

TENEO

SA's No. 1 Online School

# MoVee Performance

Ages 3 - 18+



Online physical exercise programmes to enhance strength and coordination.



# Description

We offer three different programmes:

## MoVee Performance Little Champs (3-6 years)

Little Champs are introduced to new activities and gross motor skills. Motor skills attained from a young age are important to ensure proper development in children.

## MoVee Performance Kids (7-12 years)

Development of skills and motor planning is a continuous process. It should be focused on throughout childhood to improve sport participation and performance.

## MoVee Performance Youth (13-18 years)

The understanding of functional movements and how to move with the correct technique, form, balance and stability are vital to prevent injuries, improve sports performance and improve your child's quality of life.

## How Does Access Work?

After purchasing a range, you'll receive access to our exclusive videos on YouTube. As a member, you can enjoy unlimited access to these videos for a full year. Children can participate in the various programs as often as they like throughout the year. *To continue accessing new and updated programs after the first year, a yearly subscription fee of R750 is required.*

## Additional PE Classes with an Instructor:

You can also enroll in additional PE classes with a professional instructor. These classes are designed for small groups, with a maximum of eight children per session, and last for 40 minutes each. Classes are booked online according to their age group.

[Click to hear from parents with children schooling from home](#)

[Follow the link so see more on MoVee Performance from our Founder](#)

# Duration

Termly, once a week

Class duration: 40 minutes

## Age Groups:

- **Little Champs (5-6 years) - Yellow Group**  
Monday's 08:30, 09:20, 10:10 & 11:00
- **Kids (7-9 years) - Orange Group**  
Thursday's 10:10, 11:00, 11:50 & 12:40

- **Kids (10-12 years) - Light Blue Group**  
Friday's 10:10, 11:00, 11:50 & 12:40
- **Youth (13-15 years) - Green Group**  
Monday's 11:00, 11:45, 12:30 & 13:15
- **Youth (16-19 years) - Navy Group**  
Wednesday's 11:00, 11:45, 12:30 & 13:15

# Cost

The cost for all ranges is the same, set at **R2,999**. This price includes a colour-coded mat and a subscription to our online program, which grants access to all content linked to your YouTube account. An annual subscription renewal fee of R750 is required to maintain access to our online platform, providing continuous access to both existing and new programs.

We also offer PE classes as an additional service for children. After purchasing your mat, you can book a PE class to join a group session with up to 8 children once a week. The cost for PE classes is R400 per month, billed on a term basis.

*Products are payable in advance prior to delivery.*

## PE classes:

*Please note before booking a PE class, you require the colour coded mats for the specific age group. Lessons are billed per term prior to the start of the first lesson and payment must reflect 24 Hours before the start of the first lesson of the term. Two emails will be sent to the parents/ guardians leading up to the first lesson of the term. The first email will serve as a notice as to when the first lesson will commence for the term, and it will also include the invoice.*

*A final reminder will be sent two days before the scheduled lesson. If the lesson fee does not reflect in our bank account, the student will not receive an online link to join the lesson.*

*Once the lesson fee reflects in our bank account, the student will have 24 hours access to the recorded lessons he/she may have missed. Thereafter the student can then opt for the online sessions.*

*Please take note that for these classes you will have to put your camera on for instructors to guide the children through the correct movement techniques.*

*Please notice that there will be no make-up lessons (thus, if you miss a class – you have access to the recording to watch it within 24 hours.) (Cancellation policy).*

## Who can join?

- MoVee Performance Little Champs (3-6 years)
- MoVee Performance Kids (7-12 years)
- MoVee Performance Youth (13-18 years)

## Programme Requirements:

- MoVee Performance colour coded mat.
- Ball.
- Elastic bands.
- Small Bean bag.

## Students Responsibilities:

- The students must log into the online call 5 mins prior the online PE class.
- The students need to be dressed in exercise clothes before the class start.
- The student must make sure that they are doing the PE class in a space with no loud external noises, since their microphones will be on.
- Please have a water bottle, towel and exercise equipment with you.
- The class will be recorded so please dress appropriately.

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