TENEO
SA'S NO.1 ONLINE SCHOOL

EQUIPPING ATHLETES EST 2021

Movement and Development Assessment

Ages 7-18 Years

Understand your child's movement and development progress.



About

This program offers online movement assessments and development milestone testing designed for students learning remotely. It focuses on improving posture, movement efficiency, functional strength, balance & coordination, while identifying areas for improvement. Through video-based assessments and personalized feedback, students receive expert guidance to optimize their daily activities and sports performance from the comfort of their homes.



Benefits Participants Will Achieve:

- Improved posture and movement awareness.
- Enhanced strength, flexibility, and muscle balance.
- Better functional movement and running alignment.
- Increased confidence in physical activities and injury prevention.
- Improve coordination, sport skill, rhythm, balance and stability..

Why Teneo Students & Parents May Be Interested:

- Fully online and flexible assessments fit into your schedule.
- Personalized feedback to enhance movement, alignment, and strength.
- Supports sports performance, daily movement, and overall wellness.
- Expert guidance to help prevent injuries and improve mobility. Skills &

Who can join?

7 - 18 years

Cost

The assessment and personalized feedback session are available for a once-off fee of R280.

Payment terms:

Payment is made through the online booking system, Bookem. Once your booking is confirmed, you will receive a payment link to complete the transaction directly through the system.

Students responsibilities

- Wear appropriate exercise clothing and shoes
- Ensure access to a laptop with a camera and stable internet connection.
- Set up a well-lit space with at least one meter of clear area for movement.
- Follow assessment instructions carefully during the session.
- Actively participate and perform the required movements to the best of their ability

Programme requirements

The child only needs exercise clothing, a water bottle, shoes, a laptop with a camera and internet connection, and enough space to record a full-length video with approximately one meter of clear space around them.



Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now