

School year 2026-2027

Rock the Bike's EDUCATOR'S GUIDE

to Pedal Power Activities for Your School



brought to you by:



INTRODUCTION

We learn best through experience!

This guide is for educators who want to bring hands-on, people-powered learning into their school - whether you're looking to rent equipment for a special event, purchase something that lives in your space permanently, or bring our team in for a live demonstration.

Inside, you'll find ideas for how Rock the Bike products can support science, sustainability, wellness, and creativity across grade levels - from a kindergartner discovering pedal power for the first time to an eighth grader building on years of experience with the same equipment.

Browse through, find what fits your students and your space, and reach out when you're ready to talk next steps.



Who we are:

We're inventors and advocates building Pedal Powered blenders, generators, and more at a sweet workshop in Oakland, California, pushing the limits of bike culture. Our mission is to inspire real, lasting climate action through pedal-powered experiences that bring people together around health, wellness, education, and environmental stewardship

ACTIVITY I - Health & Wellness

FENDER BLENDER PRO

Grades K-12

Nutrition and movement, blended together - literally!



What Can You Power?

With the Fender Blender Pro, students become the power source. As they pedal, they experience first hand how their energy can power a blender, transforming effort into something they can see, taste, and enjoy.



Explore nutrition and wellness by making healthy creations like smoothies, applesauce, hummus, salad dressing and more. It's a hands-on experience that gets students moving, working together, and discovering that they have the power to make something amazing.

Great for:

- Health and wellness classes
- Garden to table experiences
- Wellness days / health fairs
- Cafeteria or after-school programming



ACTIVITY 2 - Art & Creativity

SPIN ART PRO

Grades K-8

Movement meets creativity in one colorful activity.

Students pedal to spin a canvas while paint creates one-of-a-kind designs. It's a simple way to bring physical activity into the art room - and every student walks away with something to take home.



Great for:

- Art class projects
- School fairs and open houses

Try this:

Pair this with a discussion of centripetal force for an easy cross-curricular tie-in between art and science.

ACTIVITY 3 - Field Day

SLEDGEHAMMER

Grades 3-12

Give field day an upgrade with a race!

The sLEDgehammer transforms pedal power into an exciting head-to-head challenge. As students pedal, towers of lights race upward, creating a visual display of effort, energy, and friendly competition that draws a crowd every time.



There are 3 levels of play!



Set up a solo challenge or create head-to-head races with multiple bikes so students or teams can compete against one another. Add the optional scoreboard to display each rider's average wattage, ranking participants from highest to lowest and encouraging participants to beat their personal bests.



Great for:
Field day stations
PE class competitions
End-of-year celebrations

ACTIVITY 4 - Make Ice Cream from Scratch!

ICYCLETA

Grades 3-12

STEM lesson with a treat at the end!



Yes, you're reading this right - we have a bike that can also churn fresh ice cream!

Churn up to 3 gallons of ice cream per batch -
it takes about 30-40 minutes!



Great for:
Hands on STEM lab
End-of-year celebrations
Nutrition lessons

All you need is ice, salt, and a pre-made ice cream mix. The process is simple and hands-on, and kids naturally get really into it - they love seeing how each step comes together as the ice cream slowly takes shape.

Over time, we've dialed in the recipe so it consistently turns out smooth, rich, and delicious. You can also make a dairy free sorbet using the same setup!

We have a [step by step guide](#) and [recipes](#)!

ACTIVITY 5 - Raising funds with movement

FUNDRAISING

Grades K-12

Watt-a-thon Movie Night

Students pedal Generator Pro bikes to generate energy that powers a Event Power Box to power a movie!

Families and sponsors can support the event in two ways:

- Tickets to attend the movie night
- Pledges based on energy generated (per watt, minute, or team milestone)

This turns teamwork and movement into a meaningful fundraiser.



Smoothie Booth:

Give the traditional bake sale a fun twist! Students pedal the Fender Blender Pro to make fresh smoothies while sharing how the bike works.

Families purchase smoothies throughout the event, turning each drink into a fundraiser that also showcases hands-on STEM learning, wellness, and student engagement in action.

These fundraising ideas are just the beginning! Once students, families, and staff experience pedal power, you'll discover more creative ways to use it throughout the school year.

ACTIVITY 6 - SCHOOL ASSEMBLIES

SCHOOL ASSEMBLIES

Grades K-12



Rock the Bike assemblies bring Pedal Power into schools across the Bay Area, turning students from observers into active participants who help generate real energy on the spot.

These visits are designed to support what you're already teaching - whether that's STEM, environmental education or wellness - by making abstract concepts immediately tangible and memorable.

We can support everything from single-assembly demonstrations to larger school-wide activations, combining pedal-powered technology with music, movement, and interactive learning moments that keep students engaged from start to finish.

Each program is customized to your school's goals, creating opportunities for students to connect movement, energy and teamwork in a way that feels exciting, active and unforgettable.

Interested in bringing Rock the Bike to your school?
Fill out an event form by clicking here

Planning and FAQ:

I love all the activities! How can I maximize the activities that I can do on one bike?

There are multiple ways to use the same bike for a variety of activities. For example, with the Blender Bike (Fender Blender Pro), you can add a spin art attachment, ice cream attachment, and even switch out the wheel so you can power electricity. Feel free to shoot us a message and let us know what activities you would like to do so we can guide.

What about set-up and storage? What if I need help?

Set-up takes about 15-30 minutes depending on your activities. All bikes come with assembly guides. We also have an assembly video found [here](#). If you need extra assistance with any of the bikes we are available by phone or email Monday- Friday 9am-5pm PST 888-354-2453.

What is the lowest age a child can pedal?

What is the bike sizing?

We have 2 sizes: standard and kid size. Both are available on all of our “Pro” bike frames. While kid size varies, our kids modification allows kids as young as 5 to be able to pedal! This includes shorter cranks, smaller saddle and lower gearing.

Do the bikes require supervision?

We recommend training older students to supervise younger ones. Making sure they don't pedal too hard as to break the wheelcover or off-set the chain is helpful.

Do you accept purchase orders?

Yes, we accept Purchase Order with Net 30 conditions! When you place your order, choose PO as your payment method. Send your PO to rockthebike@gmail.com

Ready to Bring Pedal Power to Your School?

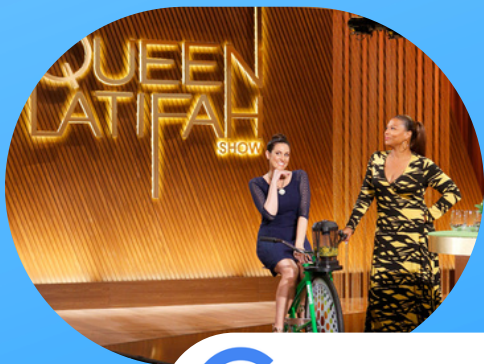
Next steps:

- Email or call us at for school pricing and bulk orders (contact info on the next page).
- Visit rockthebike.com/school to see “Our Picks for Educators” Collection
- Follow us on [Instagram](#), [Facebook](#) or [Youtube](#) to see our activites comes to life.

We'd love to help
you find the right
activity for your
classroom!

Feautured and trusted by:

Queen Latifah



Dr. Oz



Steve Harvey



and many more!

NETFLIX

THANK YOU!

Our sincere gratitude for all the educators and teachers - for showing up every day with your creativity, patience and care. We would be honored to work with you!



Our Contact Info

We get back to all call, emails and queries within 24 hours on buisness days!
We are in the office Monday-Friday, 9am-5pm pst.

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