



West Lothian Youth Foundation  
wlyf.org.uk



# Smiley Miler

**SCORE**  **WITH MATHS**



## At Home

stv  
children's  
appeal



## Who are WLYF?

West Lothian Youth Foundation (WLYF) is a charitable organisation and we are registered with The Scottish Charity Regulator (OSCR) along with being a Company Limited by Guarantee registered with Companies House.

WLYF's key purpose is to use football as an activity to promote the educational and health development of members of the West Lothian Community with particular emphasis on targeting those who are typically less engaged with these activities and may be failing to achieve their full potential.

WLYF, along with our key founding partners West Lothian Council, Scottish FA, Xcite West Lothian Leisure, Livingston FC and West Lothian College, work towards set objectives which allow the organisations shared common goals to be achieved.



Funding for the **At Home** book provided by the **Scottish Government Community Wellbeing Fund** supported by the **STV Children's Appeal**



Original **Score with Maths** project was funded by **Developing the Young Workforce - West Lothian**

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West Lothian Youth Foundation is a Charity Registered in Scotland No. SC042721

Supported by Foundation Partners



## 2 Programmes, 1 Book, Lots of fun!

### A message from WLYF

**We understand that this is a difficult time for everybody as we live in these unusual circumstances. The kids have been taken out their usual routine and may be missing doing their usual physical activity and school work.**

Due to this, we as an organisation want to try and do our bit to help the West Lothian community in any way we can. One way of doing this was to put together this resource which combines two of our popular school programmes to try and keep the children engaged at home. We hope they learn a bit about health, exercise and maths but most importantly we hope they find the book fun! We also encourage adults to get involved as much as possible and make it a family affair! (P.S. there are answers to some of the exercises at the end of the book - but no peeking until you've finished them all!)

We would love for the community to send us pictures, videos and feedback through our social media and email of the kids working through the book. You can get us on:

**Facebook:** [West Lothian Youth Foundation](#)

**Twitter:** [@WLYF4football](#)

**Email:** [info@wlyf.org.uk](mailto:info@wlyf.org.uk)

Through these pages you can also see what other work we are doing in the community!

Lastly, we want to say that we hope everyone is safe, healthy and is working through this situation as best you can. We hope that this resource can make a positive impact throughout West Lothian and we hope to see you all out in the community again soon.

**Best Wishes**

**WLYF**

# The Smiley Miler Programme

The Smiler Miler Programme has been designed for participants to engage in sport and encourage them to do a mile of activity a day to stay fit and healthy. The programme will also look at promoting positive changes to diet and exercise routine and look to help participants make small changes to their lifestyles.

It was also designed for children to spend quality time with their parents or carers and work on activities together to build stronger relationships and create a healthy environment at home.

We have slightly adapted the programme to try and make it suitable for the current lockdown situation. Whilst we have had to adapt, the main outcomes from the activities within the Smiley Miler section remain the same:

- Learn more about a healthy diet
- Learn more about our bodies and how to keep them healthy
- Become more active through different activities
- Build fun relationships with siblings and adults at home!

Whilst all activities may not be suitable for all ages there is something in this part of the book for everyone! Especially with the help of an adult or sibling! We hope you enjoy and have fun!

## Introducing Smiley!



## Exercise 1 Quiz



Circle the answer you think is correct -

1 What is the heaviest organ in the human body?

**Liver                  Brain                  Skin                  Kidney**

2 How many bones are there in an adult human body?

**152                  188                  206                  78**

3 Which of the following foods do NOT count towards your five-a-day fruit and vegetables?

**Frozen vegetables                  Chips**  
**Tinned fruit                  Chickpeas**

4 In what organ of the body does oxygen enter the blood stream?

**Liver                  Brain                  Heart                  Lungs**

5 Where in the body are new blood cells made?

**Liver                  Heart                  Brain                  Bones**

6 What is the biggest bone in the human body?

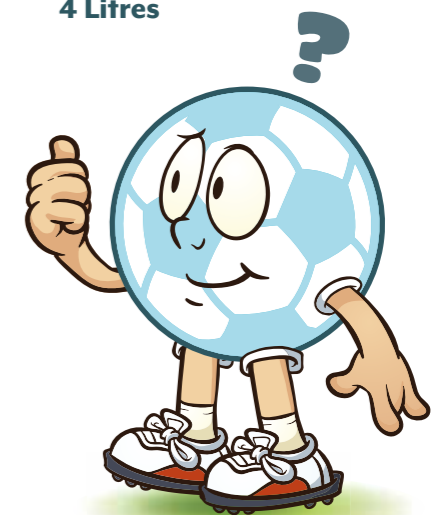
**Collar bone (clavicle)                  Shin bone (tibia)**  
**Thigh bone (femur)                  Spine**

7 How much water are you recommended to drink in ONE day?

**1 Litre                  2 Litres                  3 Litres                  4 Litres**

8 Where in the body is the smallest bone found?

**Ear                  Foot**  
**Mouth                  Hand**



# Activity

The first activity can be done indoors or outdoors and requires at least 2 people taking part!

## Beans Game

When an adult/sibling calls out the following beans, the participants must do the following exercise:

- Runner** - Run around the hall in different directions
- Frozen** - Freeze like a statue
- Jelly** - Wobble on the spot
- Baked** - Lie down on the floor with hands by your side and legs straight out
- Jumping** - Jump round the hall in different directions
- Broad** - Freeze with arms and legs spread as wide as possible



**EAT WELL**  
**MOVE DAILY**  
**HYDRATE OFTEN**  
**SLEEP LOTS**  
**LOVE YOUR BODY**

**REPEAT FOR LIFE**

# Exercise 2 Healthy Foods



## Food and Drink Word Search

Find the healthy food and drink in the grid, from the list provided.

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

- |             |             |          |             |
|-------------|-------------|----------|-------------|
| ALMONDS     | CARROTS     | LEMONS   | WATER       |
| APPLES      | CASHEWS     | OATMEAL  | WATERMELON  |
| BANANAS     | CHEESE      | ORANGES  | WHOLEGRAINS |
| BLUEBERRIES | CRANBERRIES | SPINACH  | YOGHURT     |
| BROWN RICE  | EGGS        | TOMATOES |             |

# Activity

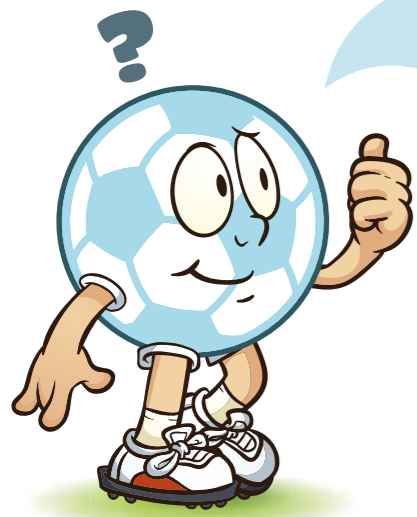
## Tails

- Every participant tucks a bib/t-shirt/tea towel into the back of their shorts or trousers
- When the game begins, participants move around the area in different directions
- Each participant has to try and steal as many tails as possible, if their tail is stolen they go and try and get another one
- The game is over when a participant loses all their tails



### Smiley's Fun Facts Walking the Dog








It takes **24 mins** of **Walking the Dog** to burn **100 calories**  
 A **Mars Bar** has **234 calories**  
 It would take **56 mins** of **Walking the Dog** to burn **234 calories**



# Exercise 3 Food Diary



Record the food diary below for a week. What food/drink could be a healthier option?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Lunch							
Dinner							
Snacks							
Calories							
Water							
Exercise							

# Activity

## Dodgeball

- 1v1/2v2/1v1v1 etc
- Each player gets their own ball.  
If you only have one ball you can play with one catcher and everyone else has to get away from them.  
If you don't have balls then soft toys, teddies etc would work!
- If you are hit below the waist, you lose a life.  
You can decide how many lives each player gets.  
The player hit has to do 10 star jumps before re-entering.



### Smiley's Fun Facts

#### Skipping

It takes **9 mins** of **Skipping** to burn **100 calories**

A **Piece of Birthday Cake** has **395 calories**

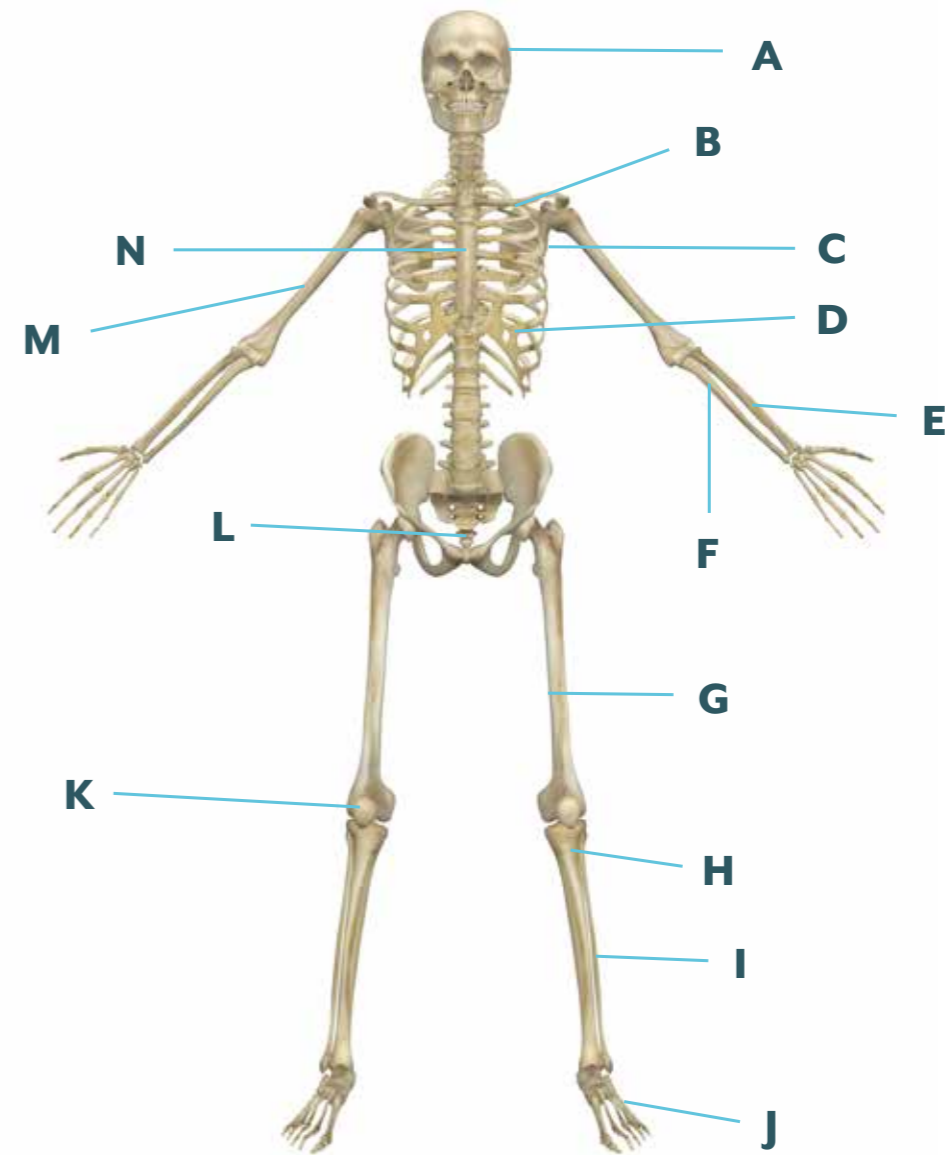
It would take **36 mins** of **Skipping** to burn **395 calories**



# Exercise 4 Skeleton



Write the correct answer in each of the boxes provided, identifying the correct bones.



	CRANIUM
	SCAPULA
	STERNUM
	FEMUR
	TIBIA

	CLAVICLE
	ULNA
	RADIUS
	TARSALS
	HUMERUS

	SACRUM
	FIBIA
	RIBS
	PATELLA

# Activity

## Steal

- At least 2 teams. 1 player per team minimum. Each player begins the same distance away from the middle of the playing area.
- When the game begins the first participant in each team must run into the middle and steal a ball/food item/toy
- Once they have an item, they must run back to their cone/designated area and place the item next to their cone
- They then have to high 5 the next player and they take their turn
- While waiting on your turn, jog on the spot
- First team to get 3/4/5/6 etc items at their cone wins
- **Progression** - when all the items have been stolen from the middle area you can then steal from the other team/teams. You can not stop anyone stealing from your area.

# Activity

## Relay Races

- While waiting on your turn, do star jumps on the spot
  - Once each team member has been, put your hands on your head
- Race 1** - Run to end of playing area, round cone and back  
**Progression** – Dribble a ball whilst running
- Race 2** - Skip to end of playing area, round cone and back  
**Progression** – Place a ball at the cone and perform 10 'toe taps' before skipping back again
- Race 3** - Hop to end of playing area, round cone and back.  
**Progression** – Whilst hopping throw and catch a ball at the same time
- Race 4** - Two foot jumps to end of playing area, round cone and back  
**Progression** – Place a ball at the cone and jump over the ball 5 times before jumping back again
- Race 5** - Run backwards to end of playing area, round cone and back  
**Progression** – Add a ball by dragging it towards you with the bottom of your foot whilst going backwards

## Exercise 5 Heart Word Search

Find the words listed below

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



- ARTERIES
- ATRIUM
- BEAT
- BLOOD
- CIRCULATION
- HEART
- NUTRIENTS
- OXYGEN
- VALVES
- VEINS
- VENTRICLES
- WASTE

### Smiley's Fun Facts Playing Frisbee

It takes **31 mins** of **Playing Frisbee** to burn **100 calories**

A **Bag of Crisps** has **130 calories**

It would take **40 mins** of **Playing Frisbee** to burn **130 calories**



# Exercise 6 Personal Hygiene

Why is washing our hands important?




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Why is brushing our teeth important?

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What Food and Drinks are Good and Bad for our teeth?

Good:

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Bad:

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# Activity

## Stations

- Can do this by yourself or with someone. If in a 2 number yourself 1 and 2. Do as many of the exercises as is possible at home.
- Number 1 will go first and work for 30 seconds on the exercises listed below
- Number 2 will record how many times that activity is completed through making tally marks in the box provided
- Once the 30 seconds is up, the two participants will swap over
- Once all the data is collected, try and beat your score next time you do it!

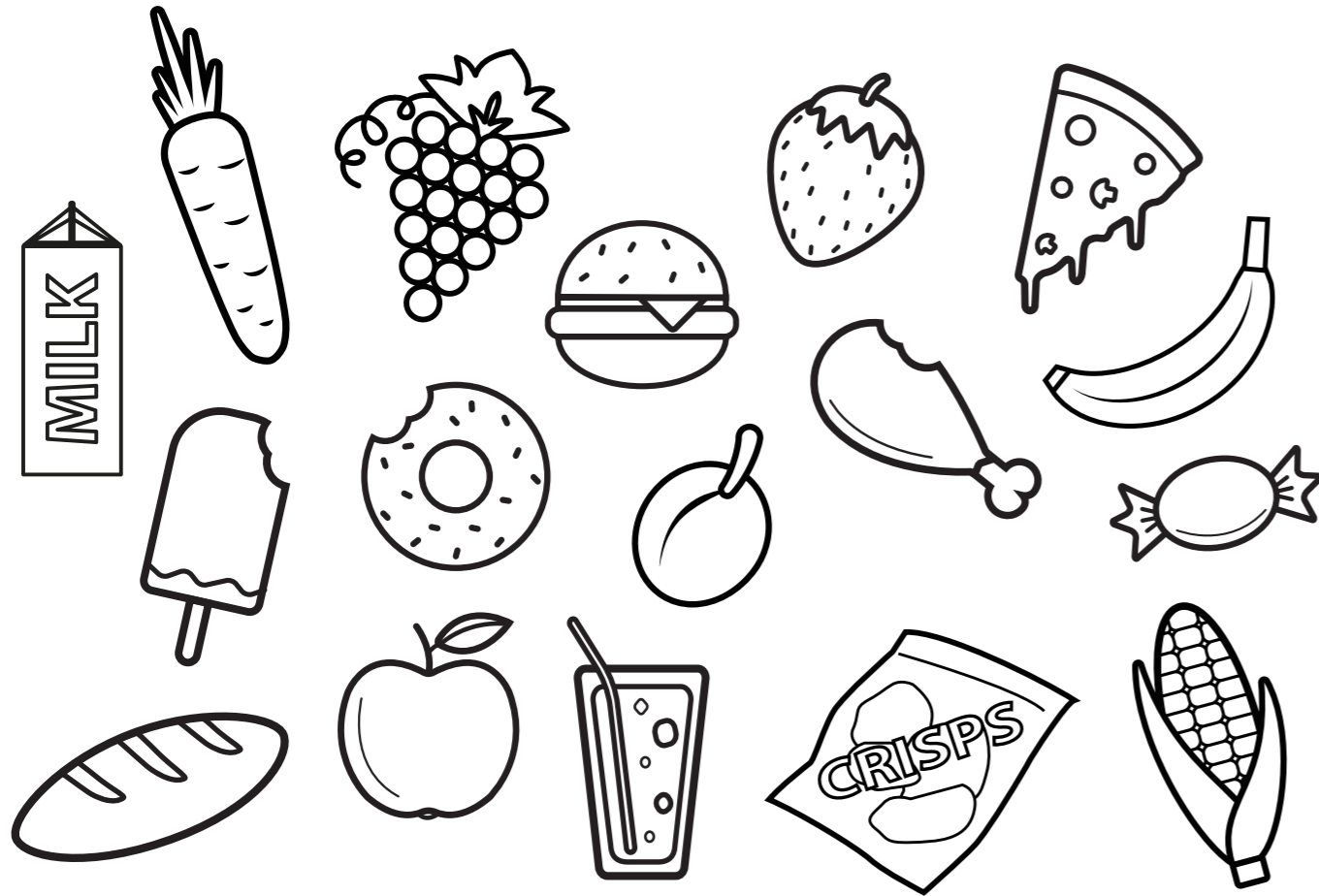
Station	1 (You)	2
Skipping (30s)		
Ladders. Could make your own from sticks or toys (30s)		
Hurdle or anything you can jump over (approx 1-2 feet high) Jump over object left and right (30s)		
Hop Scotch (30s)		
Sit ups (30s)		
Punching in Air (30s)		
Throw ball/soft toy in air, clap and catch (30s)		
Bunny Hops (30s)		
Tinned food Bicep Curl (30s)		
Squats (30s)		
Plank (30s)		



# Exercise 7 Healthy Food



Colour in all the **healthy** fruit and vegetables



## Smiley's Fun Facts Washing the Car

It takes **21 mins** of **Washing the Car** to burn **100 calories**

A **Slice of Pizza** has **272 calories**

It would take **57 mins** of **Washing the Car**  
to burn **272 calories**

# Activity Various Exercises

Complete as many of the exercises as you can at home with 1 or more participant

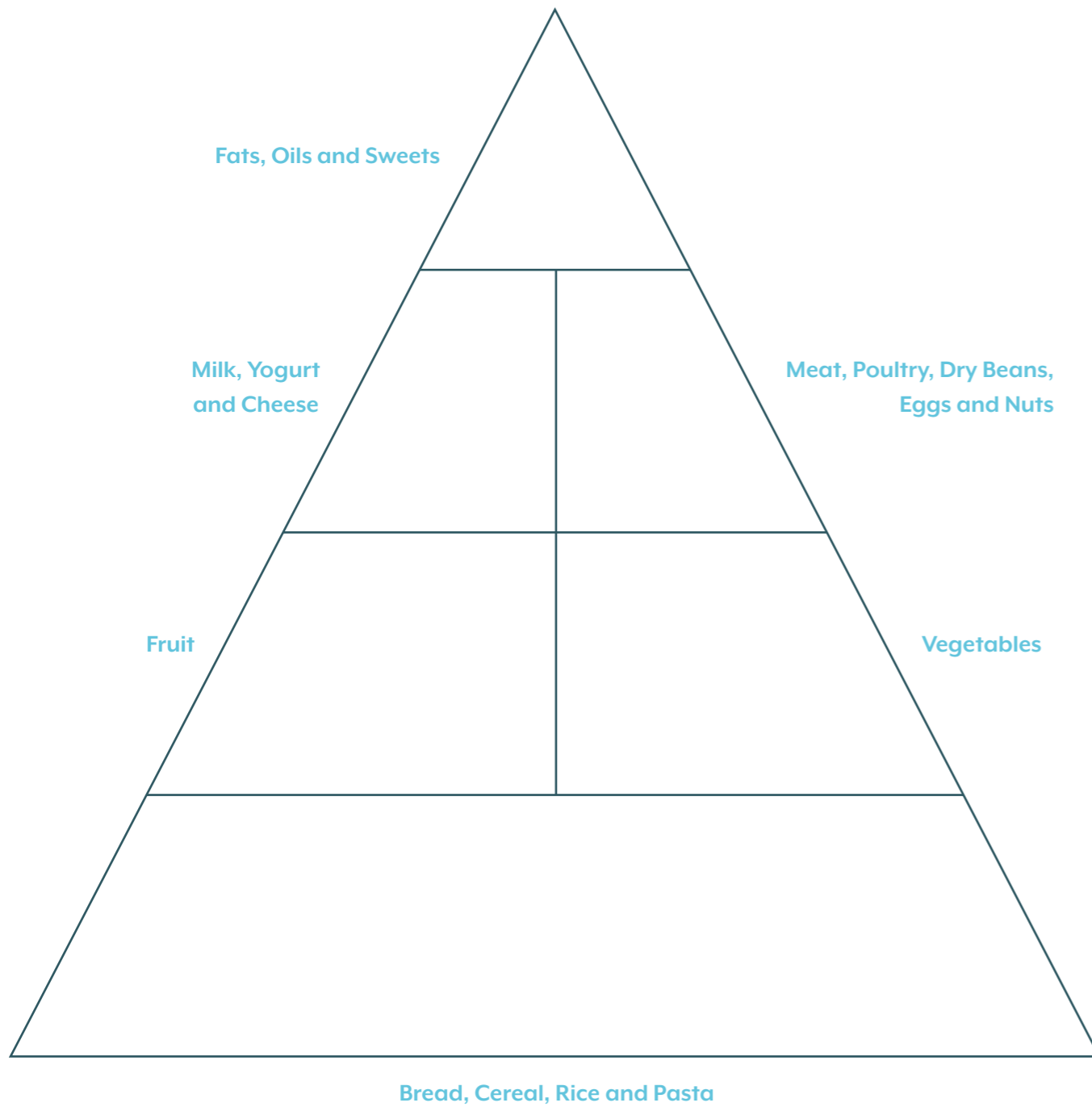
	FOOTBALL DRIBBLE		STAR JUMPER
	BEAN BAG THROW		BASKETBALL DRIBBLE
	LINE JUMPS		BALANCE ON ONE LEG
	SHUTTLE RUNS		THROW AND CATCH BALL

# Exercise 8 Food Types



Find a picture of a food item from each of the sections of the pyramid. Stick the picture onto the correct section of the pyramid below.

You may use magazines, food packaging or the internet. Be creative.



# Activity

## Box Activities

Complete as many of the exercises as you can at home with 1 or more participant

- There will be 4 boxes with different exercises in them
- Each participant will start off in a box and complete that activity until an adult calls "Change". Once the adult shouts this, move clockwise to the next box.
- Example exercises: High knees on spot, heel kicks on spot, press ups, put a ball in between your feet and use the inside of both feet to move the ball left and right

# Exercise 9 Drawing



Draw a picture of your favourite food

Draw a picture of your favourite sport

## Smiley's Fun Facts

### Getting Down and Grooving

It takes **16 mins** of **Getting Down and Grooving** to burn **100 calories**

**6 Chicken McNuggets** have **270 calories**

It would take **43 mins** of **Getting Down and Grooving** to burn **270 calories**



## Smiley's Fun Facts

### Carrying Heavy Shopping Bags

It takes **14 mins** of **Carrying Heavy Shopping Bags** to burn **100 calories**

A **Can of Cola** has **142 calories**

It would take **20 mins** of **Carrying Heavy Shopping Bags** to burn **142 calories**



**Congratulations on completing the Smiley Miler section of your At Home workbook. Great work!**



The Score with Maths programme has been designed to create an interest in mathematics using football. The programme will work on various maths topics in both a theoretical and practical manner.

The programme will also promote that football isn't just a sport that is played between two teams but also the work that goes on behind the scenes. It might surprise you how much maths is involved in football!

Again, we have tried to adapt the content for a home setting. Each exercise will cover one or more of the following topics:

- Basic Arithmetic
- Measuring
- Money
- Time
- Problem Solving

As you go through this workbook you will be taking part in activities that will involve working in groups, pairs and sometimes on your own. We aren't looking to test your knowledge or skills, so don't worry if some of the topics or activities are new to you.

**This project is funded by Developing the Young Workforce - West Lothian**



## Introducing Maths Smiley!



# Exercise 1

## You are the Owner of Livingston FC

You have just taken over at Livingston FC and need to get things ready for the start of the new football season. There is lots to do so let's get to work!

### Transfer Budget

The manager has come to you and asked how much money there is to spend on players this coming season.

To work out this season's budget you will need to answer the following sums, putting the answers into the correct boxes below. Use the space to do some working out.

Space to do sums



	56 - 47	22 + 18	22 - 17	15 + 9	19 - 15
£					

The manager is delighted with the amount you have given him to spend. He says we will be able to build a strong team for the season ahead!



# Season Tickets

Your next job is to set the ticket prices for the season, it is important that the tickets are not too expensive as fans won't want to come, however, the football club need to cover a number of costs during the season.

To work out how much the tickets need to be, you first need to answer the following sums to see how much money the club will spend over the season.

Space to do sums



Players Wages	24 + 56	£		0,000
Staff Wages	48 - 19	£		0,000
Catering	70 - 55	£		0,000
Stadium Repairs	19 + 7	£		0,000

Now add up your answers. What is the total costs for the upcoming season?

### Ticket Prices

We can now decide the costs of tickets for next season. There are different prices for adults, over 65's and children under 12. Again answer the sums to work out the prices of each ticket.

Space to do sums



Adult tickets	18 + 6	£	
Adult Over 65's tickets	21 - 7	£	
Under 12 tickets	13 - 13	£	

The fans love your ticket prices and are already buying their tickets for the season!

You are definitely getting popular as the new owner of Livingston FC!

**Great Job!**

## Exercise 2

### This week you are helping the Chef at Livingston FC



The chef is one of the most important members of the team at Livingston FC! Chef Mo is fantastic and has asked you to help make some healthy snacks for the players.

Chef Mo says that the players love flapjacks which give them plenty of energy before playing a match.

You are going to use the following recipe to make the flapjacks....

#### To do this you will require the following equipment and ingredients:

##### Equipment

- Oven
- Square Tin
- Grease proof Paper
- Saucepan
- Wooden Spoon

##### Ingredients

- 85 g butter
- 90 g brown sugar
- 55 g golden syrup
- 100 g rolled oats
- 30 g Rice Krispies
- 30 g raisins



#### Now with the help of chef Mo follow the instructions to make the recipe.

##### An adult can help you with this too!

- 1 Preheat the oven to 170°C/325°F
- 2 Line a 20cm square tin with grease proof paper, with the grease proof paper coming up the sides.
- 3 Put the butter, sugar and golden syrup in a large saucepan.
- 4 Heat gently, stirring occasionally, until the butter and sugar have melted.
- 5 Remove from the heat and mix in the remaining ingredients.
- 6 Spoon into the prepared tin and press out in an even layer
- 7 Bake for 25 minutes, until golden around the edges.
- 8 Cool completely, then lift out of the tin and cut into 12 small bars.
- 9 You may need to store these in the fridge.

Great Job! Once your flapjacks are ready, you are able to take them home!

But as you are leaving Chef Mo rushes after you and points to a sink of dirty dishes you need to do and ovens which have been left on!

## Solve the sums



Uh-oh you are in trouble! To get back in chef Mo's good books answer the following questions:

$17 + 23 =$		$25 - 13 =$	
$19 - 8 =$		$16 + 8 =$	
$15 + 24 =$		$15 - 11 =$	

Phew! That was a lot of dishes but everything is washed and cleaned up!

**Chef Mo is much happier now and lets you on your way!**

## Recipe search



**Find another recipe for a healthy snack on the computer, print it out and try making it!**

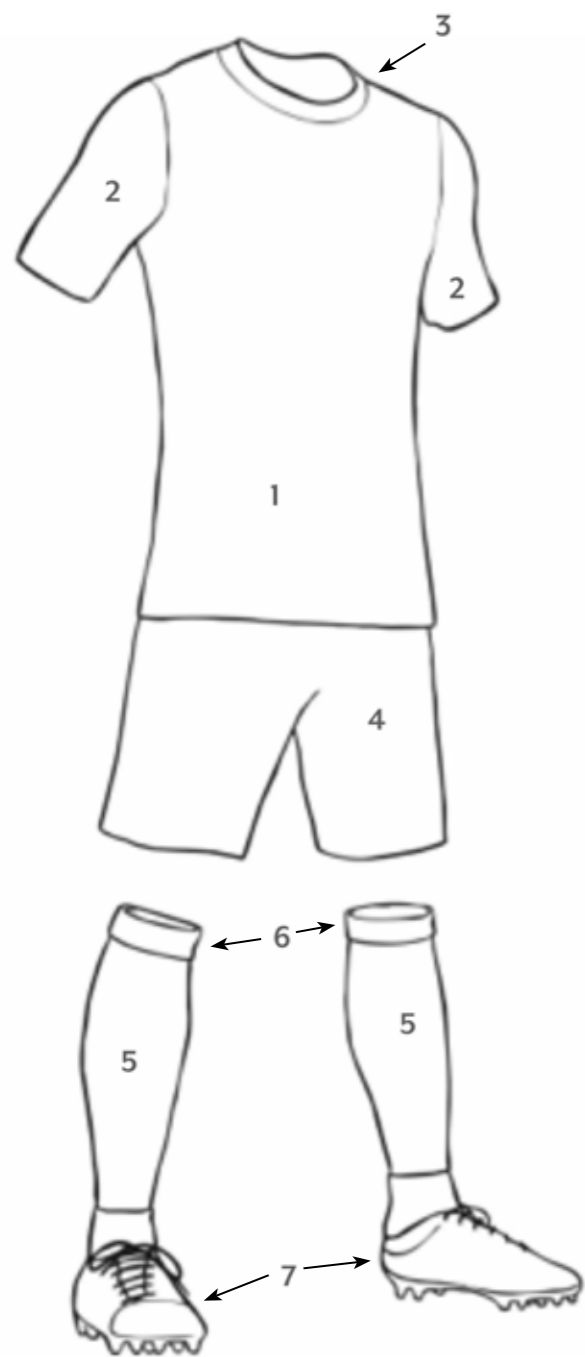
If you are able to make it, take a picture of your creation and stick it in the space below.

(If you can't make it, you can stick a picture of the recipe here instead)

# Exercise 3

## This week you are the Kit Manager of Livingston FC!

Livingston FC are needing a new away strip for next season and it is up to you design the new strip! Using the sums below – work out what colour should go where. Once you've completed the sums, colour the strip.



1	Main body of shirt	2 x 6	
2	Sleeves	5 x 4	
3	Collar	10 x 3	
4	Shorts	2 x 10	
5	Main body of socks	5 x 6	
6	Top of socks	3 x 4	
7	Boots	3 x 6	

Key
12
20
30
18

The kit looks great!

Players will be excited to start wearing it for the upcoming season!



# The squad

Your next job is to sort out the players squad numbers for next season!

Below is Livingston FC's squad list for next season! You will see that some of squad numbers are missing! Using the numbers that have already been allocated can you work out, and fill in, the missing numbers?



## Livingston FC Squad List

	Becker + Silva	Marta x Pique	Robertson + Neymar	Cuthbert - Ronaldo
Silva x Renard	Rapinoe - Endler	Little + Messi	Pique x Renard	Salah - Marta

## Sort the players boots

Now that you have sorted the strips and squad numbers for next season, you are about to head home for the day but before you do you take a look in the boot room... big mistake!

Someone has been in and mixed up all the players boots!

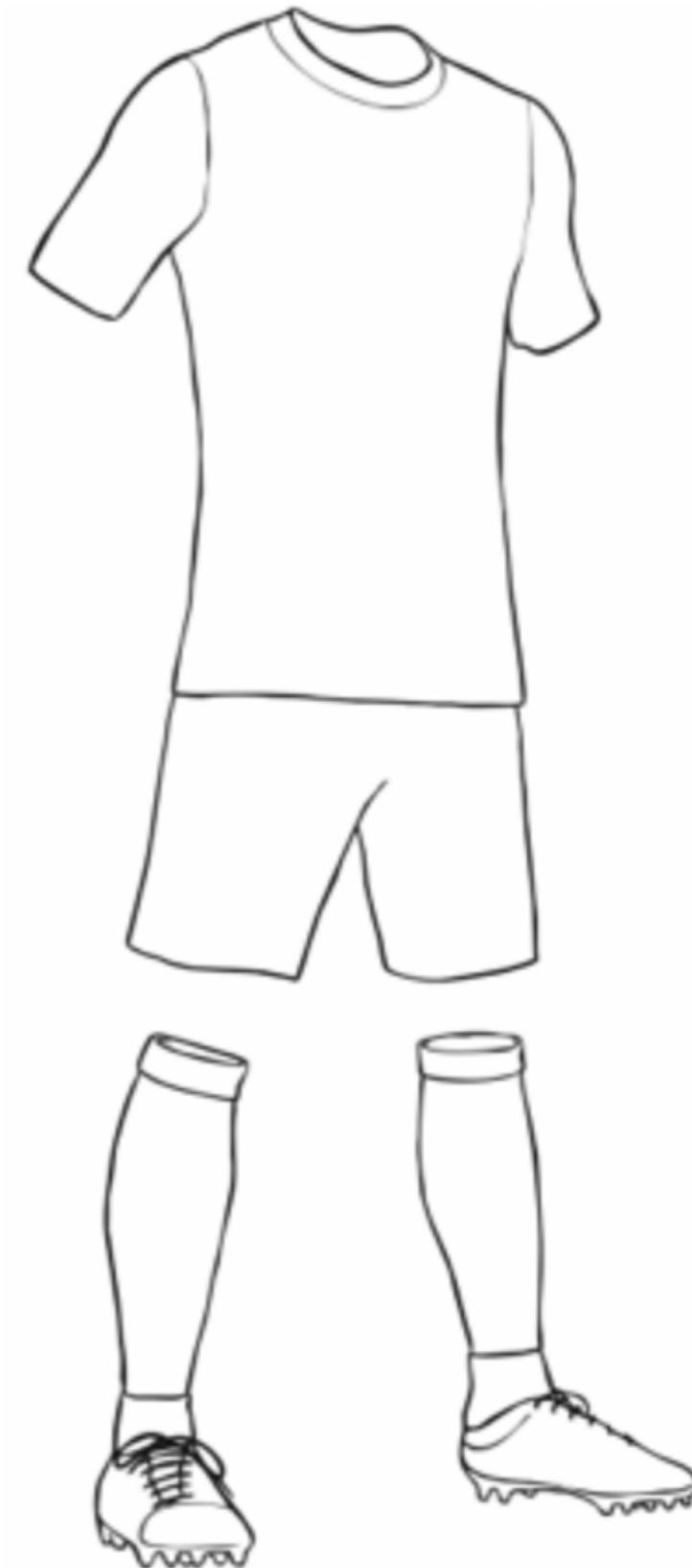
Can you draw lines to match up the pairs? (Hint – remember to pick a left and right boot - we don't want players wearing two left feet!)



Great job Kit Manager! Everything is set ready to go for the season ahead!

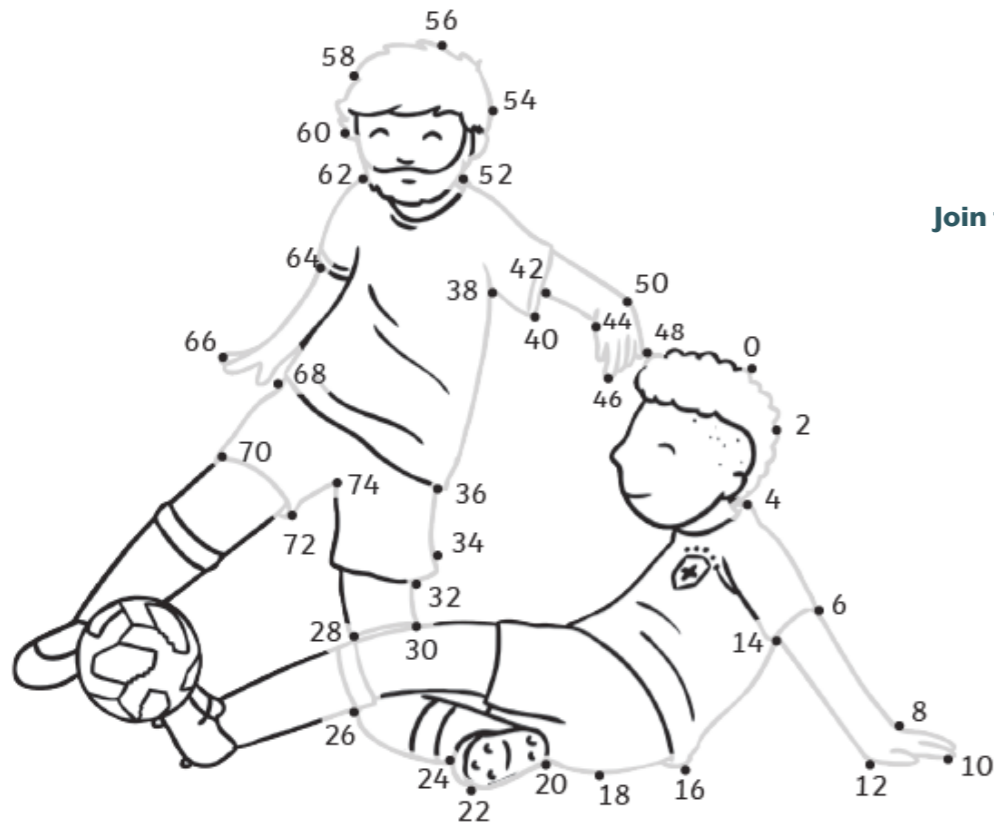
## Design your own football strip!

Get creative and as wild as you like!



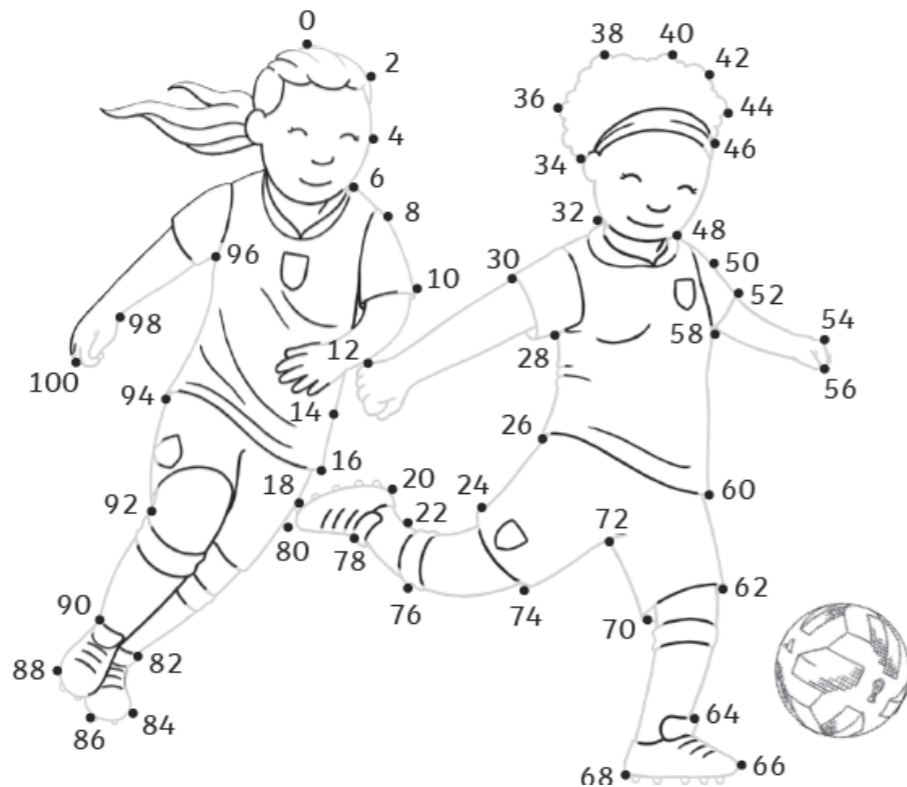
# Exercise 4

Join the dots

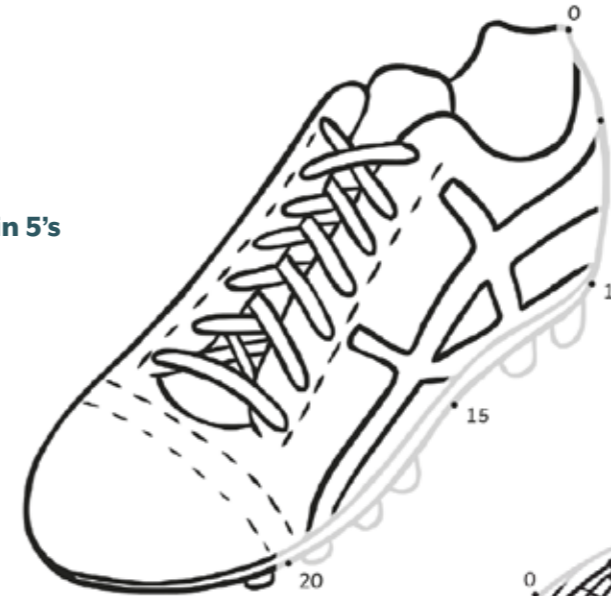


Join the dots in 2's

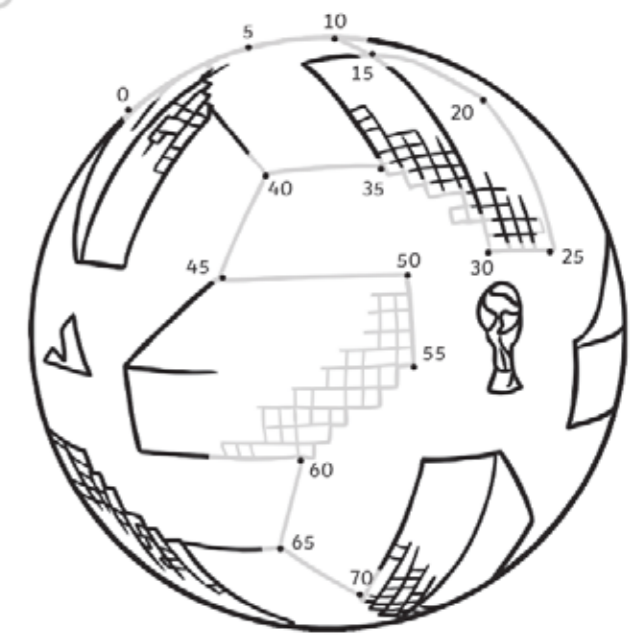
Join the dots in 2's



Join the dots in 5's



Join the dots in 5's



“Feel free to give your Join the Dots pictures some colour!”



# Exercise 5

## You are the Manager of Livingston FC!

You need to pick the team for the first match of the season!

This is Livingston FC's player list for the upcoming season:

Name	Match Fitness	Rating
<b>Goalkeepers</b>		
Christiane Endler	5	3
Alisson Becker	4	4
<b>Defenders</b>		
Daniel Alves	4	2
Gerard Pique	3	4
Andy Robertson	1	4
Sergio Ramos	4	3
Steph Houghton	2	4
Wendie Renard	5	3
Lucy Bronze	5	4
Rachel Corsie	4	2
Thiago Silva	2	4
<b>Midfielders</b>		
Toni Duggan	4	2
Paul Pogba	3	2
Kim Little	3	3
Cristiano Ronaldo	1	5
Lionel Messi	5	5
Marta	4	4
Mo Salah	2	4
Neymar	3	3
<b>Strikers</b>		
Erin Cuthbert	4	3
Alex Morgan	2	3
Kylian Mbappe	1	4
Ellen White	3	2
Sergio Aguero	2	3
Megan Rapinoe	4	4

# Pick Your Team

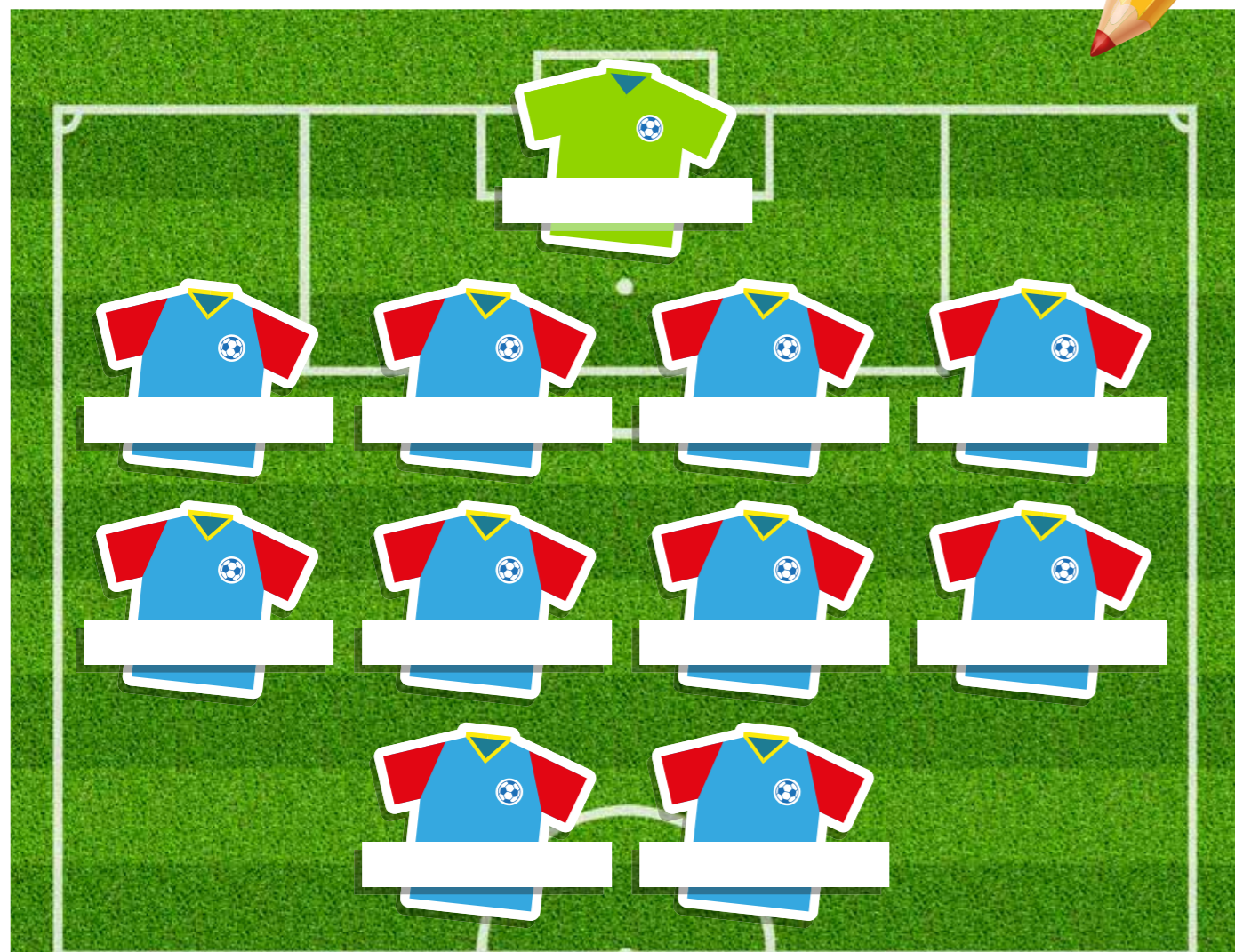
Using the list of players can you pick:

(Note: you can only choose – 1 Goalkeeper, 4 Defenders, 4 Midfielders and 2 Strikers)

## 1 - The Fittest Team



## 2 - Highest Rating Team



What are the totals for each team?

The fittest team		Highest rating team	

You pick your starting 11 and the game kicks off! The game is going well!

However, to try and defeat your opponent you are going to have to change formation!

Can you list the different combinations you could change to using the 10 outfield players?

Remember there must always be a Goalkeeper!

You are currently playing a 4-4-2 formation.



Example - 4-3-3			



**Congratulations on completing the Score with Maths section of your At Home workbook.**

**You've now completed all the exercises and activities. Great work!**

**Remember you can revisit any of the physical activities at any time to help you keep your fitness up during these next few weeks.**



West Lothian Youth Foundation  
wlyf.org.uk

Football for West Lothian

As you all know, our training sessions, school and community programmes have been postponed due to the current Coronavirus, and the need for all of us to stay at home and stay healthy.

All programmes listed here will be up and running again as soon as we are given the all-clear. In the meantime you can check out our full range of programmes on our website at [wlyf.org.uk](http://wlyf.org.uk).

## Our Community Programmes



**Inventive Play**  
Tuesday & Thursday  
5.30pm : 7pm  
Livingston FC  
Ages 7-12



**Goalkeeper Academy**  
Thursday  
Livingston FC  
7 a side 5pm : 6pm  
11 a side 6pm : 7pm



**Winchburgh**  
Friday – **Tall & Tiny**  
2pm : 3pm - Ages 3-5  
**Fun Football**  
3pm : 4pm - Ages 5-7  
**Inventive Play**  
4pm : 5pm - Ages 7-12



**Fun Football**  
Saturday – 9am : 10am  
Livingston FC  
Ages 5-10  
**Tall & Tiny**  
Saturday – 9am : 10am  
Livingston FC  
Ages 3-5



**Girls Development Pod**  
Friday – 4pm : 5.30pm  
Livingston FC Ages 10+  
**Girls Only Football**  
Friday – 4pm : 5pm  
Livingston FC / St Margaret's Academy  
Ages 5-10



## Our School Programmes

**Primary School Futsal Programme**  
**Afterschool Clubs / Breakfast Clubs / Lunchtime Clubs**

More details will be available when schools re-open

## Our Adult Programmes



**Football Fans In Training**  
Thursday  
(Male & Female)  
6.30pm : 8pm  
Livingston FC



**FFIT Ladies Fitness Group**  
Thursday 7pm : 8pm  
Ages 16+  
Livingston FC



**Over 35's**  
Tuesday – 7pm : 8pm  
Livingston FC



**Walking Football**  
Tuesday - **Fauldhouse Partnership Centre**  
10.30am : 11.30am  
Wednesday -  
**Murieston** 10am : 11am  
Thursday - **Whitburn Community Hall**  
10.30am : 11.30am

## Facility Hire



**WLYF have two 3G pitches available for booking -**

### Stadium Pitch

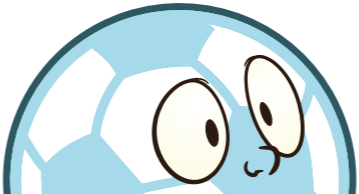
The home of Livingston FC. This provides a great opportunity for the community of West Lothian to play on a Premiership club's pitch.



### Training Pitch

Located at the rear of the Livingston FC stadium. We hire the pitches out for team bookings (matches and training) and for individual bookings. Both can be on a block booking or causal booking basis.

For more information on all our programmes, to book future sessions or to hire our pitches visit: [wlyf.org.uk](http://wlyf.org.uk)

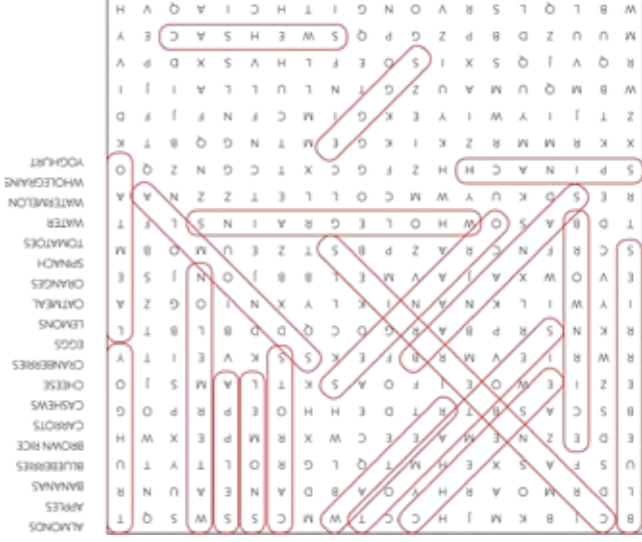


# Answers Smiley Miller

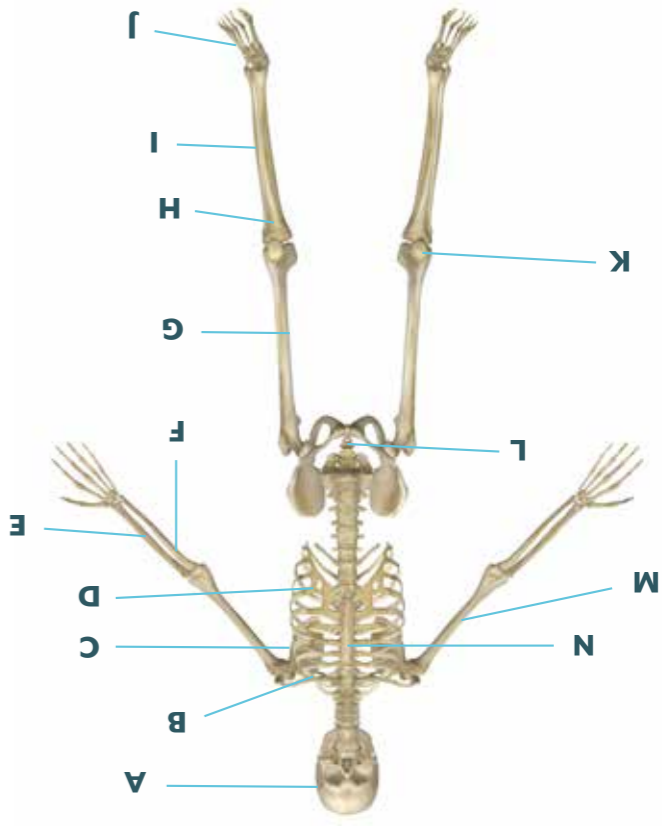
## Exercise 1 Quiz

- 1- Liver
- 2- 206
- 3- Chips
- 4- Lungs
- 5- Bones
- 6- Thigh Bones
- 7- 2 Litres
- 8- Ears

## Exercise 2 Wordsearch



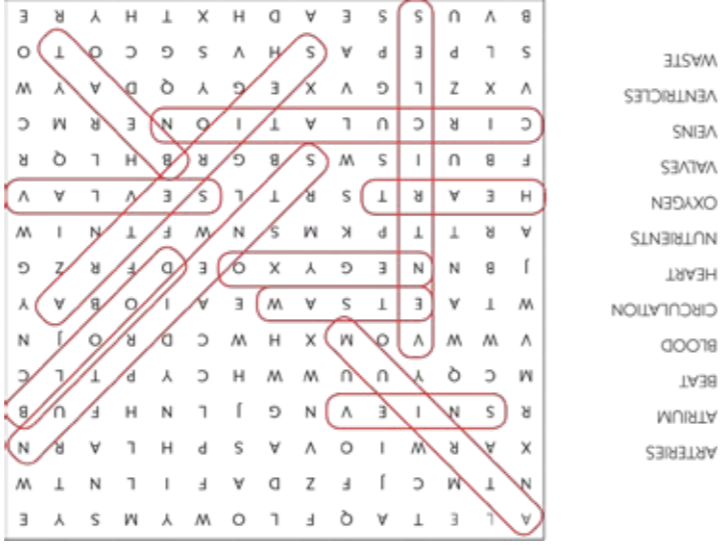
## Exercise 4 Skeleton



A	CRANIUM
B	CLAVICLE
C	SCAPULA
D	HUMERUS
E	RADIUS
F	ULNA
G	FEMUR
H	TIBIA
I	FIBIA
J	TARSALS
K	PATELLA

A	CRANIUM
B	SCAPULA
C	SCAPULA
D	HUMERUS
E	RADIUS
F	ULNA
G	FEMUR
H	TIBIA
I	FIBIA
J	TARSALS
K	PATELLA

## Exercise 5 Heart Wordsearch



## Exercise 6 Personal Hygiene

Why is washing our hands important?

Hand washing is very important as it is the best way to stop the spread of germs. By washing hands before eating it gives you the best chance to stop the spread of such germs going into your mouth and potentially causing illness.

Why is brushing our teeth important?

Brushing your teeth on a regular basis helps reduce plaque on the teeth which is a clear film of bacteria that sticks to the teeth. If this bacteria continually grows on teeth it can cause damage to teeth including holes in your teeth, tooth loss and damage to your gums that can cause severe pain.

What foods and drinks are good and bad for our teeth, list them below?

Good For Our Teeth:

Any foods with calcium e.g. cheese, yoghurt (low sugar), milk

Leafy greens and vegetables as they are full of vitamins and minerals

Almonds as they are another source of calcium and protein

Bad For Our Teeth:

Sugary Drinks and Sweets: Plaque will use the sugars to build up acid that will attack your teeth

Citrus fruits (lemons and limes) as the acid contained within these fruits is bad for our teeth

Sports drinks because of the high sugar levels

Sticky foods such as dried fruit can be bad for our teeth as they stick to our teeth for long periods if not brushed away properly

## Exercise 1

9, 40, 5, 24, 4 / 80, 29, 15, 26 / 24, 14, 0

## Exercise 3

12, 20, 30, 20, 30, 12, 18 / 4, 24, 25, 12, 15, 9, 18, 20, 17

## Exercise 2

40, 11, 29, 12, 8, 4

## Exercise 5

45, 46

Formations: 3-4-3; 3-5-2; 4-5-1; 4-2-3-1; 4-3-2-1; 5-4-1; 4-4-1; 4-4-1-1; 4-1-4-1

# Answers Score with Maths



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West Lothian Youth Foundation  
[wlyf.org.uk](http://wlyf.org.uk)

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