



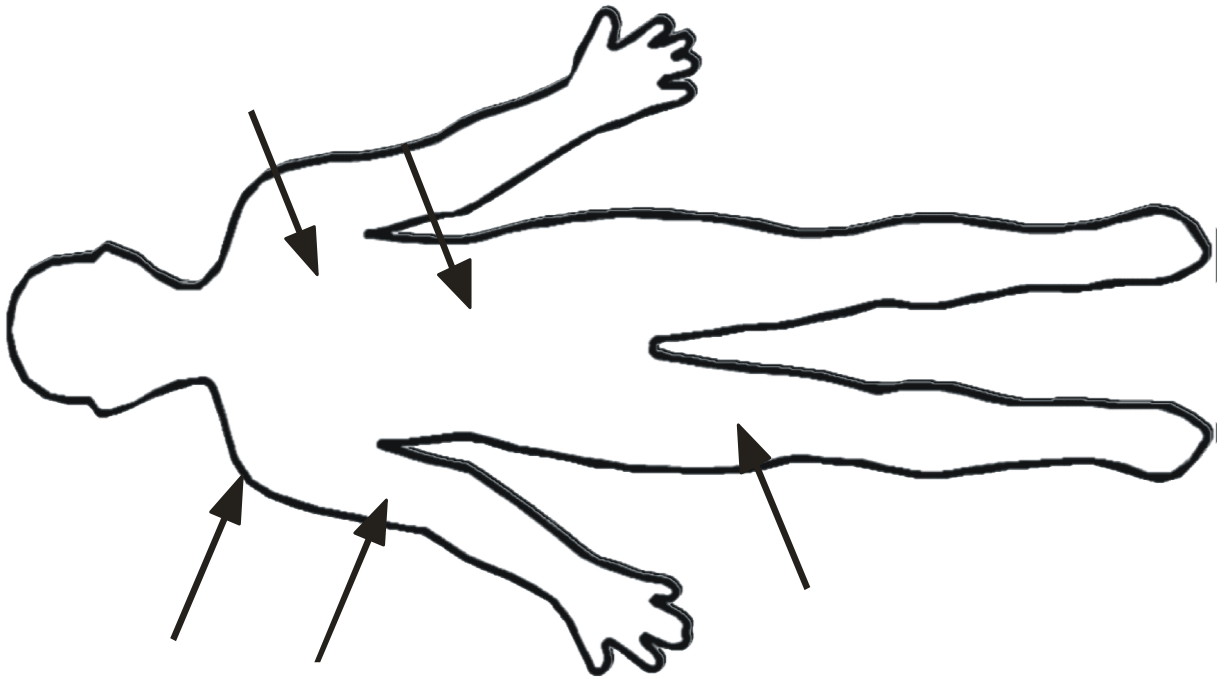
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ACTIVITY PACK

Martial Art Themed Learning & Fun

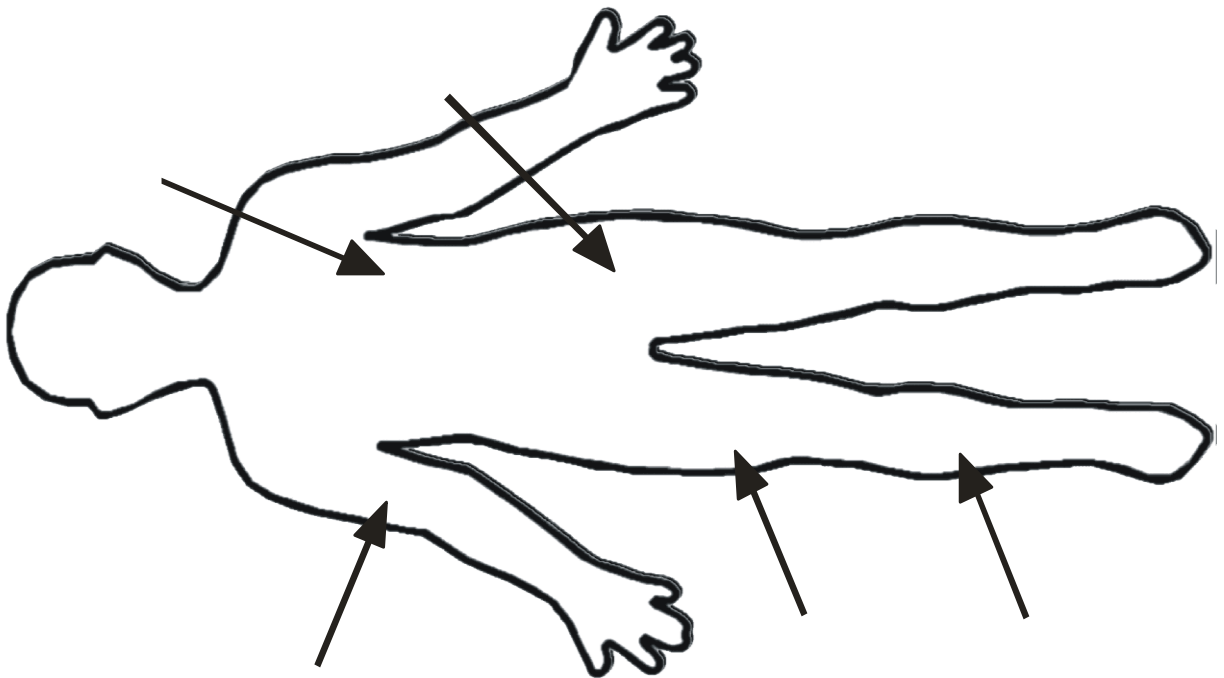
Muscles of the Body

Put the medical name for the muscle to the correct arrow that points to the muscles.
We talk about the muscles of the body when we learn a technique, so this should be fun!

FRONT



BACK



Muscles of the Body 1 of 2

Link the muscles to their medical name with a different colour for each muscle.

You hear the names for the muscles in your classes, can you remember the names for the muscles?

If you cannot, do not worry as you and your parents can easily find them on the internet!

Shoulder

Front of the arm

Back of the arm

Tummy

Chest

Back

Bottom

Calf

Thigh

Back of the Leg

Quadriceps

Deltoids

Hamstrings

Triceps

Gastrocnemius

Gluteus Maximus

Biceps

Latissimus Dorsi

Abdominals

Pectorals

I SPY STAR WARS



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 4 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | | 3 | |

2-DIGIT MULTIPLICATION



$$\begin{array}{r} 27 \\ \times 3 \\ \hline 81 \end{array}$$

$$\begin{array}{r} 65 \\ \times 9 \\ \hline 585 \end{array}$$



MULTIPLY. REGROUP IF NEEDED.

$$\begin{array}{r} 77 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 24 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 90 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 36 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 21 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 82 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 78 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 63 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 58 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 61 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 38 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 52 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 99 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 46 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 29 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 98 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 23 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 72 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 25 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 68 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 43 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 52 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 75 \\ \times 9 \\ \hline \end{array}$$

FIND THESE WORDS

**ARTS
DYNAMITE
ENDURANCE
FUN
JIUJITSU
JUDO
JUNIOR
KICKBOXING
KIDS
MIXED
MARTIAL
MPR
NINJAS
TEAMWORK
WRESTLING**

E	T	I	M	A	N	Y	D	I	Z	D	L	H	Q
Y	D	X	A	V	V	U	A	O	K	K	A	A	M
N	U	E	W	I	T	B	R	N	E	H	I	K	I
G	R	I	N	U	Y	W	T	U	M	V	T	I	X
M	P	R	L	T	T	E	S	F	A	R	R	C	E
B	I	F	V	L	J	U	N	I	O	R	A	K	D
T	S	P	B	J	N	I	N	J	A	S	M	B	W
E	N	D	U	R	A	N	C	E	Q	K	S	O	H
M	H	D	R	Q	S	D	Q	R	I	W	P	X	A
V	O	A	S	M	F	U	S	T	I	J	U	I	J
L	Z	D	Y	T	E	A	M	W	O	R	K	N	X
O	I	U	U	T	B	S	P	Q	J	L	Q	G	T
K	P	G	N	I	L	T	S	E	R	W	L	D	E
X	V	H	G	J	Z	R	U	J	O	N	J	R	K

