Activity 1: Learn a Fitness Exercise every Week! (Video Here)

- Jumping Jacks Alphabet
- Do 26 jumping jacks and shout out each letter of the alphabet as you go!
- Repeat x3

Activity 2: Learn a New Soccer Skill Every Week! (Video Here)

- Toe Taps- How many can you do in 30 seconds?
- Extra Credit: Moving Toe Taps (Video Here)

Skill of the Week!

Week 1: CR7 Chop (Video Here)

Send in your videos to our social media team!

Game of the Week!

Every week, we are asking our players to watch a famous game from your home!

Week 1: Liverpool vs Barcelona (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS OF YOUR PROGRESS!!

Instagram: @southbronxunited
Facebook: https://www.facebook.com/southbronxunited/
Twitter: @sbronxunited