

# Active idea of the day!

**THE FAMILY PHYSICAL ACTIVITY CHALLENGE**

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



Cosmic  
Kids  
Yoga



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



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull  
School Sports Partnership