

Active idea of the day!

THE FAMILY PHYSICAL ACTIVITY CHALLENGE
MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY



Joe Wicks
HIIT session



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



@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull
School Sport Partnership