms out to the sides – your ankles should be under your wrists.
- Place your hands on your hips and on an exhale slowly bend forward at the hips until your chest is parallel to the ground. Keep your spine long for one breath, then gently release your hands toward the ground and allow your spine to round and your head to hang loose.
- After ten breaths, place your hands back on your hips, bend your knees slightly, and inhale to rise back to standing.

### 4) SPINAL FLEXION AND EXTENSION X 5 BREATHS

- Begin on all fours with wrists under shoulders and knees under hips, tops of the feet flat on the ground.
- Inhale to drop your belly and lift your head, collarbones, and tailbone, creating a deep curve in your spine.
- Exhale and round through your spine, dropping your head down to hang loose, creating a tall arch in your spine.
- Move between these two poses as you inhale and exhale slowly.

**CONTINUE ONTO PART TWO: WILMA RUDOLPH**

# DAY 4 - GOLDEN LADIES

## WILMA RUDOLPH

As a child, Rudolph was diagnosed with polio and wore leg braces for several years. Because medical facilities were segregated, her family traveled 90 miles several times a week to visit her doctors. Rudolph persevered and became one of America's greatest track stars. In 1960, at the Rome Olympics, Rudolph became the first woman to win three gold medals in track and field events at a single Olympic Games. When Rudolph returned home to Clarksville, Tennessee, she made her hometown integrate her victory parade and celebration.



SOUVENIR PROGRAM FOR  
WILMA RUDOLPH DAY

**After reading about Gabby Douglas and Wilma Rudolph, what do you believe are two or three characteristics that makes a gold-winning Olympian?**

## DAY 4 WORKOUT (PART 2)

Every athlete has a special cool-down routine that allows them to stretch the muscles they've worked and release tension. An active rest day is similarly an extremely important part of exercise, and it allows the body to heal and reap the benefits of movement.

**5) VAJRASANA WITH TOES CURLED UNDER X 5 BREATHS**

**6) CRESCENT LUNGE X 5 BREATHS ON EACH SIDE**

**7) LAYING SPINAL TWIST X 10 BREATHS ON EACH SIDE**

**8) LEGS UP THE WALL/SAVASANA X AT LEAST 10 BREATHS**

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

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) VAJRASANA WITH TOES CURLED UNDER X 5 BREATHS

- Begin on all fours with wrists under shoulders and knees under hips. Curl all your toes under.
- Slowly begin to walk your hands back toward your knees and lower your hips toward your heels, then walk your hands up your thighs until your spine is tall and you can bring your hands together in front of your heart.
- Make sure you do not collapse your weight into your feet. Maintain a lift up through your spine.
- This can be a very intense stretch for the feet. If it is too much, keep your hands on the ground and just gently press your hips back toward your heels.

### 6) CRESCENT LUNGE X 5 BREATHS ON EACH SIDE

- Begin on all fours with wrists under shoulders and knees under hips.
- Inhale and step your right foot forward between your hands, bending your knee and pressing your hips forward and toward the ground.
- Make sure your front knee does not go beyond your front ankle.
- Curl your back toes under and walk your left knee back slightly to move deeper into your hip flexor. Place your left knee on the ground.
- Keep your fingertips lightly braced on the ground for stability, and with every exhale focus on sinking your hips forward and toward the ground. Breathe slowly in and out.
- On an inhale, gently move back to all fours and switch sides.

### 7) LAYING SPINAL TWIST X 10 BREATHS ON EACH SIDE

- Begin laying on your back and hug your right knee into your chest.
- Exhale and use your left hand to guide your right knee over toward the left.
- Keep your right shoulder on the ground and extend your right arm out to your side.
- Breathe deeply, gently twisting deeper on the exhales.
- Inhale to return to center and switch sides.

### 8) LEGS UP THE WALL OR SAVASANA X AT LEAST 10 BREATHS

- Finish today in a resting pose!
- For savasana: lay down flat on your back and extend your legs out long. Put your heels wider than hip distance apart and your arms away from your sides, palms facing up. Use your exhales to relax completely into the ground.
- For legs up the wall: Sit sideways with your butt against a wall. Roll onto your back and extend your legs up the wall. You can adjust your butt closer to or further away from the wall depending on how tight your hamstrings are.
  - **NOTE: IF YOU HAVE HIGH BLOOD PRESSURE OR GLAUCOMA, DO NOT PRACTICE LEGS UP THE WALL AND DO SAVASANA INSTEAD.**
- Come out of either pose by rolling gently to your side and pressing up to seated before standing.

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

# Day 5



## The Champions: Upper Body Workout

**1996 Summer Olympic Games (Atlanta, Georgia, USA)**

**Muhammad Ali**

**2016 Summer Olympic Games (Rio de Janeiro, Brazil)**

**Simone Manuel**

# DAY 5 - THE CHAMPIONS

## MUHAMMAD ALI

In 1996, the Summer Olympic Games were held in Atlanta, Georgia in the United States, a city with a large African American population and a city prominent in African American history. The city was promoted by then Atlanta mayor and former U.S. ambassador to the United Nations, Andrew Jackson Young. He wanted to showcase the city for its progression in civil rights and race relations, and to demonstrate a reformed American South. At the opening of the Games, the honor of lighting the cauldron was given to world-renown boxer, Muhammad Ali.



OLYMPIC TORCH FROM THE 1996 ATLANTA GAMES SIGNED BY MUHAMMAD ALI

**What makes a champion? What makes a champion in sports and in other areas of life? Who is a champion in your life and why?**

## DAY 5 WORKOUT (PART 1)

Muhammad Ali was known for his boxing skills as well as for lighting the torch at the 1996 Summer Games. Boxers need quick feet, a powerful upper body, and mobile shoulders and wrists.

- 1) QUICK FEET X 30 SECONDS PER CIRCUIT
- 2) REVERSE TABLE TO BUTT-BACK X 10 REPS PER CIRCUIT
- 3) TRICEPS DIPS X 10 REPS PER CIRCUIT
- 4) PUSH-UPS X 10 REPOS PER CIRCUIT

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

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) QUICK FEET X 30 SECONDS PER CIRCUIT

- Begin standing with your feet hip distance apart.
- Squat slightly and bend your arms.
- Pushing into the balls of your feet, lift and lower your feet, one at a time, as quickly as you can.
- Keep your spine straight and your chest open and remember to breathe as you land and push off from the balls of your feet.

### 2) REVERSE TABLE TO BUTT-BACK X 10 REPS PER CIRCUIT

- Begin seated on the ground. Bend your knees and place your feet on the ground hip distance apart. Place your hands on the ground behind you with fingers pointed toward your feet.
- Inhale, press into your hands and feet, and lift your hips up until your thighs and back are parallel to the ground. This is reverse table.
- Exhale, lower your hips, and bring your butt back by straightening your legs and pressing into your heels.
- Keep your hips hovering above the ground as you press into the ground with your hands.
- Inhale and push back into reverse table, then exhale and send your butt back. Continue moving with your inhales and exhales.
- **To start building strength: walk your feet further away from you.**

### 3) TRICEPS DIPS X 10 REPS PER CIRCUIT

- Begin seated on the ground. Bend your knees and place your feet on the ground hip distance apart. Place your hands on the ground beside your hips with fingers pointed toward your feet.
- Inhale and press into your hands and feet to lift your butt off the ground.
- Exhale and bend your elbows to lower yourself toward the ground, but do not let your butt touch. Keep your elbows hugging in toward your body.
- Inhale and press the arms back straight. Repeat, moving with your breath.
- **To challenge yourself: Place your hands on the seat of a chair and raise and lower yourself in front of the chair.**

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

- Begin in plank position, wrists slightly wider than your shoulders and a straight line from your head to your feet. Drive your heels back.
- Engage your core and exhale to lower your chest toward the ground, bending your elbows out to the sides as you lower.
- Inhale and press back to starting position.
- **To start building strength: keep your knees on the ground.**
- **To challenge yourself: keep your elbows hugging in toward your body as you lower and lift.**

**CONTINUE ONTO PART TWO: SIMONE MANUEL**



# DAY 5 - THE CHAMPIONS

## SIMONE MANUEL

At the 2016 Summer Olympics in Rio de Janeiro, Brazil, Simone Manuel became the first African American woman to win an individual medal in swimming. She won gold. She also set an Olympic and American record in the 100-meter freestyle. She won three other medals, one gold and two silver at the Games.



OLYMPIC SWIM SUIT USED BY SIMONE MANUEL AT THE 2016 OLYMPICS

**Research the athletic journeys and accomplishments of Muhammad Ali, Simone Manuel, and two or three other Olympic champions of your choice. Do you think the definition of an Olympic champion has changed or remained the same over time? Why?**

## DAY 5 WORKOUT (PART 2)

Range of motion and mobility are extremely important for swimmers. These exercises will warm up your shoulders and trunk and prepare you for taking on a 100-meter floor swim!

- 5) ARM CIRCLES X 10 REPS PER CIRCUIT
- 6) UPWARD DOG TO DOWNWARD DOG X 10 REPS PER CIRCUIT
- 7) PLANK WITH ARM LIFTS X 10 PER AIDE PER CIRCUIT
- 8) FLOOR SWIMMERS X 30 SECONDS PER CIRCUIT

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

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) ARM CIRCLES X 10 EACH DIRECTION PER CIRCUIT

- Begin standing with feet hip distance apart.
- Lift arms out to your sides until they are even with your shoulders. Keep your shoulders down and your chest open.
- Engage your core to stabilize your torso and rotate your arms in small clockwise circles. Isolate the movement to your shoulders.
- After ten, stop and move your arms in a counterclockwise direction.

### 6) DOWNWARD DOG TO UPWARD DOG X 10 REPS PER CIRCUIT

- Begin on all fours with wrists under your shoulders and knees under your hips. Walk your hands forward a couple inches and curl your toes under.
- Exhale and lift your hips toward the sky. Press down into your hands and melt your heart back toward your thighs. This is downward dog.
- From downward dog, inhale and shift forward into plank. Drop your hips toward the ground and lift your chest up. Your thighs and hips will stay off the ground.
- Exhale, press into your hands and toes, and use your core to shift back to downward dog.
- Continue moving back and forth with your breath.

### 7) PLANK WITH ARM LIFTS X 10 PER SIDE REPS PER CIRCUIT

- Begin in plank position, wrists under your shoulders and a straight line from your head to your feet. Drive your heels back.
- Engage your core to stabilize yourself and on an inhale lift your right arm and extend it straight out in front of you. Exhale and lower it back down with control.
- Repeat on the other side.
- **To start building strength: lower your knees to the ground.**

### 8) FLOOR SWIMMERS X 30 SECONDS PER CIRCUIT

- Begin laying on your stomach on the ground with your legs together and arms extended in front of you.
- Inhale and lift your arms, head, and legs off the ground. Keep your neck long and look at the ground and extend your tailbone toward your heels. Exhale and stay lifted.
- As you inhale, swing your arms back toward your feet, swing them forward on the exhale; continue moving with your breath.
- Flutter kick your feet the whole time. **To start building strength: keep your legs on the ground and only lift your upper body.**
- After 30 seconds, exhale and lower to the ground.

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

# Day 6



## Greatness: Full Body Workout

**1984 Summer Olympic Games (Los Angeles, California, USA)**

**Carl Lewis**



# DAY 6 - GREATNESS

## CARL LEWIS

In 1999 the International Olympic Committee chose Carl Lewis as the "Sportsman of the Century". During his Olympic career, Lewis earned nine gold medals and one silver medal. At the 1984 Games, he equaled Jesse Owens's four-gold-medal performance at the 1936 Olympics. Lewis, who qualified for the 1980 Olympic team, missed out on an opportunity to win another medal when the United States decided to boycott the Games in Moscow, Russia.



1984 OLYMPIC GOLD MEDAL FOR MEN'S LONG JUMP AWARDED TO CARL LEWIS

**Why do you think the committee called Carl Lewis the "Sportsman of the Century"? Do you agree? Are there any other past or present Olympians that you believe could have this title? Why?**

## DAY 6 WORKOUT (PART 1)

Long jumpers need whole body speed, strength, and agility to leap as far as possible from the starting point. Lewis jumped 8.54 m (28 feet) to win the gold medal. These exercises will help you gain the strength and mobility to start long-jumping!

- 1) STANDING VERTICAL JUMPS X 30 SECONDS PER CIRCUIT
- 2) SIDE PLANKS WITH TWIST X 10 PER SIDE PER CIRCUIT
- 3) JUMPING LUNGES X 5 PER SIDE PER CIRCUIT
- 4) SCAPULA PUSH UP X 10 REPS PER CIRCUIT

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

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) STANDING VERTICAL JUMPS X 30 SECONDS PER CIRCUIT

- Begin standing with your feet hip distance apart.
- Squat slightly and press down into the balls of your feet. Inhale, swing your arms forward and up, and jump straight up into the air.
- Land lightly on the balls of your feet in a slight squat as you exhale and reset, immediately jumping into the air again.

### 2) SIDE PLANKS WITH TWIST 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.
- Shift your weight to your right hand and drop both of your heels to the right. This is side plank. **To challenge yourself: stack your left foot on top of your right. To start building strength: bend your left knee and put your left foot on the ground in front of you.**
- Inhale and reach your left hand toward the ceiling.
- Exhale tap your left fingers on the ground.
- Continuing reaching up on the inhales and tapping your fingers down on the exhales. After 10, repeat on the other side.

### 3) JUMPING LUNGES X 5 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.
- Push into your front foot and back toes and inhale to jump up, switching the position of the legs
- Exhale and gently land back on the ground with the opposite leg forward.
- Continue jumping and switching legs until you have completed five per side (ten total).

### 4) SCAPULA PUSH UP 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.
- Keeping the arms straight, inhale and squeeze the shoulder blades together. Your chest will open and lower slightly toward the ground. Hold for two seconds.
- Exhale and spread the shoulder blades wide apart, rounding through the upper back. Hold for two seconds. Repeat.

**CONTINUE ONTO PART TWO: CARL LEWIS (CONTINUED)**

# DAY 6 - GREATNESS

## CARL LEWIS (CONTINUED)

Lewis won two gold medals in the men's 100-meter dash, one gold and one silver medal in the 200-meter dash, two gold medals in the 4 x 100-meter relay, and four gold medals in the long jump.

## DAY 6 WORKOUT (PART 2)

Long jumpers need whole body speed, strength, and agility to leap as far as possible from the starting point. Lewis jumped 8.54 m (28 feet) to win the gold medal. These exercises will help you gain the strength and mobility to start long-jumping!

**5) THE BREAKDANCER X 10 PER SIDE PER CIRCUIT**

**6) SQUAT TO STAND X 10 REPS PER CIRCUIT**

**7) BURPEES X 10 REPS PER CIRCUIT**

**8) SEATED SINGLE-LEG TWIST X 5 BREATHS EACH SIDE**

**9) LEGS UP THE WALL OR SAVASANA X AT LEAST 10 BREATHS**

**Read all instructions before starting.**

**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) THE BREAKDANCER X 10 PER SIDE 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, shift your weight to your right hand and left foot. Lift your left hand toward the ceiling as you twist your torso and kick your right foot out straight between the arm and leg still on the ground. You should be looking at the ceiling.
- Exhale and return to the starting position and switch to the other side, moving with your breath.

**EXERCISES 6 TO 9 CONTINUE ON NEXT PAGE**

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) SQUAT TO STAND X 10 REPS PER CIRCUIT

- Begin in a deep squat with your feet slightly wider than hip width apart, toes turned out and hips low to the ground. Place your hands on the ground in front of you.
- Inhale, press into your hands and feet and straighten your legs, shifting your weight onto your hands. **To start building strength: keep your knees bent.**
- Exhale and return to the deep squat.
- Move slowly and with your breath.

### 7) BURPEES X 10 REPS PER CIRCUIT

- Begin standing with feet hip distance apart.
- Exhale, bend down and place your hands on the ground.
- Inhale and jump or step back to plank pose.
- Exhale and lower your chest toward the ground in a push up. **To start building strength: place your knees on the ground.**
- Inhale and press back up to plank and jump or step your feet forward to your hands.
- Exhale and push back to standing.
- Inhale and jump into the air.
- Exhale to land and reset. Repeat.

### 8) FLOOR SWIMMERS X 30 SECONDS

- Begin seated on the ground with your legs out long in front of you.
- Bend your left knee and place your left foot on the ground next to your right thigh.
- Inhale and sit up tall through the spine and engage your core.
- Exhale and twist to the left, wrapping your right elbow around your left knee and placing your left hand behind you for support.
- As you inhale, sit up tall through the spine, and as you exhale, twist a little deeper. If it's okay for your neck, look over your left shoulder.
- After five breaths on an exhale, unwind and return to center. Switch to the other side.

### 9) LEGS UP THE WALL OR SAVASANA X AT LEAST 10 BREATHS

- Finish today in a resting pose! You earned it!
- For savasana: lay down flat on your back and extend your legs long. Put your heels wider than hip distance apart and your arms away from your sides, palms facing up. Use your exhales to relax completely into the ground.
- For legs up the wall: Sit sideways with your butt against a wall. Roll onto your back and extend your legs up the wall. You can adjust your butt closer to or further away from the wall depending on how tight your hamstrings are.
  - **NOTE: IF YOU HAVE HIGH BLOOD PRESSURE OR GLAUCOMA, DO NOT PRACTICE LEGS UP THE WALL AND DO SAVASANA INSTEAD.**
- Come out of either pose by rolling gently to your side and pressing up to seated before standing.

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



# 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 times 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 - HISTORICAL THINKING

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.

Historians create a historical argument by:

1. They identify a question they want to answer.
2. They gather information. (This information is from primary sources and credible secondary sources.)
3. They analyze the primary and secondary sources by asking a variety of questions to the sources. (Such as who made the source, why it was made, who used it, what is the context of the source, etc...)
4. Lastly, they develop an answer (which is an informed opinion) on the original question supported by the information they have gathered and analyzed.

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.



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