

Pedals Under Desks



At Martin Middle School in Wake County, North Carolina, an 8th grade math teacher, Bethany Lambeth, has come up with a unique, new idea to solve three problems at once. Her idea decreases fidgeting amongst her students, increases their actual learning performance and improves their overall physical fitness. We all know how important the issue of obesity is in America. She has placed bike pedals under each student's desk in her classroom. According to news station WRAL, she claims the outcome has been astonishing.

“Before, they were drumming on their desks, they were touching other people. They don't do that anymore,” Lambeth told WRAL. “The kids are not picking on each other, they do not feel the need to walk around or to go exploring. They are able to get their activity out and get their work done.”

Fortunately for Mrs. Lambeth, a private donation to the school was used to fund the pedals in her classroom. They are made by a company called DeskCycle, and cost about \$160 each. NOT CHEAP! However, with students focusing better in class, the investment seems to be worth every penny.

boredteachers.com, 2016