



RANGERS  
CHARITY  
FOUNDATION

# ACTIVITY WORKSHEETS

WEEK 1



The Rangers Charity Foundation is delighted to bring you weekly workbooks, bursting with activities to help keep children's minds active in a fun way, whilst we are all staying at home and staying safe.



# 1. Wordsearch

Can you find 10 current Rangers FC players in our wordsearch?

Print me out or mark me up on your device, if you can. Or email [rangerscharity@rangers.co.uk](mailto:rangerscharity@rangers.co.uk) and we'll post you a copy!

R	K	K	C	T	S	K	O	V	S	J	N	A	D
E	D	C	E	O	H	B	L	D	C	B	T	K	J
B	A	R	I	S	I	C	E	O	O	N	E	L	G
F	M	O	R	E	L	O	S	D	U	S	R	K	O
E	A	R	E	S	V	N	I	E	E	R	G	A	L
D	M	U	T	L	N	I	O	E	E	F	T	M	D
M	O	F	E	I	C	N	E	I	E	E	O	B	S
U	J	T	G	K	K	E	N	T	O	F	R	E	O
N	A	N	M	E	R	R	E	N	N	T	D	R	N
D	C	A	R	S	E	N	N	H	O	G	O	I	A
S	K	O	N	V	E	L	B	D	A	U	T	I	S
O	E	E	A	R	S	I	E	O	T	G	E	A	J
N	S	T	S	O	T	O	E	E	I	N	I	K	L
R	E	S	C	A	S	R	A	S	E	S	D	K	I

MORELOS

KENT

KAMBERI

DEFOE

TAVERNIER

HAGI

BARISIC

EDMUNDSON

JACK

GOLDSON

## 2. Speak their language

Can you work out what these healthy fruits are from our player's native languages?

- This fruit grows on trees and Morelos calls it a manzana: \_\_\_\_\_
- What language does Morelos speak? \_\_\_\_\_
- In Helander's native language, this small round fruit is a druva: \_\_\_\_\_
- What language does Helander speak? \_\_\_\_\_
- This fruit shares its name with a colour.  
Barisic and Katic call it a naranča: \_\_\_\_\_
- Which language do Barsic and Katic both speak? \_\_\_\_\_
- Hagi calls this spikey tropical fruit an ananas: \_\_\_\_\_
- What is Hagi's native language? \_\_\_\_\_

# 3. Shirt sums

Can you do the math using the shirt numbers of the following Rangers FC players?

WHY NOT  
COLOUR ME IN?

a.



b.



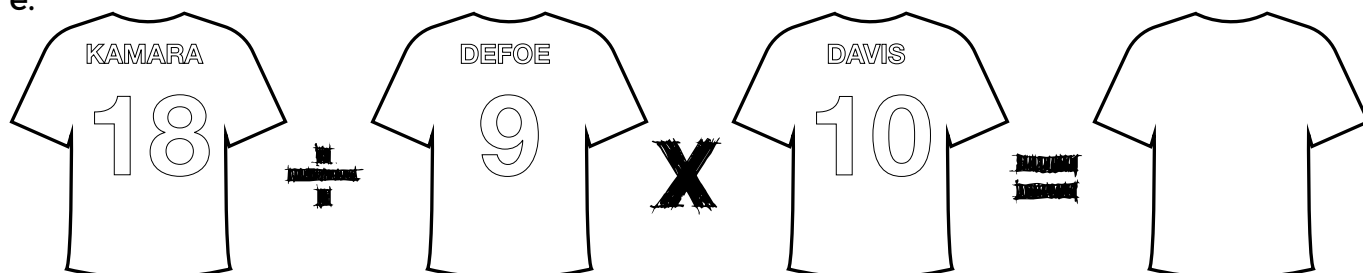
c.



d.



e.



## 4. Name that body part!

Can you match these body parts to the correct descriptions?

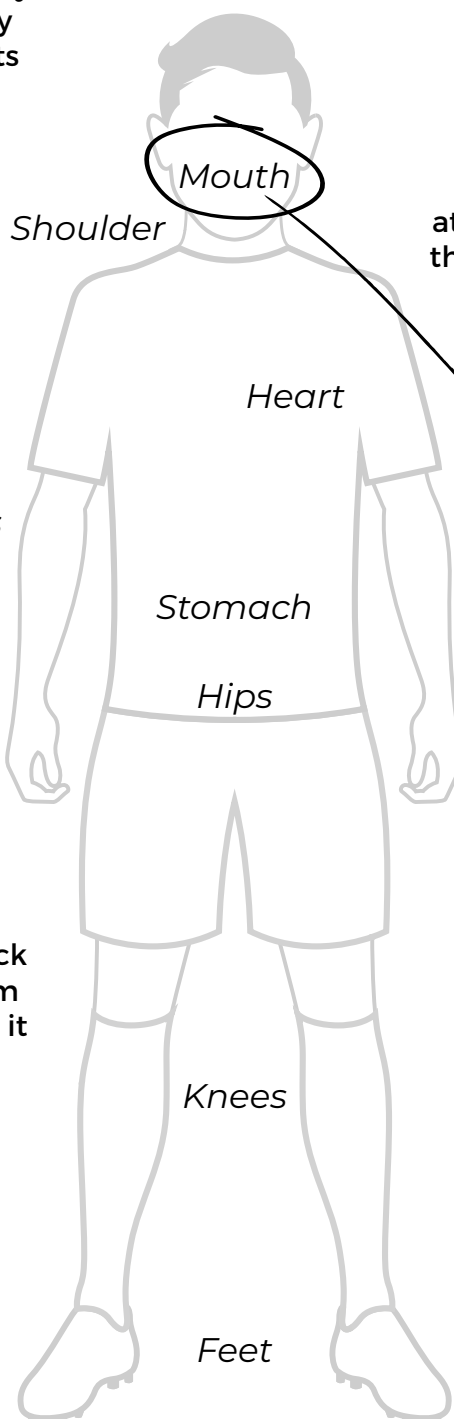
A fluid all through our body that takes care of cells by transporting the nutrients and oxygen they need.

The joint in the middle of our leg that lets us bend it so we can walk and run.

The parts at the very end of our legs that we use to stand up, walk and run.

The joint near our neck that attaches our arm to our body, allowing it to move around.

Part of our digestive system; where food goes after we chew and swallow it.



The joints that attaches our legs to the rest of our body.

Part of our face that we need to eat, talk and smile!

A very important muscle that pumps blood throughout our whole body, running our circulatory system.

The smallest living thing – humans are made out of trillions of them.

Answers

**Hips** The joints that attaches our legs to the rest of our body.

**Heart** A very important muscle that pumps blood throughout our whole body, running our circulatory system.

**Feet** The parts at the very end of our legs that we use to stand up, walk and run.

**Knees** The joint in the middle of our leg that lets us bend it so we can walk and run.

**Mouth** Part of our face that we need to eat, talk and smile!

**Shoulder** The joint near our neck that attaches our arm to our body, allowing it to move around.

**Stomach** Part of our digestive system; where food goes after we chew and swallow it.

**Blood** A fluid all through our body that takes care of cells by transporting the nutrients and oxygen they need.

**Cells** The smallest living thing – humans are made out of trillions of them.

# 5. Design your own football boots

Can you colour in your dream football boots, which will stand out from the rest?



Completed by \_\_\_\_\_ age \_\_\_\_\_

We'd love to see your completed worksheets, or images of the family enjoying them! If you'd like, you can share these on social media tagging @RFC\_Charity and using #AFoundationFromHome.