

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 *A*rm and *B*ack *D*evelopment- 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.

sharbade

- 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

317-253-2756

**4261 Kessler Lane E. Dr
Indianapolis, IN 46220-5203**

info@sharbade.com

I'm sure they would make a deal!

I wish we had
Sharblade.....



Thank you for your time!

Selene Kelley
GMSS Phys Ed