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**Introduction - An Innovative use of ICT in PE**

Initial Findings  
 Case Study - Lancashire  
 Primary School  
 Case Study - Lancashire  
 Secondary School

We investigated several different dance mat systems looking at how they could be used as a flexible resource for schools to support health, fitness, PE opportunities and extended services. The systems were all very effective in supporting dance mat activities. Cyber Coach system was the only system we could find that provided a virtual instructor system in addition to the dance mat features.

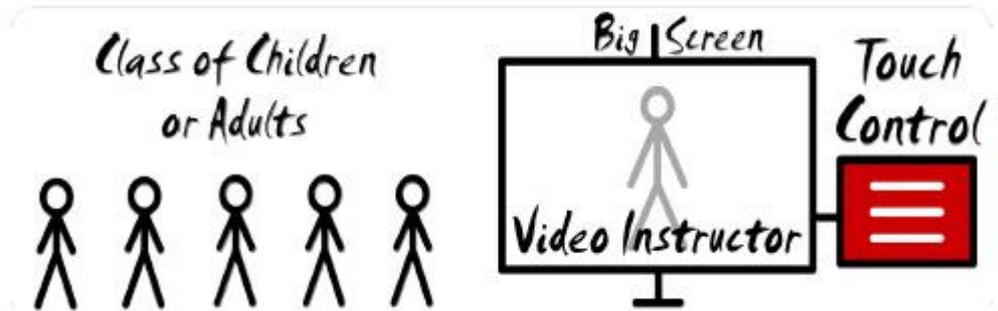
Gaming  
 PSP Project  
 Playstation 2 and 3 / Buzz  
 Software - evaluation

**What is Cyber Coach**

iPod touch  
 EDA Project  
 PDA Evaluation Project  
 (archive project)  
 Tablet PC Evaluation  
 Project (archive project)  
 Digital pen project (archive  
 project)  
 Wireless Projector Server  
 (archive project)

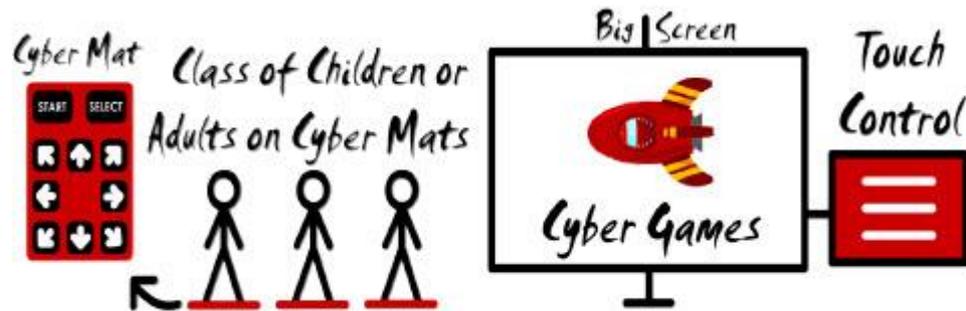
The Cyber Coach system has two main parts i.e. the virtual instructor and the dance mat system.

**Virtual Instructor** - Teachers can choose small sequences of the same or different instructors to make up suitable lessons for pupils, staff or other members of the school community. A touch screen is used to choose the different parts of the 'workout' (lesson).



(schematic from Cyber Coach manual)

**Dance Mat Games** - Wireless dance mats can also be used to carry out dance mat activities and curriculum-based games. The touch screen is used to choose the different activities/games and the users input their responses through the dance mats.



(schematic from Cyber Coach manual)

**Aims of Project**

To evaluate the Cyber Coach system by ascertaining its effectiveness in the chosen schools:

- To support health and fitness
- To support the health and well being of school staff
- To enhance the opportunities given to students in PE and Performing Arts (in relation to types/opportunities of exercise)
- To support the extended service opportunities.

We also want schools to ascertain the effectiveness of this system in relation to its ease of use/quality of provision. This work is being done in conjunction with the Lancashire Healthy Schools team.

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## Initial Findings

We have been a little surprised how quickly this equipment has become integral to the first schools to use the Cyber Coach Systems. Interview and online feedback from the schools chosen for this project has provided us with the following information:

- The systems allow the schools to provide a wider curriculum for PE and Dance than was previously offered.
- The High School has rearranged their PE curriculum to allow Cyber Coach to be used before the end of the project
- The systems provide excellent opportunities to support the schools wider community before and after school
- Cyber Coach is being used to support the well being and fitness of both pupils and staff at the schools (see Healthy Schools aims).

Overall the schools were very happy with the impact of these systems:

- "This is our second week of having the use of Cyber Coach which is greeeeaaaaaaattttttt!!!!!!!!!!!"
- "We have been inundated with pupils and STAFF wanting to use the dance mats so much so we are having to restrict it to a different year group each day during break and lunchtimes".

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**Cyber Coach - A primary school view**

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[Case Study - Lancashire Secondary School](#)

The first primary school in Lancashire to evaluate the Cyber Coach system was St Augustine's Catholic Primary School in Preston. John Entwistle, the deputy-head teacher explains about their use of the system.

[Gaming PSP Project](#)  
[Playstation 2 and 3 / Buzz Software - evaluation](#)

"When we were first asked to trial Cyber Coach I thought that it would be a fantastic opportunity to bring innovative and motivating equipment into school to enhance the teaching of P.E. and develop the children's fitness levels. I did wonder though, whether it would just be an interesting 'gimmick' with limited lifespan and usability.

[iPod touch EDA Project](#)  
[PDA Evaluation Project \(archive project\)](#)  
[Tablet PC Evaluation Project \(archive project\)](#)

The equipment was delivered during lunch time on an INSET day, no children around, but plenty of staff to 'trial' it out. The installation was very straightforward and it used a very simple interface to set up the fitness programmes and games. The more we 'played' with the system, the more we saw the wide range of opportunities it had to enhance our P.E., sport and fitness throughout the school. Needless to say, the rest of the INSET day was spent planning the different ways we could use the Cyber Coach.

[Digital pen project \(archive project\)](#)  
[Wireless Projector Server \(archive project\)](#)

Since then we have used the wide range of dance classes stored in the fitness system during curriculum time, before school in 'Wake up and Shake' sessions, after school in 'combat' classes for the children and even by the staff in their own aerobics sessions. We have also used the wireless dance mats that come with the system during party afternoons to play the wide range of games stored on it

Although there are some parts of the system and some fitness classes that are better than others, Cyber Coach has been a resounding hit with the children and the staff and we can all see the immense benefits there are in having such a system in school. It will definitely be missed when it has to be moved on! We do hope to be able to find funding to buy a Cyber Coach of our own; can I give it a higher recommendation than that?

**John Entwistle, St. Augustine's Catholic Primary School, Preston**

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**A Lancashire Secondary School's perspective on Cyber Coach**

Cyber Coach is used during lessons and as part of our extracurricular program for pupils, staff and members of the community to access. It can help schools meet Government targets and is fantastic for Extended Schools and Breakfast Club projects. The Cyber Coach system is fully portable and can easily be transported around school to various classrooms but at Albany Science College we have a dedicated room which anyone can access throughout the day.

Cyber Coach creates a life sized dance instructor that leads pupils through routines in much the same way as a real instructor would. There are pre-programmed routines that include classes such as Bollywood, Cheerleading, Combat, Royal Marine Training, Aerobics, Step, Salsa, Yoga, Tai Chi, Pilates etc... We currently use some of these routines during Physical Education Lessons at KS3 and KS4. Most of the routines cover a 6 to 8 week programme which ties in with topics covered in the National Curriculum for dance and health related fitness. The pupils love participating in these sessions as they cater for all abilities and aren't fully teacher led. We sometimes only play part of a program which shows technique and moves to give pupils ideas. The pupils then go onto create their own routines using some of the ideas they have gained from Cyber Coach. We also use the various routines to run a staff exercise club twice a week after school.

*"The good thing about using Cyber Coach in PE lessons is that it's easily programmable through a touch screen and I can say how long I want the session to last and also which part of the program I want to use for my lesson – e.g. warm up and cool down."*  
 (PE Teacher, Albany Science College)

Cyber Coach can also be used with dance mats to play a range of games. Pupils use their feet to press the correct button in time to the music or to answer a question. At Albany the Maths department use the dance mats during lessons. Maths questions come up on the screen with a choice of possible answers, and pupils compete against each other to press the correct button as fast as possible on their dance mat. The computer displays an ongoing score and final results are displayed in place order. The games have a wide range of levels allowing us to differentiate for different sets of pupils. The dance mats are also used in lunchtimes for a dance club. At the beginning it was open to all years to attend once a week but because of its popularity with both boys and girls we have had to run sessions on a rota system so that different year groups attend each day.

Albany Science College is a fully extended school and we currently run a variety of community projects. There have been numerous requests for us to run a Pilates and Tai chi classes. Due to the cost implications of hiring qualified instructors and the availability of suitably qualified personnel, we have been unable to provide these. These programs are available on the Cyber Coach system and we hope to start a Tai Chi class for the community to access this term.

The sad thing about trialing Cyber Coach is that we have to give it back! As we are so impressed with Cyber Coach for use during lesson time and as an extracurricular resources we realise we need to find funding to purchase our own and are currently in the process of submitting a bid to the Lottery's 'Awards For All' Funding.

**Wendy Johnstone, Extended Schools Manager Albany Science College**

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