







WIDNES VIKINGS

NEEDING A FUN WAY TO EXERCISE? PLAY OUR BOARD GAME!

Finish	Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!		Keep It Moving! <i>Created by Andrea Thorpe www.embracinghim.com</i>
Do eight sit ups.	Jump from side to side as you count to 30.	Oh no! You're out of breath! Lose a turn.	Head, shoulders, knees, toes: nine times.
	Do seven push ups.		Super Skip Move Ahead
Your laces are untied! Go back to Start.			
Crab walk AND sing Alphabet Song.	Count to 30 while you run in place.		You had a great warm up! Move ahead 3.
	Oh no! You stopped to watch TV. Go back.		Warm up by doing 10 jumping jacks.
You're full of energy! Take another turn.		Balance on one leg for 15 seconds.	
			Start

Rules for play

- 1) Roll the die.
- 2) Move the number of spaces on the die.
- 3) When you land on a space with written directions, follow them.
- 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.



WIDNES VIKINGS

BODY PARTS

CAN YOU CORRECTLY NAME ALL THE BODY PARTS LISTED?

Match the labels to the parts of the body.

NOSE EYE HEART ARM
NECK LEG HAND BRAIN
FOOT MOUTH STOMACH EAR



WIDNES VIKINGS

SUDOKU

TEST YOUR MIND...

EASY

							7	
				5		8		1
		6	4	1			3	5
6		7				5	2	
			2		9			
	4	1				6		9
9	7			2	1	4		
1		5		3				
	8							



WIDNES VIKINGS

SUDOKU

TEST YOUR MIND...

MEDIUM

	1	8					3	
9					2		4	5
7					6			
					7	1	2	
				5				
	8	4	3					
			7					6
8	2		6					9
	3					5	8	



WIDNES VIKINGS

SUDOKU

TEST YOUR MIND...

HARD

					7			
		2	4		6	3		
	1	7				9	6	
5	8						3	
				9				
	7						4	2
	9	4				6	5	
		5	2		8	1		
			5					



WIDNES VIKINGS

VIKING MATHS PROBLEMS!

USING THE SQUAD NUMBERS OF THE PLAYERS, SOLVE THESE PROBLEMS...

- 1) Jack Johnson _____ + Macgraff Leuluai _____ = _____
- 2) Joe Lyons _____ x Danny Craven _____ = _____
- 3) Joe Edge _____ + Kenny Baker _____ = _____ - Deon Cross _____ = _____
- 4) Calum O'Neill _____ - Logan Tomkins _____ = _____
- 5) Jay Chapelhow _____ + Jayden Hatton _____ = _____ - Pat Moran _____ = _____
- 6) Owen Buckley _____ - Owen Farnworth _____ = _____
- 7) Lewis Else _____ x Lloyd Roby _____ = _____
- 8) Matty Smith _____ - Ted Chapelhow _____ = _____
- 9) Jack Owens _____ + Connor Dwyer _____ = _____ x Jake Spedding _____ = _____
- 10) Shane Grady _____ + Liam Cooper _____ = _____ - Sam Wilde _____ = _____
- 11) Matty Smith _____ x Jack Johnson _____ = _____
- 12) Jake Spedding _____ x Kenny Baker _____ = _____ - Joe Lyons _____ = _____
- 13) Deon Cross _____ x Ted Chapelhow _____ = _____ + Jack Owens _____ = _____
- 14) Lloyd Roby _____ + Jayden Hatton _____ = _____ - Danny Craven _____ = _____
- 15) Logan Tomkins _____ + Owen Farnworth _____ = _____ - Joe Edge _____ = _____
- 16) Macgraff Leuluai _____ - Sam Wilde _____ = _____ + Jay Chapelhow _____ = _____
- 17) Calum O'Neill _____ - Shane Grady _____ = _____
- 18) Pat Moran _____ + Connor Dwyer _____ = _____ - Owen Buckley _____ = _____
- 19) Danny Craven _____ x Jack Owens _____ = _____ x Logan Tomkins _____ = _____
- 20) Matty Smith _____ x Jack Johnson _____ = _____ - Deon Cross _____ = _____



WIDNES VIKINGS

WORD SCRAMBLES

CAN YOU SOLVE THE FOLLOWING WIDNES VIKINGS WORD SCRAMBLES BELOW...

- | | | |
|-----|------------|---|
| 1. | YLWEOL | Colour of card used for a Sin Bin |
| 2. | WHLCAPEOH | Brothers surname |
| 3. | FHDEFISLE | First name of team who beat us at Wembley 2019 |
| 4. | OPKLOACLB | Where Summer Bash is played |
| 5. | RDE | Colour of Away strip |
| 6. | LKACB | Colour of 3 rd kit |
| 7. | HMETENISS | Who is Current Head Coach |
| 8. | WKCAESJON | Who is Current Captain |
| 9. | RUOF | Number of points for a Try |
| 10. | ECKKMI | Name of Vikings Mascot |
| 11. | MSRCU | What is the term used when all players pack down together |
| 12. | ORLGDPOA | Worth 1 point |
| 13. | ENAGROFLRC | There are 4 of these around the pitch |
| 14. | REREEFE | Man in the middle |
| 15. | KBLUCFLA | Position of the first one found on a team sheet |
| 16. | MYEWEBL | Where Challenge Cup and 1895 Cup is played |



WIDNES VIKINGS

WORD SCRAMBLES

CAN YOU SOLVE THE FOLLOWING WIDNES VIKINGS WORD SCRAMBLES BELOW...

- | | |
|----------------------|--|
| 17. OENJOYSL | Squad number 7 |
| 18. UMARCUILAAEFLGF | Brother plays at Wigan |
| 19. CDUJOGUHET | Referee's Assistant |
| 20. EMXAETITR | What happens if it's a draw after 80 minutes |
| 21. ELHYITDRBARES | Squad number 20 |
| 22. SAISTN | Nickname of one of our neighbours |
| 23. WNOSINSILTON | Who we beat on the last round of the Challenge Cup |
| 24. UKRLHL | Tim Sheens former club |
| 25. MMSTATHIYT | Signed from an overseas club this season |
| 26. HLEPNIYINF | Current CEO |
| 27. CAHHPOPINISM | Name of division we play in |
| 28. EEDEGJO | Player whose mum works at the Market |
| 29. WMEHSTAY | Media Manager |
| 30. EHYAPNTJESEY | Longest serving member of staff |
| 31. GENELNNDREOTAOGI | Name of group that meets every Friday at Stadium |
| 32. WILSS | Sponsor of Reserves/Academy & Scholars |
| 33. NSOOLNODCORBN | Currently above us in the league |
| 34. EADRSURSC | Former Club of Kenny Baker |
| 35. TEFEDBR | Main Sponsor of Championship |
| 36. MLSEHUEIWL | Made his debut against Swinton in Challenge Cup |



WIDNES VIKINGS

WORD SCRAMBLES

ANSWERS

1. YLWEOL = YELLOW
2. WHLCAPEOH = CHAPELHOW
3. FHDEFISLE = SHEFFIELD
4. OPKLOACLB = BLACKPOOL
5. RDE = RED
6. LKACB = BLACK
7. HMETENISS = TIMSHEENS
8. WKCAESJON = JACKOWENS
9. RUOF = FOUR
10. ECKKMI = KEMICK
11. MSRCU = SCRUM
12. ORLGDPOA = DROPGOAL
13. ENAGROFLRC = CORNERFLAG
14. REREEFE = REFEREE
15. KBLUCFLA = FULLBACK
16. MYEWEBL = WEMBLEY
17. OENJOYSL = JOE LYONS
18. UMARCUILAAEFLGF = MACGRAFF LEULUAI
19. CDUJOGUHET = TOUCH JUDGE
20. EMXAETITR = EXTRA TIME
21. 1ELHYITDRBARES = THE EARLY BIRDS
22. SAISTN = SAINTS
23. WNOSINSILTON = SWINTON LIONS
24. UKRLHL = HULL KR
25. MMSTATHIYT = MATTY SMITH
26. HLEPNIYINF = PHIL FINNEY
27. CAHHPOPINISM = CHAMPIONSHIP
28. EEDEGJO = JOE EDGE
29. WMEHSTAY = SAM WHYTE
30. EHYAPNTJESEY = JANET PHEYSEY
31. GENELNNDREOTAOGI = GOLDEN GENERATION
32. WILSS = WISSL
33. NSOOLNODCORBN = LONDON BRONCOS
34. EADRSURSC = CRUSADERS
35. TEFEDBR = BETFRED
36. MLSEHUEIWL = LEWIS HULME



WIDNES VIKINGS

CAN YOU FIND MEMBERS OF OUR FIRST TEAM SQUAD?

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

HATTON
ELSE
FARNWORTH
COOPER
MORAN
SPEDDING
BUCKLEY
JOHNSON
LYONS
ONEILL
LEULUAI
SMITH
CRAVEN
DWYER
WILDE
ROBY
TOMKINS
EDGE
BAKER
GRADY



WIDNES VIKINGS

WORDSEARCH

CAN YOU FIND ALL THE RUGBY RELATED WORDS?

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

BALL
WHISTLE
MASCOT
SQUAD
PROP
PASS
PITCH
COACH
HALF BACK
FLAG
FORWARD
SUPPORTER
TRY
PLAYER
KICK
PENALTY
SCRUM