

Getting the Inactive..... Active



The Cyber Coach is currently helping Knowsley Metropolitan Borough Council provide the varied range of sports activities as outlined in the Government's Extended Schools Programme. The council has already purchased 19 Cyber Coach systems for its schools and plans to have nearly 30 in place in time for the summer.

The Cyber Coach was discovered by Janet Worrall, Extended School's Coordinator for Kirkby Collaborative¹, in a bid to provide pupils with engaging and healthy sports activities. Janet, who is responsible for 16 of the 54 schools in the area, comments: "Keen to promote a healthy lifestyle and to prove to pupils that exercise really can be fun, Cyber Coach enables us to provide all our schools with up-to-date dance and fitness activities for breakfast, lunch and after-school clubs. The extended schools programme relies heavily on the goodwill and availability of teaching staff. Using Cyber Coach we are able to reduce the pressure on staff and offer a truly diverse range of stimulating sporting activities for very little cost."

Containing hundreds of video clips delivered through a digital screen, Cyber Coach is easily transportable and can be set up in large indoor locations such as sports halls, assembly halls and classrooms Janet comments: "Currently, each primary school has access to Cyber Coach for an entire half-term and the freedom to use it however they see fit. This has helped us provide a wide range of routines and dances at a fraction of the cost of employing specialist fitness instructors."

Teachers are also using Cyber Coach for warm-up sessions and to enhance the PE curriculum. Janet comments: "Staff find it really useful for cardiovascular exercise and dance activities. What's more, if a particular PE instructor is taken ill, any other member of staff can take their class and provide a truly engaging lesson."

