

Theme 7

Using technology to develop physical skills

Parkour Jam: Competing through online videos

Parkour Jam is an online platform that creates a community of participants. Individuals register on the site and then upload videos capturing their parkour / free running activities. Competitions are judged by the site users themselves and whilst opportunities to win prizes are included, the main focus of the video competitions is self-development and the opportunity to share knowledge and experience, rather than strictly competing. The competitions are separated into three categories: beginners, intermediates and advanced.

TOPYA!

TopYa! is a physical activity app that gives students the opportunity to create and engage with content in a closed loop, moderated environment - using social media and technology to get them physically active. Young people watch a video, upload themselves doing the skill they've watched and are then given feedback by a live coach. All videos are moderated before they go live on the app to ensure content is appropriate. Young people can also use their unique skills and abilities to create and upload "freestyle challenges", or join another young person's freestyle to see who did it best.

<https://topya.com/active>