



TINY TYGERS  
TAEKWONDO



JUNIOR TYGERS  
TAEKWONDO

Week 12: Fitness

# Activity sheet



## Keep Fit:

1. Combine a Lion press, cat sit up and Frog squat into one exercise, give it a name and do 10.
2. Jog on the spot for 30s. 10 punches, 10 kicks without putting your foot down
3. Timed: 10 cat sit ups, counting in Korean, have a rest then try and beat your time but count from 10 to 1.
4. Stretch legs out as wide as you can, in that position, try and name all the teachers in your school.

## Quiz:

1. What is 'Attention' in Korean?.....
2. Which colour is the door at the Taekwondo dojang?.....
3. Who is the oldest person in your house?.....
4. Which sport do you use a metal ring with a net that is 10ft high?.....  
Which one is good behaviour? A. Being polite B. Being rude.....

Score /5

## Other:

1. How many Frog squats jump turn around can you do in 20 seconds.
2. Draw a picture of a you climbing a mountain.



## Bonus:

3. 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. Charyot 2.Blue 3. You decide if they got it correct 4. Basketball 5. A.