



RANGERS
CHARITY
FOUNDATION

ACTIVITY WORKSHEETS

WEEK 7



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 use the wordsearch below to find these nine Scottish Football Stadiums? Take a bonus point if you can name the clubs which play there...!

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

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

IBROX	_____
PITTOBRIE	_____
EASTER ROAD	_____
TANNADICE	_____
RUGBY PARK	_____
FIRHILL	_____
TYNECASTLE	_____
MCDIARMID PARK	_____
FIR PARK	_____

2. Working in sport

To create a successful sports team, you need more than just the players. Can you link these vital professions to their descriptions?

- | | |
|------------------------|---|
| a. Physiotherapist | 1. A person who advises others on matters of food and nutrition and their impacts on health. |
| b. Nutritionist | 2. Monitors and records sporting performances, then liaises with coaches and athletes in order to create improvements. |
| c. Performance Analyst | 3. Mental health professionals who consult with athletes to help them rehabilitate after injury, deal with anxiety, improve athletic performance and achieve goals. |
| d. Sports Psychologist | 4. Help people affected by injury, illness or disability through movement and exercise. |

WHY NOT
COLOUR ME IN?

3. Shirt sums

Can you use the shirt numbers of Rangers FC Women players to work out the equations?

a.

DEVI 10 + BELL 11 =

b.

GEMMELL 17 - GIRASOLI 14 =

c.

NESS 9 x DOCHERTY 2 =

d.

HAY 7 + + + FIFE 1 = CUNNINGHAM 21

e.

+ BROWNIE 4 x VANCE 5 = MARTINEZ 25

Answers: a. Cunningham 21 b. Bourma 3 c. Corent 18 d. Hay 7 + Bourma 3 + Devi 10 + Fife 1 = Cunningham 21 e. Fife 1 + Brownie 4 x Vance 5 = Martinez 25

4. Food friends!

Take a look at the foods below – can you group them up into the following important categories? Write or draw them in the appropriate section of the chart!

Apple, pear, oranges, banana, melon, mango, pineapple

Milk, yogurt, cheese

Beef, chicken, fish, eggs, nuts, tofu, prawns

Rice, bread, oats, pasta, popcorn, barley, flour

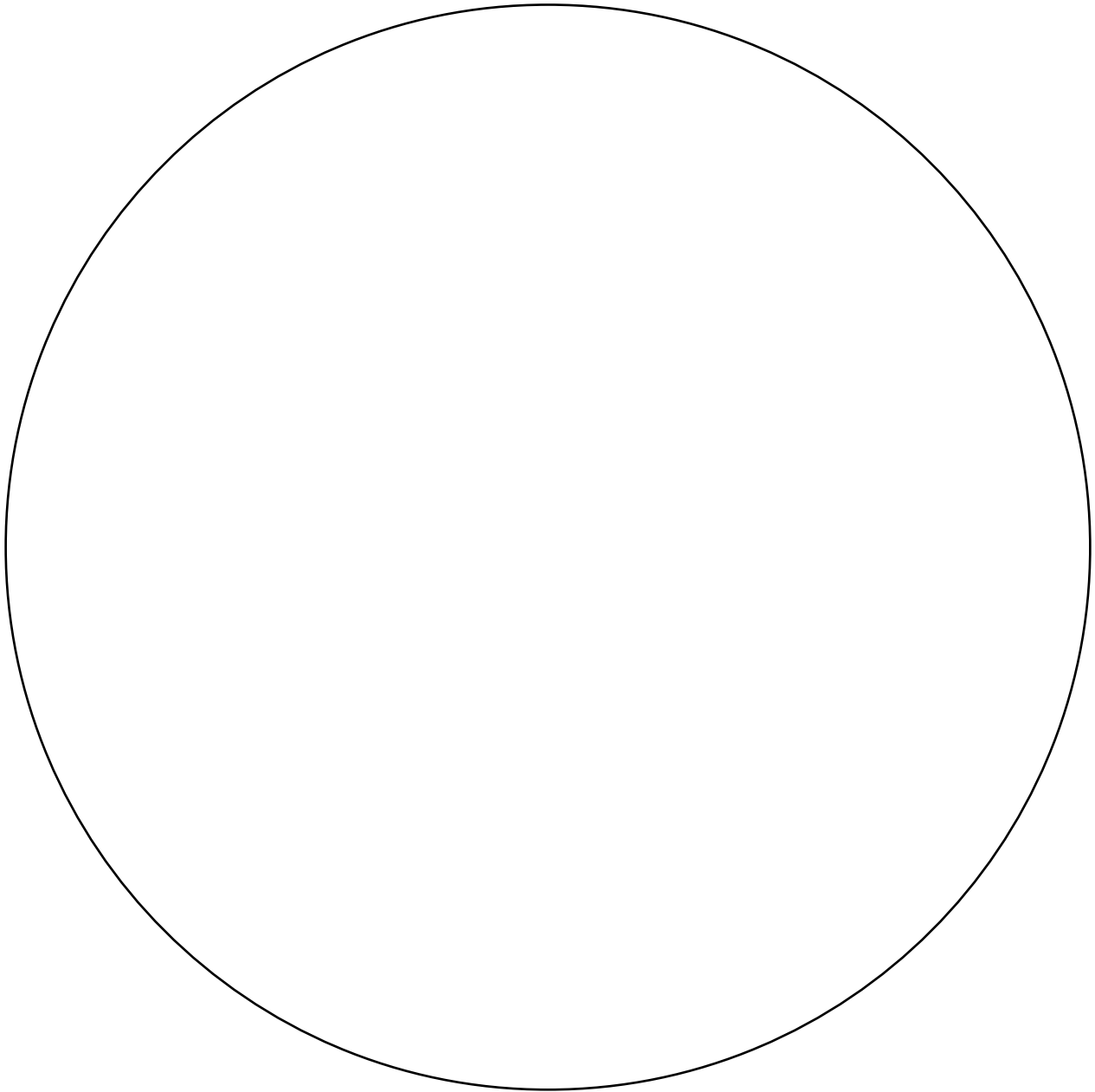
Broccoli, garlic, cabbages, kale, potato, mushroom, green peas



Answers:
FRUIT: Apple, pear, oranges, banana, melon, mango, pineapple
DAIRY: Milk, yogurt, cheese
PROTEIN: Beef, chicken, fish, eggs, nuts, tofu, prawns
GRAINS: Rice, bread, oats, pasta, popcorn, barley, flour
VEGETABLES: Broccoli, garlic, cabbages, kale, potato, mushroom, green peas

5. Design a ball!

Can you use the shape below to design a unique football, which will make you 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.