



Foundation

# Activity Worksheets

WEEK 9



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. Premier League wordsearch

Can you find the Premier League teams in our bumper wordsearch?



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

- |                |                   |                   |
|----------------|-------------------|-------------------|
| ARSENAL        | ASTON VILLA       | BOURNEMOUTH       |
| BRIGHTON       | BURNLEY           | CHELSEA           |
| CRYSTAL PALACE | EVERTON           | LEICESTER         |
| LIVERPOOL      | MANCHESTER CITY   | MANCHESTER UNITED |
| NEWCASTLE      | NORWICH           | SHEFFIELD         |
| SOUTHAMPTON    | TOTTENHAM HOTSPUR | WATFORD           |
| WEST HAM       | WOLVES            |                   |

## 2. Football figures

Test your maths skills in our football-themed numbers test.

**1. THERE ARE 462 FANS AT A FOOTBALL MATCH AND ONE THIRD OF THEM ARE FEMALE.**

How many are male?

.....

**4. MANCHESTER UNITED HAS 11 PLAYERS WHO ARE ALL WEARING SHIRT NUMBERS 1-11.**

What is the total of the numbers on the shirts?

.....

**2. MARTIAL PRACTISES EIGHT PENALTIES EVERY DAY. RASHFORD PRACTISES 50% MORE PENALTIES EVERY DAY.**

How many penalties do they both practise in total over a week?

.....

**5. A FAN SPENDS £45.50 ON A FOOTBALL SHIRT, £4.75 ON A FOOTBALL AND £27.99 ON A PAIR OF FOOTBALL BOOTS.**

How much do they spend in total?

.....

**3. IN THE CROWD AT A FOOTBALL MATCH, THERE ARE 1,746 RED SCARVES, 764 BLUE SCARVES AND 904 GREEN SCARVES.**

How many scarves are there in total?

.....

**6. IN A PREMIER LEAGUE SEASON THERE ARE 1,583 FOULS. THE REFEREES GIVE A YELLOW OR RED CARD FOR 536 OF THESE FOULS.**

How many fouls did not get a yellow or red card?

.....

# 3. Matchday muscles

There are certain muscles and muscle groups in the lower body that are involved in helping our players to run, which is very important on a matchday!

Can you label them?

## GLUTEUS MAXIMUS

## QUADRICEPS

## HAMSTRINGS

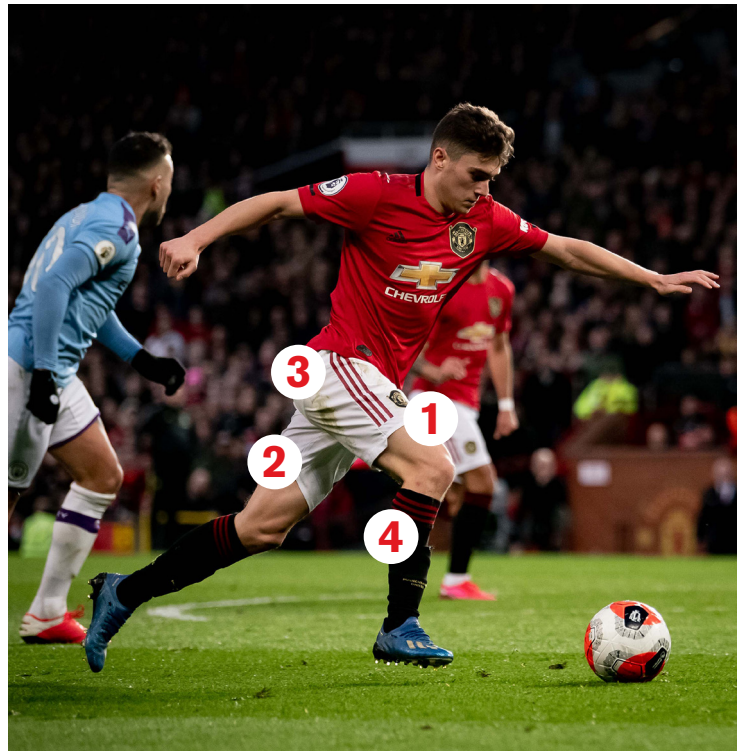
## GASTROCNEMIUS

1. ....

2. ....

3. ....

4. ....



Here is some more information on each muscle group.

### GLUTEUS MAXIMUS

The 'glutes' can also be referred to as your backside. This is the largest and heaviest muscle in the body. Its size allows it to generate a lot of force. Along with helping us to run, it is also one of the muscles we use to keep us standing up straight.

### QUADRICEPS

The quadriceps or 'quads' are a group of four muscles (vastus lateralis, vastus medialis, vastus intermedius and the rectus femoris) located at the front of your upper leg (above the knee).

When running, the Quadriceps muscles contract to extend your knee. This is also a very important muscle and action for striking a football.

### HAMSTRINGS

The hamstrings are a group of three muscles (biceps femoris, semitendinosus and semimembranosus). The main purposes are to flex the knee and hip when running.

### GASTROCNEMIUS

This can also be referred to as your calf muscle. It is another very powerful muscle. This is main muscle used in flexing your ankle and it is also used in knee flexion. The gastrocnemius or calf is very important in propelling you forward when you are running and pushing you up in the air when jumping.

# 4. Crack the code

Can you use our code to work out the Manchester United-related words below?

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

.....  
 6 18 5 4                    20 8 5                    18 5 4

.....  
 13 1 18 3 21 19                    18 1 19 8 6 15 18 4

.....  
 8 1 18 18 25                    13 1 7 21 9 18 5

.....  
 15 12 4                    20 18 1 6 6 15 18 4

.....  
 4 1 22 9 4                    4 5                    7 5 1

# 5. MU maze

Can you get Fred the Red to Old Trafford for the game?

