



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 13: **Co-ordination**

Activity sheet



Keep Fit:

1. Do a frog squat into a jumping kick x 10.
2. Jog on the spot for 30s. 5 Press ups, 5 sit ups, 5 squats
3. Timed: 10 kicks to the front, 10 kicks to the side both legs
4. Stretch legs out as wide as you can, in that position, try and name all the capital cities that you know

Quiz:

1. What is 'Punch' in Korean? (hint, it can be found on our website).....
2. At school, how many people can you name from your class?.....
3. What is your house number without looking?.....
4. Which sport can you use real swords?.....
5. Which one is good behaviour? A. Helping out B. Being lazy.....

Score /5

Other:

1. How many kicks can you do without putting your foot down?
2. Draw a picture of a you riding your bike.



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 – **Co-ordination**. We will stamp all the initialled boxes when we see you next. Quiz answers: 1. Jirugi 2. You decide 3. You decide if they got it correct 4. Fencing 5. A.