



RANGERS  
CHARITY  
FOUNDATION

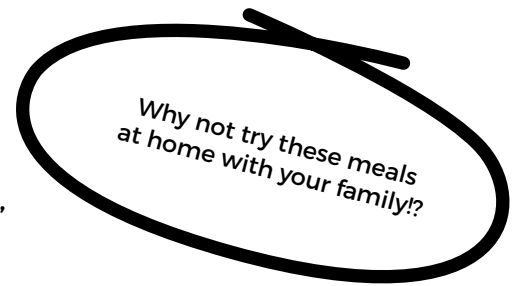
# ACTIVITY WORKSHEETS

WEEK 6



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. Eating like a pro!







We all know the Rangers first team live healthy lifestyles, but what do they eat? We caught up with 5 of them to find out - can you guess who?

- a. This player's favourite healthy meal is salmon with potatoes and vegetables with sweet chilli sauce. He joined Rangers from Oldham in 2019 - who is he?  
\_\_\_\_\_
- b. This player only eats fish, so he would have a piece of Salmon with broccoli, asparagus, spinach, beetroot and sweet potato. This player has scored 20 goals for England - who is he? \_\_\_\_\_
- c. This player enjoys eating pasta with chicken, broccoli and pesto and is the current captain of Northern Ireland - who is he? \_\_\_\_\_
- d. This player started his career with Liverpool, and has also played for Burnley and Bolton Wanderers. He likes to eat grilled teriyaki seabass with mixed vegetables. Who is he? \_\_\_\_\_
- e. This winger is on loan from Liverpool and enjoys eating Salmon with asparagus and rice. Who is he? \_\_\_\_\_

# 2. Excellent Exercises

Can you match these exercises up with their descriptions?  
How many of them have you tried?

- 1.  a. This exercise improves your lung capacity and strengthens your respiratory muscles - these are the muscles between your ribs and in your diaphragm.
- 2.  b. This exercise helps with coordination, agility and flexibility.
- 3.  c. This causes less strain and injuries than most other forms of exercise.
- 4.  d. This can be a relaxing and peaceful form of exercise

# 3. Bundesliga Maths Challenge

Can you tackle this maths challenge using the current Bundesliga league - before it restarts!

P	Team	GP	W	D	L	F	A	GD	Pts
1	Bayern München	25	17	4	4	73	26	+47	55
2	Dortmund	25	15	6	4	68	33	+35	51
3	Leipzig	25	14	8	3	62	26	+36	50
4	M'gladbach	25	15	4	6	49	30	+19	49
5	Leverkusen	25	14	5	6	45	30	+15	47
6	Schalke 04	25	9	10	6	33	36	-3	37
7	Wolfsburg	25	9	9	7	34	30	+4	36
8	Freiburg	25	10	6	9	34	35	-1	36
9	Hoffenheim	25	10	5	10	35	43	-8	35
10	Köln	25	10	2	13	39	45	-6	32
11	Union Berlin	25	9	3	13	32	41	-9	30
12	Frankfurt	24	8	4	12	38	41	-3	28
13	Hertha BSC	25	7	7	11	32	48	-16	28
14	Augsburg	25	7	6	12	36	52	-16	27
15	Mainz 05	25	8	2	15	34	53	-19	26
16	Düsseldorf	25	5	7	13	27	50	-23	22
17	Bremen	24	4	6	14	27	55	-28	18
18	Paderborn	25	4	4	17	30	54	-24	16

(Questions on the following page)

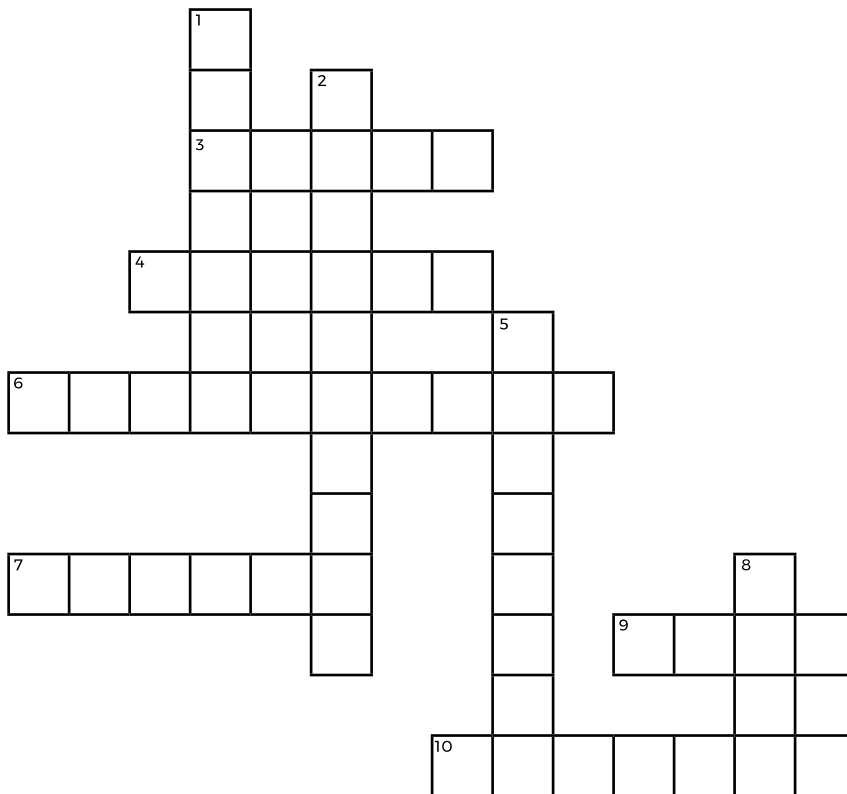
Key: W = 3 points    D = 1 point    L = 0 points

1. How many points have RB Leipzig reached with wins only? \_\_\_\_\_
2. What is the total difference in points between Bayern Munich and Freiburg?  
\_\_\_\_\_
3. What is the total goal difference (GD) between Bayer Leverkusen and Paderborn? \_\_\_\_\_
4. What is the total number of goals which the bottom 3 teams have conceded (A) combined? \_\_\_\_\_
5. If Borussia Dortmund had instead won the 6 matches they have drawn, what would their current points total be? \_\_\_\_\_
6. Which two teams have played the least amount of matches so far this season?  
\_\_\_\_\_
7. How many teams in the league have drawn less than 7 matches? \_\_\_\_\_
8. Each team will play 34 matches a season, what is the total number of points a team can achieve? \_\_\_\_\_
9. What is the difference between the top 3 teams' current points total combined with that of the bottom 3 teams' current points total? \_\_\_\_\_
10. If Union Berlin won all their remaining games, what would their points total be at the end of the season? \_\_\_\_\_



# 4. Football Crossword

Can you use the clues below to find the football terms and complete the crossword?



## Across

3. A pass played across the face of a goal.
4. Striking the ball in mid-air with either foot.
6. The playing position for players that are responsible for linking play between attackers and defenders.
7. To take the ball away from the opponent using the feet.
9. A kick, header, or any intended deflection of the ball toward goal by a player attempting to score a goal.
10. Keeping control of the ball while running.

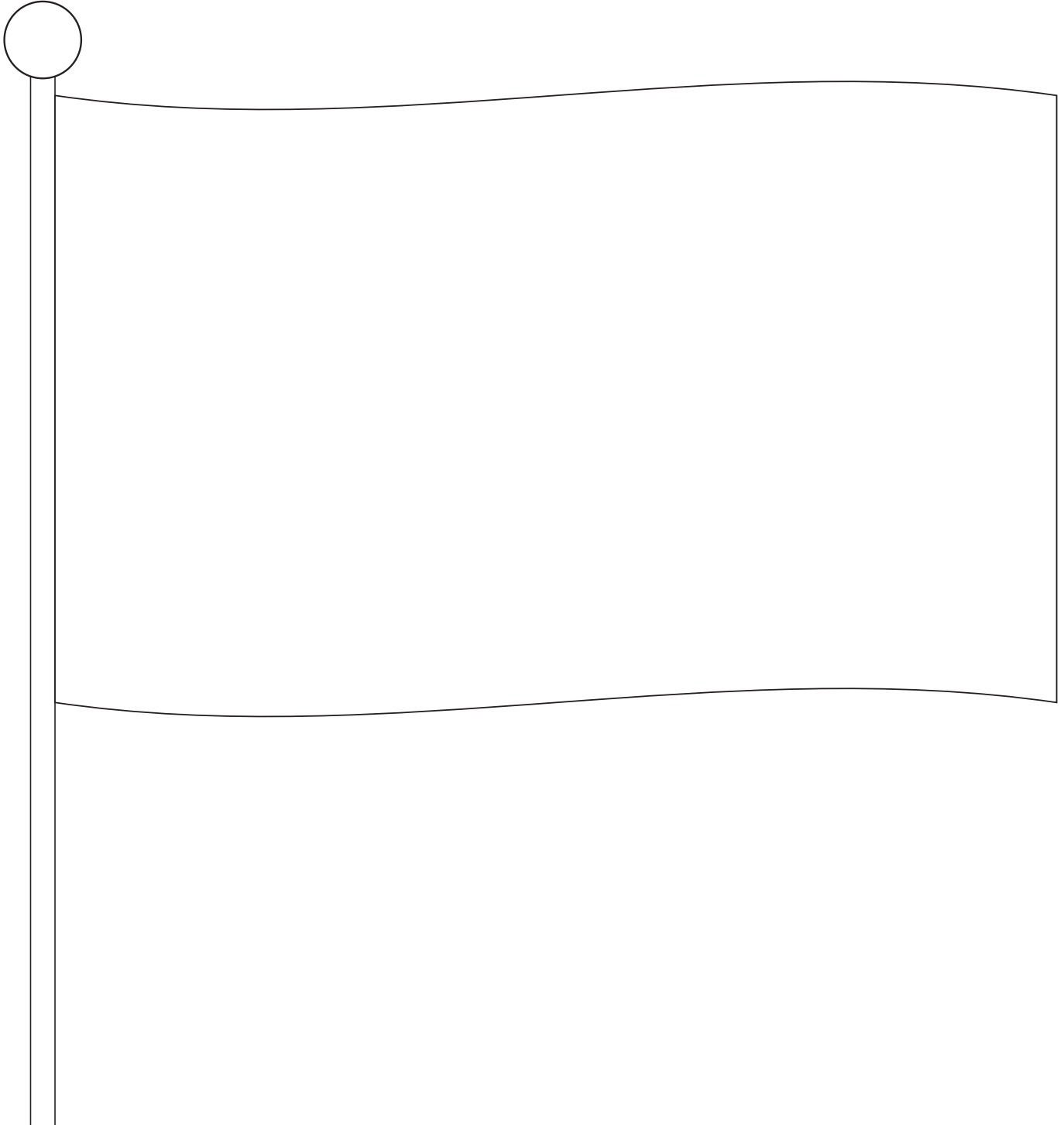
## Down

1. Taken from the centre spot at the start of play, at the beginning of each half and after a goal has been scored.
2. The specialised player who is the last line of defence, who is allowed to control the ball with his hands at times.
5. A player whose job it is to stop the opposition attacking players from scoring goals.
8. Any illegal play.

# 5. Design a flag!

Can you use the shape below to design a unique flag, which you could proudly wave at Ibrox when football returns?

*Print me out  
and colour me in!*



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.