



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 6: Focus

ACTIVITY SHEET



Keep Fit:

1. 5 Lion press ups, 5 Cat sit-ups and 5 Frog squats
2. Jog on the spot, 10 star jumps, 10 high knees and 10 star jumps again
3. Timed: touch the floor, 2 high knees, 2 star jumps, sit down stand up, 2 Lion press ups x 2
How long did it take?
4. Stretch out as wide as you can, count up to 5 in Korean or 10 if you can.

Quiz:

1. When jogging through the jungle what do you do when you see a Snake?.....
2. Which colour belt does your instructor have?.....
3. Which sport is played at Wembley?
4. What is the job of Boris Johnson?.....
5. What time is your bedtime?

Score /5

Other:

1. How many Press ups can you do in 20 seconds
2. Draw a picture of you doing the splits.



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. Jump and turn 2.Black 3. Football 4. Prime Minister 5. You decide