Sharblade

Upper Back and Neck Strength

"The Need is Real"

The Game

Sharbade is a game played on specialized scooters and is a mixture of hockey, soccer, and basketball. The name is derived from *Sh*oulder *Ar*m and *Ba*ck *Dev*elopment- the parts of the body put to heaviest use in playing the game.

Participants use only their hands and arms for propulsion of a scooter on which they lie while playing the game. A basketball court is typically used as the playing field. Each team has seven players on the floor at one time and another seven on the bench. A maximum of 15 players can be on a team.



- Watch and learn (4 minutes)
- Click link above
- Cooperative team game with fitness benefits
- Increase cardio
- Increased muscular strength and endurance in very hard to reach areas that are necessary for proper postural development

This generation = poor posture

Texting

Sitting at desks

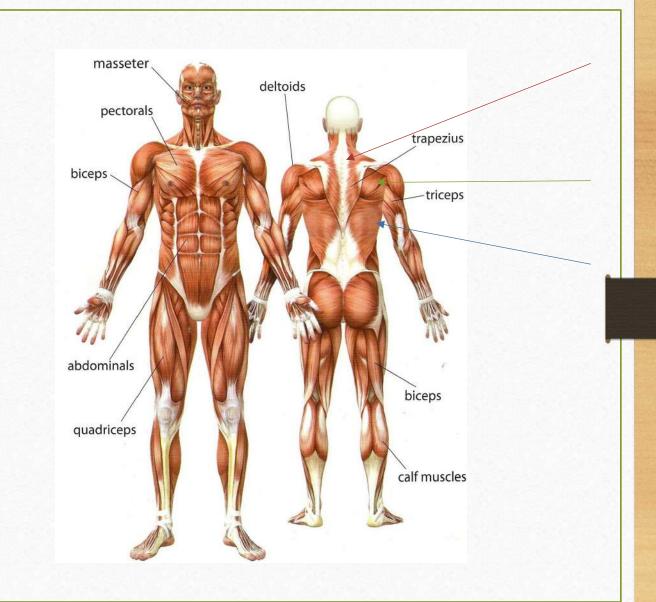




Sharblade

Can improve upper back muscles, neck muscles

Important now more than ever in today's youth



When and Who

All 600 students will get to benefit from this equipment Intramurals PE classes Before School activity! Field Day!



Pricing

Scooters (Red or Blue)\$155.00 each

16 would be 2,480

If GJEF is still around we will ask for funds through the grants in the spring for goals and 4 additional scooters

play SHARBADE

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I'm sure they would make a deal!



Thank you for your time!

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