



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 4: Fitness

ACTIVITY SHEET



Keep Fit:

1. Jogging on the spot fast turn to the North, East, South and West twice through
2. Feet together jump from side to side as if there were a rope to jump over 30s.
3. Step to one side and kick, side step and do 2 kicks, keep going until you get to 5 kicks
4. Run on the spot and do 5 lion press ups, then 5 cat sit ups, then 5 frog squats, then all 3 exercises (2 of each)

Quiz:

1. When jogging through the jungle what do you do when you see a Gorilla?.....
2. What are the 3 colours of the mats at the Dojang?.....
3. Which is the best sport in the world ever?
4. Which sport can you do that has two wheels and a handlebar?.....
5. What colour is a Dobok?

Score /7

Other:

1. How many punches can you do in 20 seconds
2. Can you jump and kick out sideways with both legs one at a time.
3. Draw a picture of you doing a press up.



Bonus:

4. Do something to help around the home. What did you do?
.....

Parents: If your child has done everything on the sheet, you can put your initials in the skill card for this weeks skill - **Fitness**. We will stamp all the initialled boxes when we see you next.

Quiz answers: 1. 3 kicks 2. Red, Blue and Black 3. Taekwondo of course 4. Cycling 5. White