

**BECAUSE  
OF THEM  
WE CAN**  
**BOX**  
**JUST FOR KIDS**

# BECAUSE OF "FLO-JO" GRIFFITH JOYNER

AGES 9 - 12

BOTWC Mini posing as  
Florence "Flo-Jo"  
Griffiths Joyner



# FLO JO'S LIFE FLOW

*Instructions: Rewrite the story of Flo Jo's life to explain important parts in your own words. Make sure to create your own opening of what the announcer would say. As you write, think about important connections in Flo Jo's life, Explain them in your writing. For example, Flo Jo married a gold medalist and because they both were athletes they were able to help each other get better and the next year she won gold medals instead of silver.*

The crowd roars in excitement, **applause**, and laughter! The **announcer** yells in excitement! "And there she goes, folks! Flo Jo has just won her third Olympic gold medal".



That is the story of Flo Jo. Her story is not just one of celebration but also one that started with some failure and took lots of hard work and effort to achieve her goals.



Flo Jo - whose name was Florence Delorez Griffith Joyner - was born in California. She started running track at the age of 7. One year after she went to college at the University of California she entered and won a silver medal in the **Olympics**. Because of this she became a **celebrity**. But it wasn't just her speed that made people interested in her, it was also her style. She was known for wearing bright colors and having long fingernails too. However, she wanted more and better.



Flo Jo with her husband

She went and trained even harder and more than before. Her husband, who she married in 1987, already had a gold medal in the triple jump. With her changes she saw the results she wanted and won the three gold medals at the Olympics in 1988.



After meeting her goals she gave back to the community by making a **foundation** for kids. In 1995 she was **inducted** into the Track and Field Hall of Fame and in 1998, she died. Flo Jo taught us that you can always be better when you take action to achieve your goals... and you can look good while doing it!



# FLO JO FOUR COMPETITION

*Instructions: You will choose someone to do a workout and racing competition with, so you can think about how it feels to be an athlete training and competing against another person. The objective is to be the fastest to complete all four exercises.*

Competitors will go in order from jumping jacks to push-ups to squats, finishing with 10-second sprints. There will be one round where you do four exercises. First you will do four jumping jacks, then you will do four push-ups, then four squats. For the last exercise you will choose your own track and do a race (you need to set this up before you start) or you can do four lunges. If you have teams you can even try a three-legged race. See the chart below for an example. The first to cross the finish line or to do all the exercises first wins!

Use your stopwatch to see what times you get. You can even stop the stopwatch after each exercise and have a winner for each one, or try several rounds like we have below. After you finish, write down who the winner is and have the winner share their strategy!



**ROUND  
1**

**4 JUMPING JACKS, 4 PUSH-UPS, 4 SQUATS, RACE (OR LUNGES)**

**ROUND  
2**

**3 JUMPING JACKS, 3 PUSH-UPS, 3 SQUATS, 3 SPRINTS**

**ROUND  
3**

**2 JUMPING JACKS, 2 PUSH-UPS, 2 SQUATS, 2 SPRINTS**

**ROUND  
4**

**1 JUMPING JACK, 1 PUSH-UP, 1 SQUAT, 1 SPRINT**

**WHO IS THE  
WINNER?** \_\_\_\_\_

**WHAT WAS  
THEIR STRATEGY?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



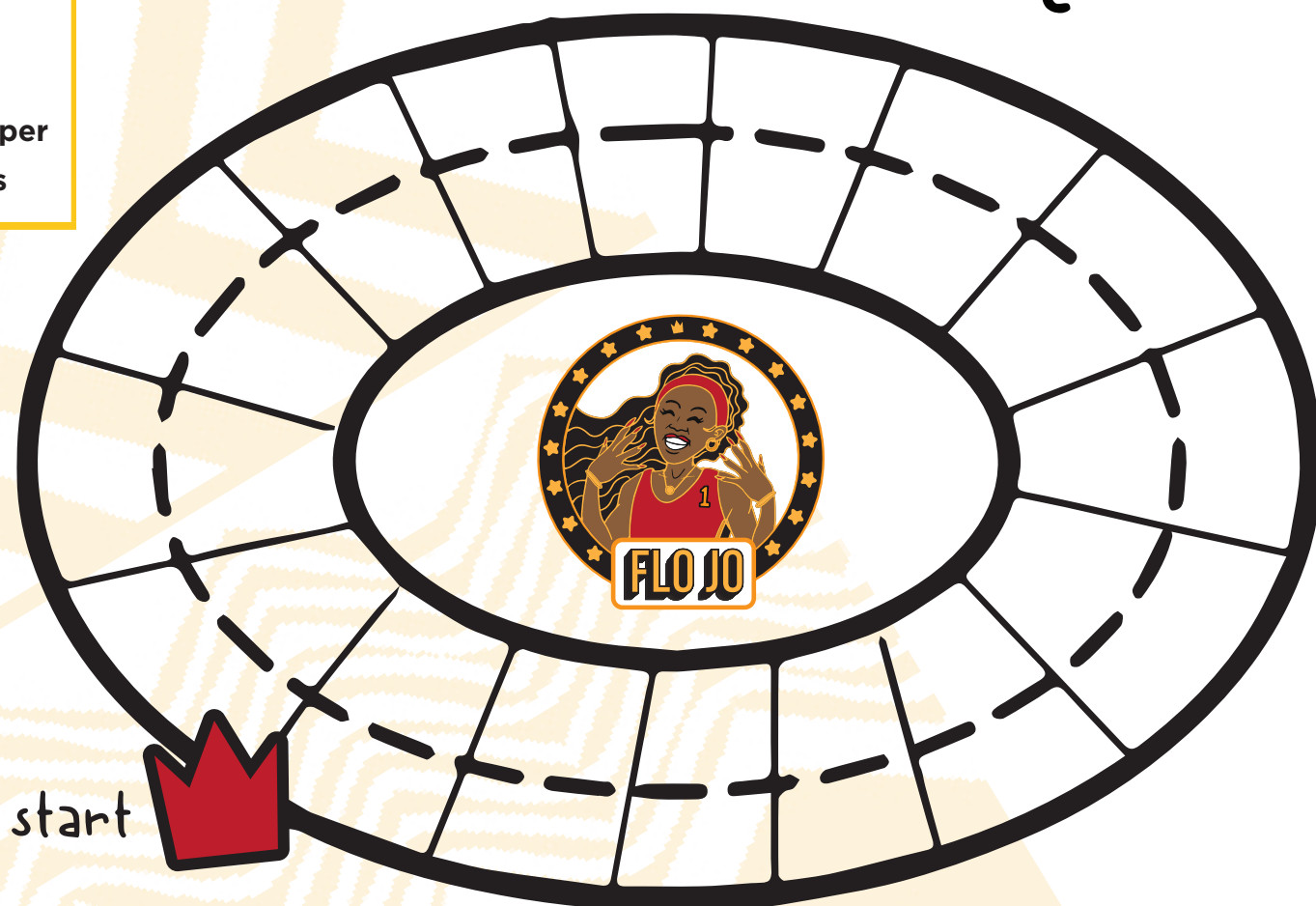
# MATH RACE TRACK

*Instructions: You will use a deck of cards to pick out numbers. Each time you pull from the deck you should choose two cards and then you and the other player will choose what operation you want to practice: adding or subtracting. Whatever you choose is what you will do with the two cards you choose. For example if you pick 8 and 4 and you decide you will add, you will write 12 at the start. Make sure you write the entire equation. Example  $8+4 = 12$ . If the next set is 3 and 1 you will write 4. If you pull a face card, discard it. Your goal is to get around the track the fastest so you can win the race! You will either choose a person to compete against, or you can do two rounds and see if you can go faster!*

race to the finish line

## Materials Needed:

- Pencil and Paper
- Deck of Cards



## GLOSSARY

**Applause** - clapping; a show of approval or appreciation at a play, speech, sporting event, etc., in which people strike their hands together over and over.

**Announcer** - a person who describes a sports event for television or radio.

**Olympics** - a series of international athletic contests held in a different country once every four years.

**Celebrity** - a person who is famous.

**Foundation** - an organization that is created and supported with money that people give in order to do something that helps society.

**Inducted** - to officially make (someone) a member of a group or organization.

# DESIGN YOUR OWN!

*Instructions: Flo Jo was not only known for her lightning speed on the track, but also her unmistakable sense of style! Now it's your turn to design your own track tank to show off your personality. Get as wild with it as you like - it will only help us see you better when you win!*



## TAKE THE PLEDGE

**I WILL HONOR**  
THE SACRIFICES OF  
MY ANCESTORS.

**I WILL BELIEVE**  
IN ME.

**I WILL PURSUE**  
MY DREAMS.

**I WILL HELP**  
OTHERS ALONG  
THE WAY.