

Active idea of the day!

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY - SUNDAY 14TH FEBRUARY



YST
60 second
Challenges



YOUTH
SPORT
TRUST



Believing in
every child's
future

Download the challenge activity sheet
and give some of the challenges a go
together!

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



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull
Local Sport Partnership

