



**TINY TYGERS**  
TAEKWONDO



**JUNIOR TYGERS**  
TAEKWONDO

**Week 15: Teamwork**

# Activity sheet



## Keep Fit:

1. Cat sit up with 4 punches each time you come up x 10. ☐
2. Jog on the spot for 30s. Jump and kick x 5 ☐
3. Timed: 10 star jumps, 10 tuck jumps, 10 squat thrusts, now try and beat your time. ☐
4. Stretch legs out as wide as you can, in that position, try and name all vegetables and fruits you know. ☐

## Quiz:

1. What is 'block' in Korean?. (hint, it can be found on our website).....
2. Which animal is on your Taekwondo badge/logo?.....
3. What is the name of the town you live in?.....
4. Which sport uses an egg shaped or oval ball?.....
5. Which one is good behaviour? A. Eat lots of sweets B. Eating a small amount of sweets.....Score /5

## Other:

1. How many punches and kicks can you do in 30s?
2. Draw a picture of a you jumping over hurdles.



## Bonus:

3. Do something to help around the home. What did you do?  
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Parents: If your child has done everything on the sheet, you can put your initials in the skill card for this weeks skill – **teamwork**. We will stamp all the initialled boxes when we see you next. Quiz answers: 1. Makgi 2. Tiger 3. You decide if they got it correct 4. rugby 5. B.