

## **Gilbert Bagaman/Elementary Physical Education Instructor**

### **Gator Skin Balls**

Line up: Assign four teams; triangles, circles, squares, and stars, with each member having a ball that is numbered from #1 - #10. The challenge is for each team to line themselves up in sequential order and in the correct position to where the instructor is standing each time "Line Up" is called.

Play catch by tossing ball up and catching it with two hands, with one hand, with alternating hands, and then repeat with eyes closed.

Place ball between ankles, and hop around. Place ball between knees and hop around or walk around.

Toss ball to partner at the same time partner tosses ball to you. Then have one partner toss both balls at the same time to partner.

Put ball on feet while sitting down with legs straight. Raise the feet up so that the ball rolls down to waist. Repeat for 20-30 seconds. Now raise the feet rapidly and flip the ball in the air and catch with hands.

Lying on two balls, balance with no body parts touching the ground, then reverse to lying on the ball with your other side, then on your knees.

Step on one ball until it flattens, then balance on it with both feet. While balancing on the ball, play catch with a ball, then play-catch with another player.

Aim for the Stars: stick a star on the wall and use as target for a two hand chest pass, and then a baseball pass, and/or underhand lob pass.

Have one partner make a hoop with his/her arms, and the other partner will practice shooting the ball into the hoop. Partner pretending to be the basket should catch any ball coming toward their face to avoid injury.

Circle Toss Group Challenge: Arrange ten participants in a circle. Designate them with numbers 1 - 10, with #1 having to toss two balls at the same time to #2, who cannot be on #1's immediate right or left. When #10 gets the balls, then it is tossed back to #1 to repeat the cycle. The objective is to keep as many balls in play as possible. Once a ball is dropped, it is out of play.

Another variety to the Circle Toss Challenge is to give each person in the circle a ball. Then have everyone toss their ball to another person at the same time. If the entire circle can successfully toss and catch their balls without any drops, then the group scores one point. The challenge is to see how many consecutive points the group can score.

### **Strength Work:**

## Compress a ball:

1. in front of the chest between the hands.
2. with one hand up and the other down, then switch up and down.
3. between the knees while sitting.
4. between the feet while seated.
5. with both heels on two balls while lying on your back.
6. with both hands in push up position, alternate one ball being crushed while the other refills with air.
7. While standing and working with a partner and facing each other—both pushing on the two balls with each hand.
8. While standing and working with a partner facing each other—one partner with palms up in bicep flex, and other partner palms down in triceps extension.