



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 5: Co-ordination

ACTIVITY SHEET



Keep Fit:

1. 5 Lion press ups, 5 Cat sit-ups and 5 Frog squats
2. Jog on the spot for 30s. Star jumps for 30s, Punches for 30s, Kicks for 30s
3. Timed: Sit down on the floor, jump and kick 5 times in total. How long did it take?
4. Stretch out as wide as you can, hold it for 10s, bring your legs in and repeat.

Quiz:

1. What rhymes with Taekwondo?.....
2. What is number 10 in Korean?.....
3. How often are the Olympic games?
4. Which sport has an oval shaped ball?.....
5. Which colour belt comes after Orange?.....

Score /5

Other:

1. How many kicks can you do in 20 seconds
2. Draw a picture of you doing a flying kick.



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 – **Co-ordination**. We will stamp all the initialled boxes when we see you next.

Quiz answers: 1. You decide 2.Yul 3.Every 4 years (except this year) 4. Rugby 5. Yellow stripe