



**TINY TYGERS**  
TAEKWONDO



**JUNIOR TYGERS**  
TAEKWONDO

**Week 8: Control**

# Activity sheet



## Keep Fit:

1. 1 Frog squat, when you jump, turn all the way round x 10
2. Jog on the spot for 30s. Star jumps x 10, Lion press ups x 5
3. Timed: 5 Lion Press ups, 5 cat sit ups, 5 Frog squats, have a rest then try and beat your time.
4. Stretch legs out as wide as you can, in that position, answer these questions:  
Name/Age/which date and year is your birthday/teachers name/school name/how many brothers or sisters you have/What is your Mums name?

## Quiz:

1. What is 'training hall' in Korean?.....
2. How many Junior Tygers belts are there in Taekwondo?.....
3. What is the name of your teaching Assistant at school?.....
4. Name a sport you use a raquet in?.....
5. Which one is better for you? A. Fizzy drinks B. Water.....

Score /5

## Other:

1. How many Lion press ups can you do in 20 seconds
2. Draw a picture of your favourite bird.



## 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. Dojang 2.8 3. You decide if they got it correct 4. Tennis, badminton, squash or others. 5. B.