



Week 1: Balance

ACTIVITY SHEET

Keep Fit:



- 1. Go through the normal Taekwondo warm up.
- 2. 5 Lion Press ups, 5 Cat Sit ups, 5 Frog squats.
- 3. How many kicks can you do in 10 seconds with your right leg, now try and beat it with your left leg?
- 4. Legs out wide 10 punches with a loud shout each time.

Quiz:

- 1. What is your instructors first name?
- 2. What is Number 1 in Korean?
- 3. Which country does Taekwondo come from?
- 4. How many different sports can you name?
- 5. Which day do you do Taekwondo each week?

Score /6

Other:

- 1. Draw a picture of you at Taekwondo
- 2. Take a picture of you doing a kick
- 3. Count from 1-5 in Korean or 1-10 if you can.



Bonus:

- 4. 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 - balance. We will stamp all the initialled boxes when we see you next.

Quiz answers: 1. Gary 2. Hana 3. Korea 4. 1 point for 1-5 sports, 2 points for 6+ sports 5. You decide if they got it correct.