



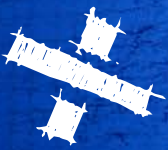
RANGERS
CHARITY
FOUNDATION

ACTIVITY WORKSHEETS

WEEK 13



$4+6=?$



The Rangers Charity Foundation is delighted to bring you these 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 the current Rangers FC players.

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!

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

MCGREGOR
 MCLAUGHLIN
 TAVERNIER
 GOLDSON
 BALOGUN
 HELANDER
 PATTERSON
 BASSEY
 ARIBO
 DAVIS
 KAMARA
 HAGI
 JACK
 ARFIELD
 ZUNGU
 BARKER
 ROOFE
 MORELOS
 KENT
 DEFOE
 ITTEN
 BARISIC

2. Excellent Exercises

Rangers players need to stay in top physical condition. Can you match these exercises up with their descriptions? How many of them have you tried?

1. SQUAT
 - a. A core strength exercise that involves maintaining a position for the maximum possible time.
2. LUNGE
 - b. An exercise in which a person lies flat on the back with their knees bent, lifts the torso up towards their knees.
3. PLANK
 - c. An exercise where one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind.
4. SIT UP
 - d. A strength exercise in which you lower your hips from a standing position and then stand back up.

3. Rangers Women's Team Maths Challenge

Listed in the table below are all the members of the Rangers FC Women's Team alongside their squad number. Can you answer the maths questions below using the player's squad numbers?

1 FIFE (GK)	23 MACDONALD (DEF)	7 HAY (FW)
25 CUNNINGHAM (GK)	6 O'NEILL (DEF)	9 NESS (FW)
2 DOCHERTY (DEF)	8 REILLY (MF)	10 DEVI (FW)
4 BROWNLIE (DEF)	17 GEMMELL (MF)	11 BELL (FW)
5 VANCE (DEF)	18 CORNET (MF)	15 ARNOT (FW)
12 MCLAUCHLAN (DEF)	24 KERR (MF)	16 MCQUILLAN (FW)
14 GIRASOLI (DEF)	26 WESTRUP (MF)	19 MCCARTNEY (FW)
20 CUNNINGHAM (DEF)	3 BOURMA (FW)	21 HOWAT (FW)

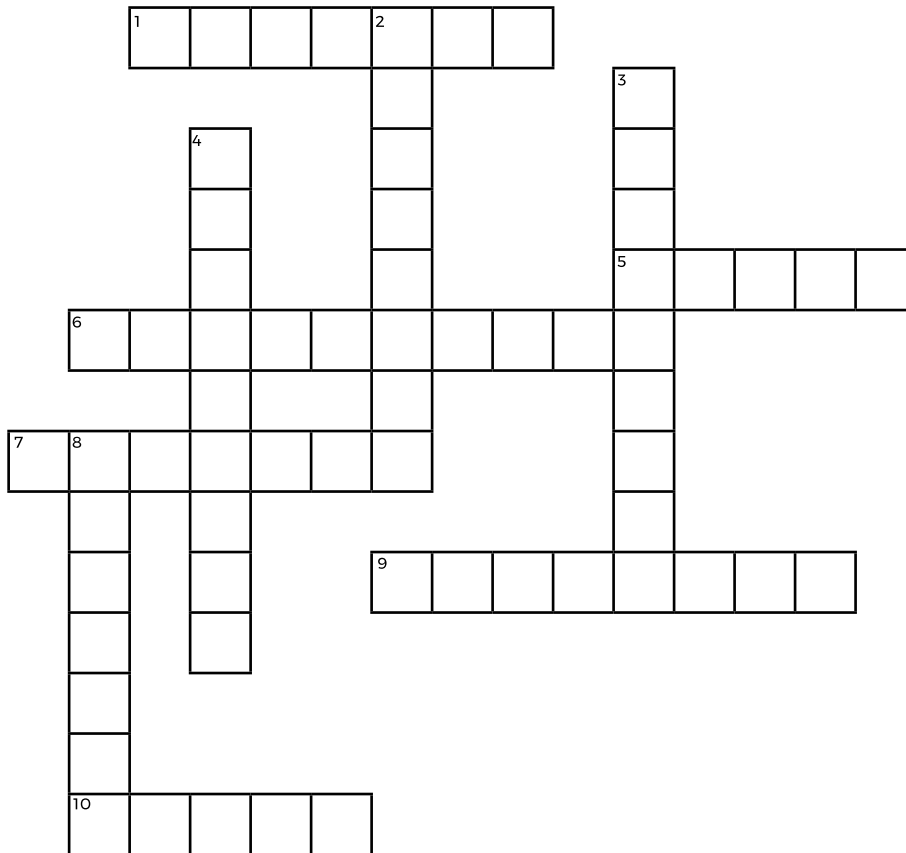
KEY	(DEF) DEFENDER	(MF) MIDFIELDER	(FW) FORWARD
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For example: FIFE + CUNNINGHAM would be 1 + 25 meaning the answer is 26. Where possible you should show your working.

a	REILLY + WESTRUP	
b	CUNNINGHAM(GK) x BOURMA	
c	BROWNLIE + HOWAT - BELL	
d	GEMMEL + CORNET + ARNOT ÷ DEVI	
e	Add together all the defenders.	
f	Circle the odd one out in the sequence and explain your answer.	BOURMA • O'NEILL NESS • MCLAUCHLAN MCQUILLAN • CORNET
g	The two players who have the highest squad numbers.	
h	Add all the outfield player's squad numbers together then subtract the two (GK) numbers from this total. (Calculator)	

4. Steven Gerrard Crossword

Can you use the clues below to and complete the crossword?
All answers relate to Rangers manager Steven Gerrard.



Across

1. The country he represented at The World Cup and The European Championships.
5. The shirt number he wore from 2004 until he retired in 2016.
6. The position he played throughout his career for club and country.
7. The special role he was given at his club in 2003 and then his country in 2012.
9. The club in America he played for in his last season as a footballer.
10. Striker in the current Rangers squad who he played with at international level.

Down

2. The first team he faced in the league at Pittodrie as Rangers manager.
3. English club which Steven Gerrard made over 500 appearances for.
4. He wore these Adidas boots for the majority of his career.
8. This player was his first Rangers' signing and represents Canada at international level.

5. Design your own Ibrox Stadium

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!

Ibrox has undergone huge transformation over the years. In the space below can you draw your vision of Ibrox for the future?

You can make any changes you want but remember the main stand is a Grade B listed building so needs to be part of your design.



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.