



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 10: Memory

Activity sheet



Keep Fit:

1. 5 Lion press ups, 5 Cat sit-ups and 5 Frog squats (count in Korean)
2. Jog on the spot for 30s. 20 punches, 20 kicks
3. Timed: 10 punches, touch the floor, jump in the air, 10 kicks x 2 have a rest then try and beat your time.
4. Stretch legs out as wide as you can, in that position, try and name all the sports that you know.

Quiz:

1. What is 'ready' in Korean?.....
2. Which colour is the highest belt in Taekwondo?.....
3. What is your Grandads first name?.....
4. Which sport do you use a table and bats with small white balls?.....
5. Which one is good behaviour? A. Reading B.Arguing.....

Score /5

Other:

1. How many Frog squats can you do in 20 seconds
2. Draw a picture of a Taekwondo uniform.



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. Chunbi 2.Black 3. You decide if they got it correct 4. Table Tennis 5. A.