



Foundation

Activity Worksheets

WEEK 6

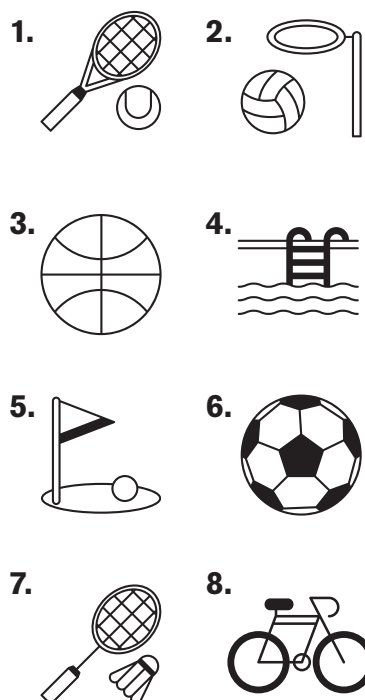
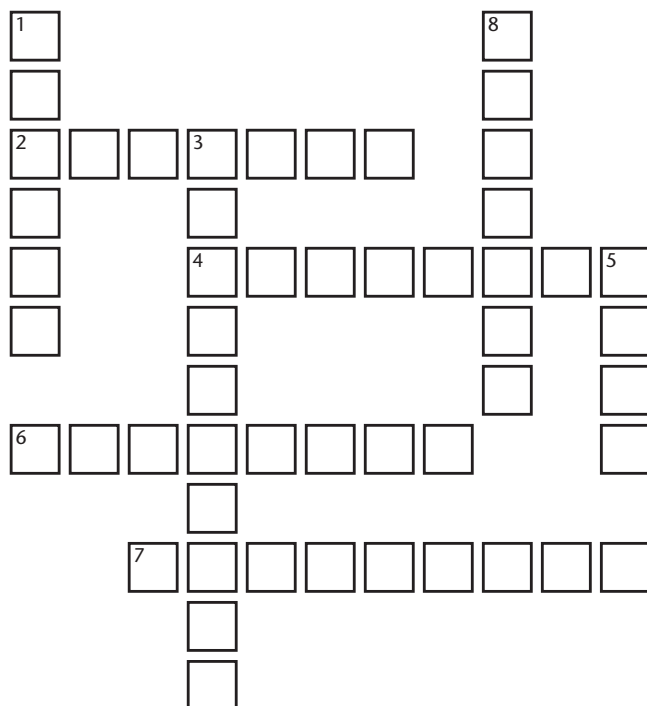


Every week Manchester United Foundation is going to bring you an activity sheet to work through to keep your mind active and have fun whilst we are all staying at home and staying safe.

1. Sports crossword

Can you name the different sports below and fill in the crossword?

PRINT ME OUT
IF YOU CAN, OR
MARK ME UP ON
YOUR SMART
PHONE OR TABLET



2. Exercise alphabet

Spell your name and for each letter perform that number of exercises! Why not get your family involved and spell out everyone's names through physical activity!

A

1 press up

B

2 sit ups

C

3 squats

D

4 star jumps

E

5 burpees

F

6 lunges

G

7 high knees

H

8 press ups

I

9 sit ups

J

10 squats

K

11 star jumps

L

12 burpees

M

13 lunges

N

14 high knees

O

15 press ups

P

16 sit ups

Q

17 squats

R

18 star jumps

S

19 burpees

T

20 lunges

U

21 high knees

V

22 press ups

W

23 sit ups

X

24 squats

Y

25 star jumps

Z

do five of
each exercise

3. Stadiums around the world

Can you locate the stadiums on the map of Europe?

- 1. OLD TRAFFORD
- 2. ESTADIO SANTIAGO BERNABEU
- 3. ALLIANZ ARENA
- 4. SAN SIRO
- 5. ESTADIODA LUZ
- 6. OAKA STADIUM
- 7. NSC OLIMPIYSKIY
- 8. AMSTERDAM ARENA



Can you also link the stadiums to the teams that play there and think of a fun fact to fill in the table below?

Stadium	Team	City/Country	Fun Fact
OLD TRAFFORD			
ESTADIO SANTIAGO BERNABEU			
ALLIANZ ARENA			
SAN SIRO			
ESTADIODA LUZ			
OAKA STADIUM			
NSC OLIMPIYSKIY			
AMSTERDAM ARENA			

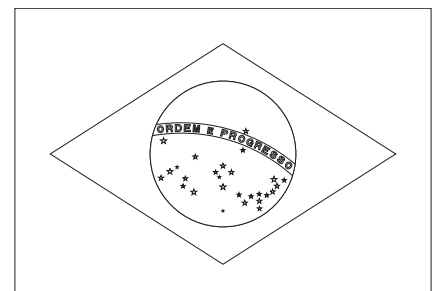
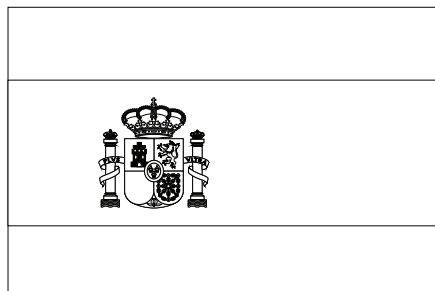
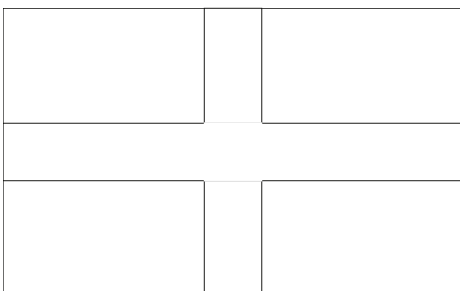
4. Where am I from?

Do you know the nationality of each player in the Manchester United line-up below? Write your answers in the space below.



- | | | |
|---------|---------|----------|
| 1. | 5. | 9. |
| 2. | 6. | 10. |
| 3. | 7. | 11. |
| 4. | 8. | |

Can you match each flag to its country then list as many Manchester United players, past and present, from that country?



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5. A footballer's suitcase

As we've learnt from the previous tasks, football players come from all over the world, and have to travel all around the world for matches.

It's important that they pack everything they need for these trips.

Your favourite player has asked you to pack their bag for their next trip abroad. What will you put in their suitcase? Draw all the items you will include.