

# Active idea of the day!

**THE FAMILY PHYSICAL ACTIVITY CHALLENGE**

**MONDAY 11<sup>TH</sup> JANUARY – SUNDAY 14<sup>TH</sup> FEBRUARY**



Just  
Dance



Select a number of  
dances and have a  
go as a family  
from



Remember to complete your activity log to be in with a chance of winning



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull  
School Sport Partnership