

ZigZag Sportwall group training stations

ZigZag's Sportwall combines the fun of a computer game with a powerful cardio-vascular workout, which quickly develops excellent ball tracking skills, quick hands, fast feet and superior hand to eye co-ordination.

The Sportwall, an 8ft x 4ft panel, was the first interactive product to hit the UK fitness market, offering hundreds of game combinations based on points/lives won and lost. Players score against the clock by zapping lights on the panels, simultaneously tracking a ball, targets, sounds, scores and a time clock, earning extra points for skill, speed, cardiovascular stamina and team co-operation.

Light and sound programs are available to coach specific sports, such as football, tennis, badminton, rugby and hockey, and ready made lesson plans can be provided for Key Stages 1, 2, 3 and 4 of the PE curriculum.

Nowhere is the excitement of the Sportwall more apparent than Northampton Academy, one of the first schools in the country to install the panels. The pupil's eyes light up when they realise their PE lesson will be 'playing' on ZigZag's Sportwall.

Drew Allison, Director of Sport at the Academy is very excited about the results." He said: "As an Academy we always strive to be innovative, but this is hard on a day-to-day basis using traditional materials. The pupils are so excited about ZigZag's Sportwall, even the kids walking past the door stop just to watch."

The students use the panels to improve their skills in a variety of sports including netball for passing, shooting, running and teamwork, and cricket, for batting, bowling, and increasing attention span and concentration under the pressure of a clock and a scoreboard.

One Year 8 male student said: "We're normally told not to hit or break anything, but we were told we could smash the targets as hard as we liked and that we wouldn't break them. I did try! But I soon found out accuracy gets you more points so I tried to focus on hitting the targets rather than just using power."

The ZigZag Sportwall has even encouraged disaffected children to get involved in PE lessons. Drew Allison said: "The most pleasing aspect was that some disaffected pupils, such as small cohorts of Year 10 and 11 boys, said 'if this is PE I would be happy to do it all the time'. These are the kids that would not normally take part in traditional team games based curriculum. Now we have to tear them away! To me this is the most rewarding result to date."

