



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 9: Balance

Activity sheet



Keep Fit:

1. Lion press ups x 5, Do them as slow as possible, slowly up, slowly down
2. Jog on the spot for 30s. Sit down, stand up x 5, Kicks x 20
3. Timed: 5 kicks, 5 punches turn all the way round, same again. Rest and then try and beat your time.
4. Stretch legs out as wide as you can, in that position count up to 100 in fives?

Quiz:

1. What is number 5 in Korean?.....
2. Which colour belt is after green belt?.....
3. What is your Grandmas first name?.....
4. Which sport do you use a ball and you can dribble?.....
5. Which one is healthier? A. Fruit B. Crisps

Score /5

Other:

1. How many star jumps can you do in 20 seconds
2. Draw a picture of Planet Earth, where are you?



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. Dahsut 2.Purple 3. You decide if they got it correct 4. Football, Basketball, Handball (1pt for any). 5. A.