



RANGERS  
CHARITY  
FOUNDATION

# ACTIVITY WORKSHEETS

WEEK 3



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 these 10 exercises 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!

M	G	R	P	J	G	G	P	S	T	L	P	N	S
W	I	M	I	T	O	H	M	S	I	N	S	G	K
S	P	R	I	N	T	G	I	I	W	N	N	H	I
P	M	G	U	G	T	J	G	K	T	S	J	I	P
C	T	P	S	M	R	U	U	I	O	J	U	M	P
Y	C	S	U	N	Q	G	L	U	N	G	E	N	I
C	R	S	Q	S	M	I	P	S	G	G	Q	N	N
L	N	M	S	U	H	H	U	G	I	G	I	O	G
I	T	S	T	I	A	U	P	C	R	T	O	R	N
N	J	I	J	R	S	T	P	I	I	G	U	W	J
G	G	G	S	U	S	T	A	R	J	U	M	P	T
G	A	S	S	W	I	M	M	I	N	G	U	S	S
T	G	G	T	P	I	P	N	S	S	P	N	P	N
W	P	G	I	I	S	A	U	I	N	G	U	W	S

PUSH UP  
SIT UP  
SQUAT  
LUNGE  
STARJUMP  
JOGGING  
SKIPPING  
SWIMMING  
CYCLING  
SPRINT

# 2. What's the time, ref?

Can you tell what the time is on these football clocks?

WHY NOT COLOUR ME IN?



1. Three o'clock



2.



3. Quarter to two



4.



5. Twenty past eleven

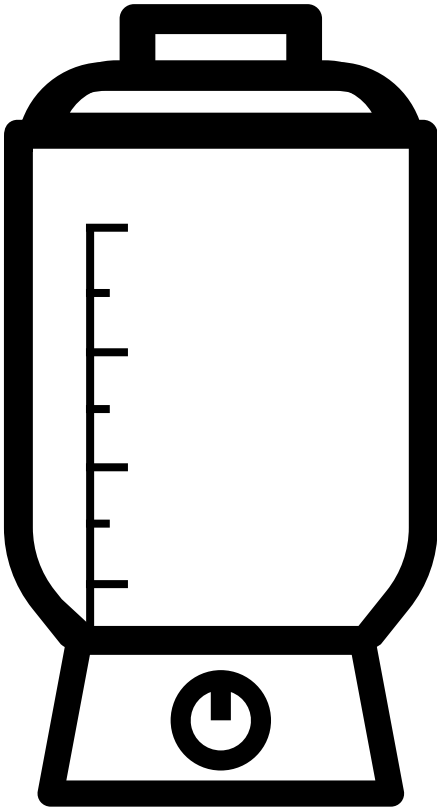


4. Six o'clock

### 3. Player fuel!

Ready, for a secret? The Rangers FC players like to drink smoothies, to help ensure they get important nutrients at important times!

Can you use the three REAL player recipes below, to draw the ingredients needed in these smoothies?



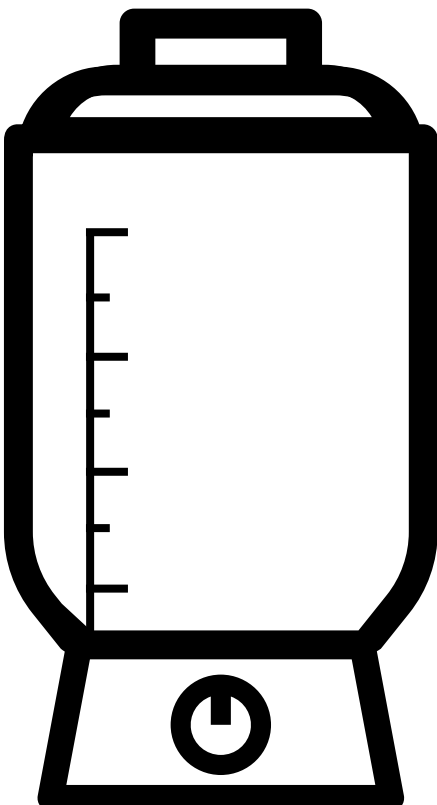
#### a) High Energy Breakfast Pre-Training Smoothie

##### Ingredients

- 1tsp Peanut Butter
- 1 Medium Banana
- 50g Oats
- 100g Greek Yogurt
- Slice of Ginger
- (Water to taste)

##### Nutrition

- i. 285 kcals
- ii. 19g Protein
- iii. 7.4g Fat
- iv. 70g Carbs



#### b) Pre-Bed Smoothie - night before match

##### Ingredients

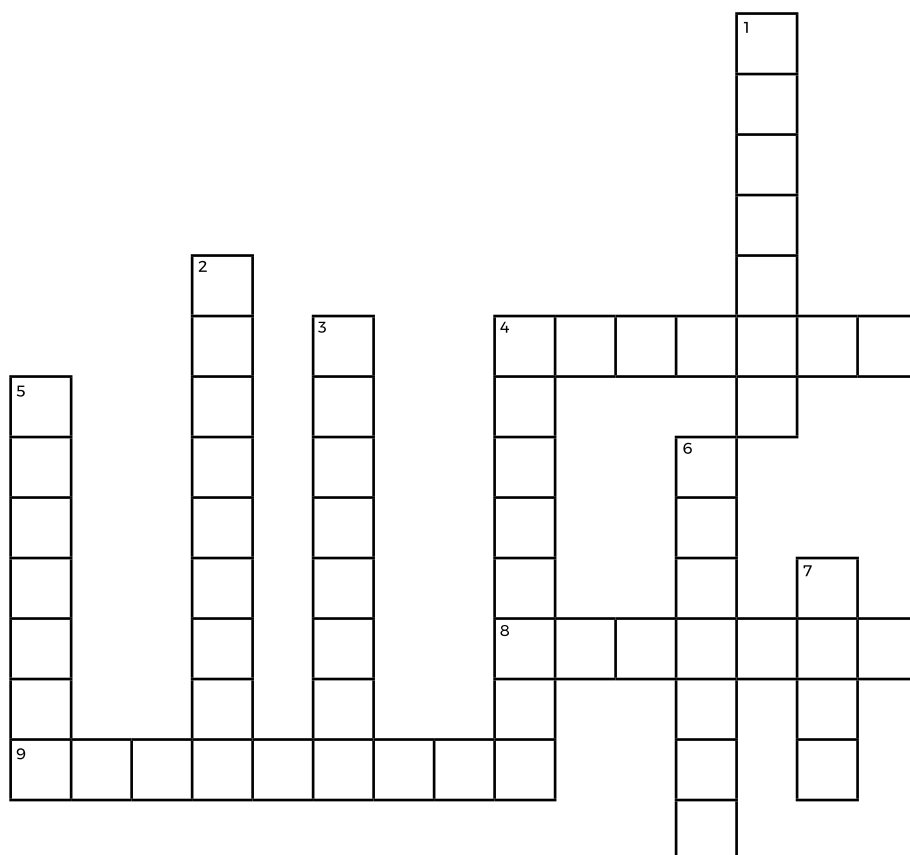
- 1 Banana
- 1/2 Avocado
- 1 Kiwi Fruit
- Handful of Kale
- 400ml Milk (of choice)
- 1/2 tsp Honey

##### Nutrition

- i. Banana - provides tryptophan which converts into serotonin and melatonin to promote sleep
- ii. Avocado - provides magnesium
- iii. Kiwi Fruit - provides antioxidants which may improve the onset, duration and quality of sleep
- iv. Kale - may help the brain to use tryptophan more efficiently to improve sleep quality

## 4. Crossword

Can you work out who these 10 Rangers players are, past and present, using the clues below?



### Across

4. Columbian striker who scored 30 goals last year.
8. Current centre back signed from Brighton and wears number 6.
9. The current club captain who has scored 36 times for Rangers.

### Down

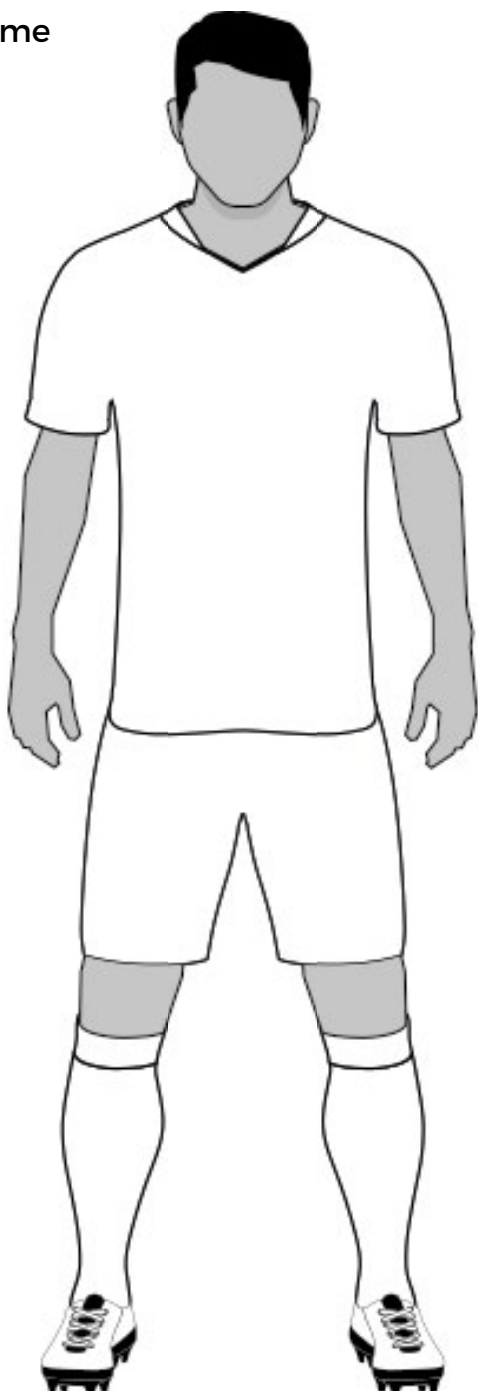
1. Current Rangers midfielder who plays international football for Canada.
2. Fantastic former English midfielder with the iconic nickname 'Gazza'.
3. Captained Rangers in two spells at the club either side of a £7.5m move to Blackburn Rovers.
4. Rangers number 1 enjoying his second spell at the club.
5. Club legend who is all-time top scorer and later became manager.
6. A Rangers legend who played international football for Denmark. Also played for Bayern Munich, Fiorentina, Milan and Chelsea.
7. Spanish striker who joined the club from Dundee in 2004 and went on to score 47 goals.

## 5. Design your own kit

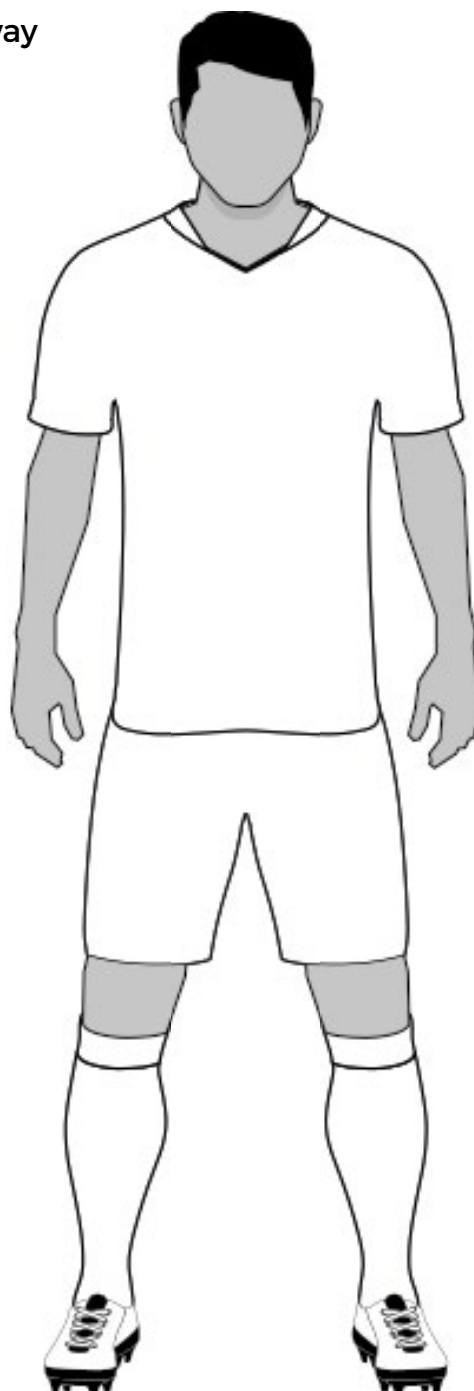
Can you design your dream home and away football kits?  
This is your chance to be as creative as you like!

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!

Home



Away



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.