

Active idea of the day!

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY



Select a Fun Friday YST After School club and complete this together

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



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull
Active and Fitness