



**TINY TYGERS**  
TAEKWONDO



**JUNIOR TYGERS**  
TAEKWONDO

**Week 11: Discipline**

# Activity sheet



## Keep Fit:

1. 5 Lion press ups, go down as slowly as you can, come up slowly
2. Jog on the spot for 30s. 20 blocks with a jump in between
3. Timed: 10 jump and kick then 10 jump and turn all the way round, have a rest then try and beat your time.
4. Stretch legs out as wide as you can, in that position, try and name your favourite food, favourite film, favourite animal, favourite teacher, favourite sport, favourite TV show, favourite book.

## Quiz:

1. What is 'uniform' in Korean?.....
2. Which colour belt comes after white belt in Taekwondo?.....
3. What is your Mums middle name?.....
4. Which sport do a stick and a goalkeeper that needs a lot of protection?.....
5. Which one is good behaviour? A. Shouting out B.Putting your hand up.....

Score /5

## Other:

1. How many Star jumps can you do in 20 seconds
2. Draw a picture of a you helping at home.



## 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 – **Discipline**. We will stamp all the initialled boxes when we see you next. Quiz answers: 1. Dobok 2.Orange 3. You decide if they got it correct 4. Hockey or Ice Hockey 5. B.