



FLORENCE G JOYNER

GRADES K-5

Florence Griffith Joyner: The Fastest Woman in the World

<https://www.youtube.com/watch?v=EEzZ-plqF9I>

Educators, Parents or Guardians: You may use the following discussion questions and activities to enhance your students' learning experience before and after viewing Deeper Than Read's *Florence Griffith Joyner: The Fastest Woman in the World*.

Video Preview Questions: Asking the following questions will prepare students to be alert for details and view the video more critically.

- In this video, we will be learning about a track and field superstar named Florence Griffith Joyner, also known as Flo Jo. What do you know about the track and field sport? In what types of track and field events do athletes compete?

After students answer, tell them that track and field events include throwing, running and jumping competitions. Florence Griffith Joyner was a runner. She ran races of different distances.

- Have you ever run a race? What was your experience like? Did you practice the race before competing with other runners? If yes, what was your preparation like? If no, how much better do you think you might have run if you had practiced?

As you watch the video, think about the hard work and dedication that Florence Griffith Joyner had to have to become so successful.

- Florence Griffith Joyner ran in the Olympics. What are the Olympics? Have you watched any Olympic competitions? How many medals are awarded for each competition? What type of medal is given to the first-place winner?

Video Follow-Up Questions: The following questions help clarify and deepen students' understanding of topics addressed in the video and also allow for personal responses to Florence Griffith Joyner's life.

Vocabulary Follow-Up

- The video starts when Flo Jo is about to start a race in the Seoul, South Korea, Olympics. The video states that Flo Jo was *laser-focused*. What does *laser-focused* mean? Have you ever been laser-focused? If so, what about the activity required you to be laser-focused?
- The video states that Flo Jo began to display her *iconic style* when she ran in her first Olympics in Los Angeles in 1984. What is an *iconic style*? Describe Flo Jo's iconic style as displayed in the video. Can you identify another celebrity that has an iconic style? Describe the style.
- After her success in the Olympics, one way Flo Jo earned money was by *endorsing products*. What does it mean to endorse a product? Identify a celebrity and a product they endorse.
- Flo Jo was accused of using *performance enhancement drugs*? What is a performance enhancement drug? Why are athletes not allowed to use these drugs?

Flo Jo

- What challenges did Flo Jo face on her way to becoming one of the most accomplished track and field stars of all time?
- How did Flo Jo's mother and father encourage and support her when she was growing up? How did Flo Jo's college coach encourage and support her? Explain how another person has helped support and encourage you.
- Describe some of the personal habits Flo Jo established to help her become a better runner and a better person. Identify a personal habit that helps make you a better person.
- Why was Flo Jo accused of doping even though there was no proof? How did Flo Jo respond to these accusations? How would you feel if you were Flo Jo?
- Which of Flo Jo's personal traits or habits do you admire the most? Why?

Video Follow-Up Activities: Consider selecting one or more of the following activities to extend students' understanding of topics related to Florence Griffith Joyner's life. You may choose to assign an activity to individuals, partners, or a small group.

- **Iconic Style** – Imagine you are a celebrity and you have become known for your iconic style. Think about what type of clothing, hairstyle, make-up, and/or accessories you want to be part of your style. Create a sketch that displays this style. Show your sketch to an audience and explain how this style expresses something about who you are.
- **Endorsement** – Imagine you are a celebrity and many companies have asked you to endorse a product. Identify a product that you would like to endorse. Create a poster or commercial of you endorsing the product. The commercial could be presented to an audience as a live skit or as a recorded video.
- **Community Service** – Florence Griffith Joyner helped educate children about exercise and health when she served on the President's Council on Physical Fitness. Learn about organizations that serve children in your community. If you had the opportunity to volunteer in one of these organizations, which would you choose and why. Write one or two paragraphs explaining which community organization you would volunteer for and why.
- **Inspirational Quote** – An inspirational quote is a statement another person has made that has a special meaning for you and that encourages you be better or to keep going when things are difficult. The Deeper Than Read video identifies several Flo Jo quotes that are inspirational. For example, "I believe in the impossible because no one else does" and "I always encourage kids to reach beyond their dreams. Don't try to be me. Be better than me." Find a quote that inspires you. Share the quote with an audience and explain why the quote inspires you.

DEEPERTHANREAD.COM



@DEEPERTHANREAD