

Self-regulation Classroom Cruiser





“We know from research, that movement is important for learning.”

- Allison Potts, Mental Health Leader, Durham District School Board, ON^[1]

Self-regulation Classroom Cruiser

As students return to class, many may feel stressed and anxious. Social and emotional learning (SEL) is more important than ever to help improve students' mental well-being.

The new Self-regulation Classroom Cruiser from Copernicus is designed to provide opportunities for students, grades PreK-6, to self-regulate through movement without having to leave or disrupt the class. It is ideal for inclusive environments and helps kinesthetic learners and any student who needs to get the wiggles out so they can refocus and engage in learning.

Designed for fit, riding comfort and safety for students grades PreK-6.



**7 million
testing
cycles!**

This bike is
built to last.



Self-regulation Classroom Cruiser

We worked with teachers from our Idea Lab educator advisory team and ergonomic and engineering consultants who design high-end bikes to develop the new Copernicus Self-regulation Classroom Cruiser. It is an affordable and durable solution specifically designed for rugged classroom environments and is ideal for student-led self-regulation.

A quick & quiet solution

Without interrupting a lesson, students can hop on the bike and quietly burn off energy (or get the wiggles out). **In just a ten minute ride, students can become more engaged and ready to learn.**

Durable & safe

Our bike exceeds standard testing of 100,000 cycles required for home and commercial use bikes; with over **7 million testing cycles**, this bike is built to withstand all the miles you can put on it. It's fully adjustable to create the safest ergonomics for students. Plus, it's low maintenance.

Flexible

The Self-regulation Classroom Cruiser can be used within a classroom and moved around as needed or used in body break rooms. It can be adjusted quickly to accommodate different sized students.



Why we designed this:

Movement, balance and self-regulation

- Rhythmic movement, such as pedaling, has a calming effect on the nervous system and helps us self-regulate

Integrated classrooms

- Many learning disabilities make it difficult for students to sit still and concentrate
- The bike allows students to remain in the classroom and take a break (and not be centered out or miss part of the lesson)

Kinesthetic Learners

- Kinesthetic learners learn best when they incorporate movement

Learning outcomes

- There is substantial evidence that suggests physical activity is linked to positive academic and behavioral outcomes including improved self-regulation and cognitive skills.^[2,3,4,5,6,7]
- A study has shown that even 10 minutes of physical activity can have positive cognitive outcomes.^[8]

Childhood obesity and sedentary lifestyles

- Time and funding for physical education has decreased^[9,10]
- Research shows a relationship between increased sedentary behaviors with weak academic performance^[11,12]

Why choose our bike over others?

- Designed specifically for students PreK-6
- Durable build exceeding commercial standards
- Quiet drivetrain to minimize distraction
- Fully adjustable for the safest ergonomics
- Low maintenance



Fully adjustable handlebar and seat
(no tools required)



Casters allow for the bike to be easily moved around the classroom



When a student rides an adult-sized stationary bike, ergonomics and safety are compromised



Designed with ergonomics specifically for student-sized riders

Why adult-sized stationary bikes are not the answer:

Safety and ergonomics

- Our bikes are designed specifically for student-sized riders
- Proper ergonomics are critical for rider safety. Unlike adult-sized stationary bikes that suit only a limited range of riders, our bike is fully adjustable to prevent injury.
- The covered drivetrain prevents little fingers (or anything else) from the moving parts

Designed for classroom environments

- Very quiet enclosed drivetrain to reduce distraction
- Digital display and work surface integrate into classroom activities
- Easy to move and requires no maintenance

Self-regulation Classroom Cruiser

Self-regulation Classroom Cruiser - Grades PreK-2 with desktop (SCC100)

Features:

- Fully adjustable seat and handlebars accommodate PreK-2 students
- Quiet drivetrain to minimize distraction
- Enclosed fly wheel for safety
- Multi-position work surface for reading or writing
- Adjustable magnetic resistance to set difficulty level
- Built-in display to track distance, speed, time, RPM and calories burned (batteries included)
- Low maintenance
- Includes casters and is light enough to easily move around the classroom

Additional model for grades 3-6 (SKU SCC200)

Self-regulation Classroom Cruiser – Grades PreK-2 (SCC102)

- Same features as the model above, but without the desktop or backrest, (handlebars included).

Additional model for grades 3-6 (SCC202)

Dimensions

37" L x 22" W (base footprint)

Height varies by seat and handlebar setting

Warranty

6 year frame

2 year moving components



Model without the work surface and backrest (SC202)



Work surface in writing position (SC100, SC200)



Model with work surface and backrest (SC100)



Fully adjustable seat and backrest
(requires no tools)
SCC100 and SCC200 have backrest



Built-in display to track distance, speed, time,
RPM and calories burned (batteries included)



Pedals include adjustment straps
for added grip and safety



Levelers ensure that the bike sits evenly on floor
and casters make moving easy



Multi-position work surface for reading or writing (models SCC100 and SCC200 only)



Quiet drivetrain to minimize distraction

Is a classroom bike a distraction?

Improving a student's ability to self-regulate reduces distractive behaviors because it helps them control impulses, tolerate frustrations and more.^[2]

"Bikes help students regain focus and they can produce more work and remain in the classroom while having a physical/emotional break."^[2]

In a study of teachers' perspectives on bike use in classrooms, 99% of respondents said they would recommend the implementation of a bike in the classroom.^[2]



Visit ClassroomCruiser.com to download activity sheets, templates, watch videos and learn more.



Copernicus
educational products

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