

Active idea of the day!

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY



Go
Noodle
Families

GoNoodle

Select and complete
some of the Go Noodle
activities as a family.

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



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull
Active Sport Partnership