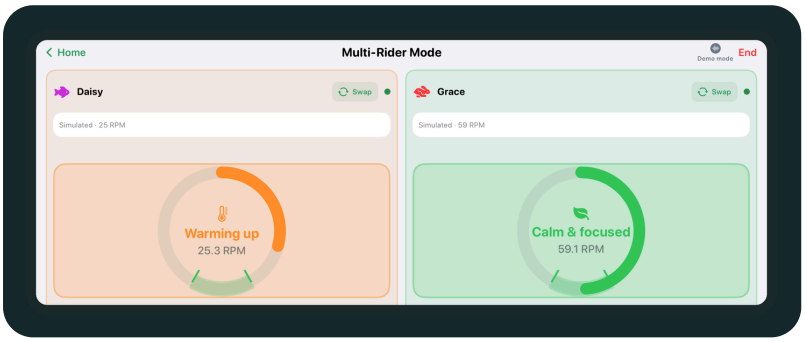
For the student who can't sit still.

Every class has one or two students who can't sit still. They're redirected all day, the lesson stops each time, and the usual fixes, like a wobble stool or a movement break, don't tell you whether they're actually settled.

What it is

A bike gives a student movement. KineticClassroom tells you whether that movement is working. A small Bluetooth sensor on the pedals feeds a live iPad dashboard showing each student as calm and focused, warming up or over-activated, so you can:



The teacher dashboard: two bikes on one iPad. Demo names.

Calm & focused · Warming up · Over-activated · Not connected

A regulation tool, not a fitness app.

See regulation from across the room
and step in before a student escalates, without hovering at their desk.

Keep pedalling in the helpful range
Light, steady pedalling supports focus; pedalling hard competes with thinking. The app shows the difference at a glance.

Evidence the adjustment
Session summaries show how the bike is being used, to support student plans and NCCD records.

Who it is for

KineticClassroom is built for the one or two students in a class who find regulation hardest: students with ADHD or sensory needs, and those who are often redirected, out of their seat or slow to settle. The research supports targeted use with identified students over whole-class rollout, and the app is designed that way, with up to two bikes per iPad. It suits Years 4 to 9 best, including small-group and learning support settings.

The trial so far

In Term 3 2026, five students used KineticClassroom across three classrooms in a Brisbane primary school. Each student's own class teacher, not the app's developer, completed before-and-after observation forms covering redirections, time out of seat, on-task time and their own confidence in keeping each student regulated.

34 → 18
Teacher-estimated redirections across the five students: nearly halved

5 of 5
students' on-task rating improved

3 of 3
teachers would recommend it to another teacher

"It has significantly helped not only the student to stay calm and focused, but their peers as well. The teacher is able to help students learn better as disruptions are reduced."

Year 5 teacher

"Unlike wobble stools, which can sometimes create additional safety concerns, this approach allows students to access movement while remaining seated safely and securely."

Year 5 teacher

The same teacher was clear about the limits: "Movement strategies can be an effective support, but they are most successful when considered alongside other individual factors." It is a small trial, and the Term 1 2027 founding schools are how the evidence base grows.

The founding schools offer

Term 1 free

then $149 per classroom per year from Term 2

Places are limited to five schools so I can support each one properly. If the trial does not work for your students, you stop at the end of Term 1 and owe nothing.

What I provide	What your school provides
The app, free on the App Store	An iPad you already have (iPadOS 17.6 or later, most iPads from 2018 on)
A setup session over Teams before students start	One or two pedal exercisers, bought by your school (I can advise on models that fit under a desk)
Before and after observation forms, ready to use	One Garmin Cadence Sensor 2 per bike, bought by your school
Support by email through the term	A named teacher who completes the forms for each student
A written results summary at the end of Term 1	A learning support lead to help choose the students

Hardware: from about $110 per bike station (a sensor at about $60 plus a basic pedal exerciser), which your school keeps. Already have under-desk pedallers? Just add the sensor.

Why it works

For many students with ADHD, movement helps focus rather than getting in the way of it.

- **Desk cycling and the brain.** Children with ADHD pedalling at low resistance did a focus task faster, with a large effect (d = 1.00), and 78% showed more activity in the prefrontal area responsible for self-control (Hoy, Fenesi et al., 2024).
- **Who benefits most.** The students who struggle most gain the most. In one study, short movement breaks raised on-task behaviour by 8% across the class, but by 20% for the students who were least on task (Mahar et al., 2006).

What the research does not support: under-desk bikes do not reliably raise test scores in students who are already well regulated. The case is regulation and engagement for the students who need it.

Privacy and data

No student data leaves the iPad: no accounts, logins or tracking, and students are entered by initials. Trial results belong to your school. Full policy at kineticclassroom.com.au/privacy.

Next step

A 20-minute call or Teams demo before the end of Term 4. We choose the students together and book setup for Week 2 or 3 of Term 1, so the trial runs a full term.

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Scan for the website