



**TINY TYGERS**  
TAEKWONDO



**JUNIOR TYGERS**  
TAEKWONDO

Week 7: **Teamwork**

# Activity sheet



## Keep Fit:

1. 1 Lion press up, stand up jump as high as you can x 5
2. Jog on the spot for 30s. Jump and turn around x 5, Cat sit ups for 30s
3. Timed: Put 5 objects in the farthest corners of your house/garden – From a starting point go and collect them one at a time then do it again and beat your time.
4. Stretch out as wide as you can, count up to 10 in Korean then from 10 to 1

## Quiz:

1. What is number 2 in Korean?.....
2. Which colour belt is the first one in Taekwondo?.....
3. What is the name of your head-teacher?.....
4. Which sport do you use a pole to get over a high bar?.....
5. Which one makes you healthy? A. Exercise B. Playstation.....

Score /5

## Other:

1. How many Sit ups can you do in 20 seconds
2. Draw a picture of your favourite animal.



## 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. Dul 2.White 3. You decide if they got it correct 4. Pole Vault 5. A.