

Active idea of the day!

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



Institute of
swimming



Family activities to bring some
swimming inspired fun to your time
at home

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



@SOLIHULLNORTH

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#ACTIVETOGETHER

#STAYINWORKOUT



South Solihull
School Sport Partnership