

# Active idea of the day!



## THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11<sup>TH</sup> JANUARY – SUNDAY 14<sup>TH</sup> FEBRUARY



Select a Tuesday Play 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  
School Sport Partnership