



Foundation

Activity Worksheets

WEEK 1



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. Wordsearch

Can you find the last 10 Manchester United club captains in our wordsearch?

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

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

MAGUIRE

YOUNG

VALENCIA

CARRICK

ROONEY

VIDIC

NEVILLE

KEANE

CANTONA

BRUCE

**Fun
fact**

These captains have made **2,560**
appearances for Manchester United
between them!

2. Around the world

Can you link the current first-team players up to the countries they are from on the map?

1. SCOTT MCTOMINAY

.....

2. VICTOR LINDELOF

.....

3. PAUL POGBA

.....

4. HARRY MAGUIRE

.....

5. BRUNO FERNANDES

.....

JUAN MATA

Spain

6. DANIEL JAMES

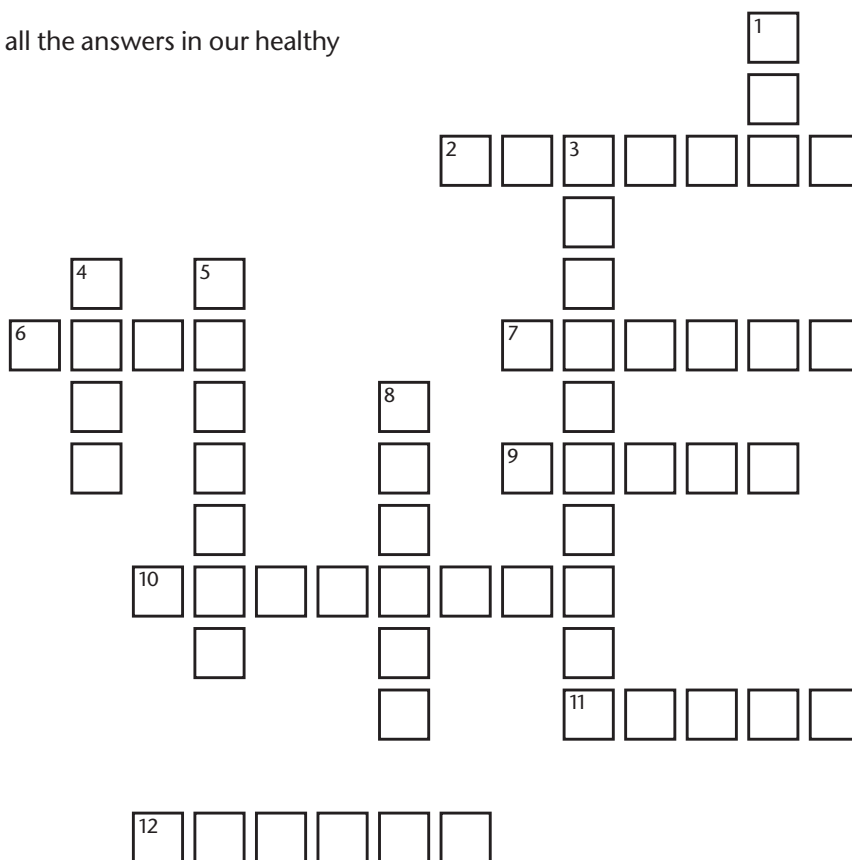
.....



3. Crossword

It's very important to eat healthy food and lead a healthy lifestyle, whether you're a footballer or a school pupil!

See if you can find all the answers in our healthy living crossword!



ACROSS

2. Eating lots of fruit and vegetables helps children to grow and (7)
6. You should have servings of fruit and vegetables every day (4)
7. Eating too much takeaway food and spending too much time in front of the television is dangerous for your (6)
9. The best drink to quench your thirst with is (5)
10. 60 minutes of activity a day is recommended (8)
11. Fruit juices can contain high amounts of (5)
12. Snacks such as chips, sweets and chocolate can cause children to put on excess (6)

DOWN

1. Children and young people should spend no more than hours a day watching TV and playing on the computer (3)
3. Healthy choice snacks can be based on fruit and (10)
4. A nutritious drink that is high in calcium is reduced fat (4)
5. It is important to lead a lifestyle (7)
8. One way to lead to a healthy lifestyle is to switch off the screen and get (6)

4. Football shirt fun

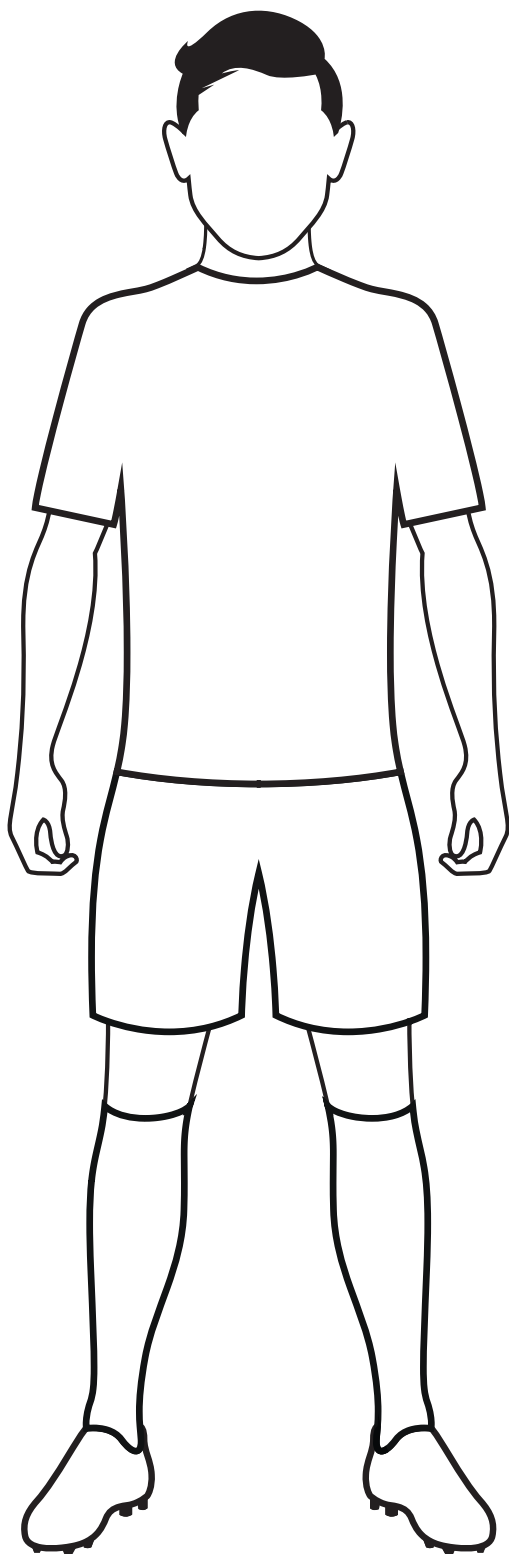
Can you do the maths using the shirt numbers of the following Manchester United players?

WHY NOT
COLOUR ME IN?

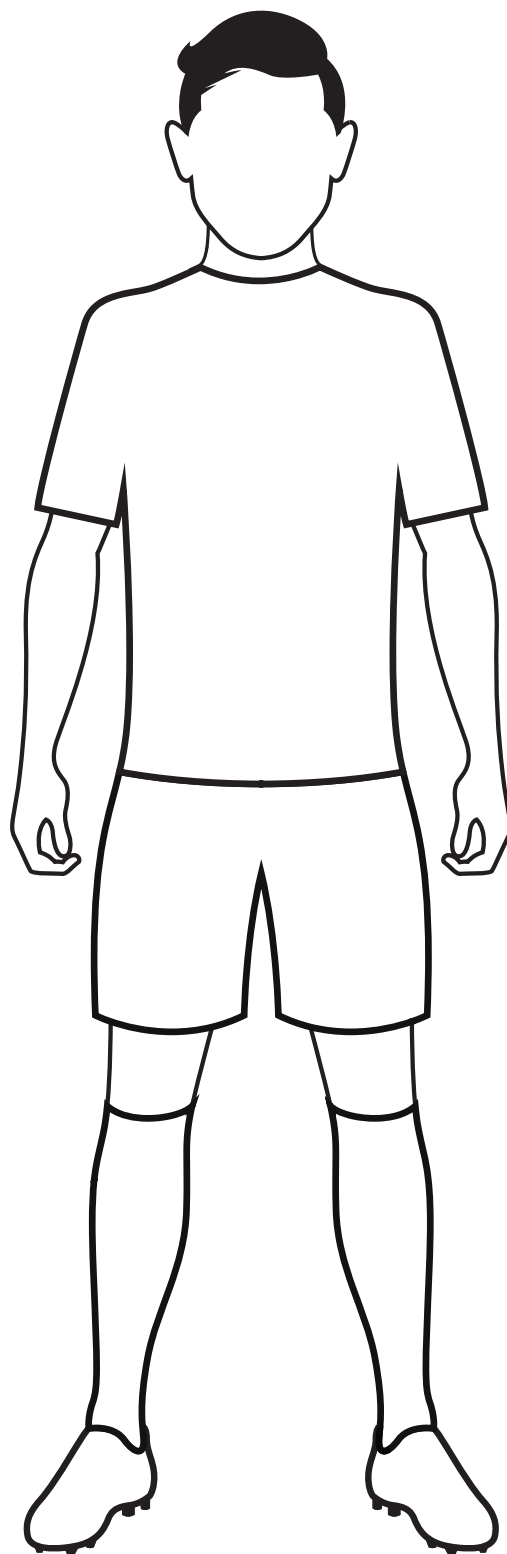
DE GEA 1	+	S.ROMERO 22	=	
JONES 4	×	DALOT 20	=	
RASHFORD 10	+	B.FERNANDES 18	=	
GREENWOOD	-	MARTIAL 9	=	FRED 17
JAMES 21	×	BAILLY 3	=	

5. Design your own kit

Design your own Home and Away kits and football boots.



Home Kit



Away Kit