

Variety of games and activities using a gator skin ball:

Allow students to play catch with their own gator skin ball, tossing with two hands, and catching with two hands, then tossing with one hand and catching with one hand, then tossing with one hand and catching with the other hand.

Give each student a second ball and have them practice tossing and catching two balls at the same time. A more advanced challenge is to have students crisscross their toss and then catch.

Partner students and have one partner toss one ball to their partner while the other partner tossing their ball at the same time. They should each toss the ball as to avoid having the balls collide in mid air. Then have one partner toss their one ball, but the other partner tosses two balls. Both partners will attempt to catch the other partner's tossed ball(s). Then have both partners tossing two balls to each other and catching both balls.

Aim for the Stars: have students throw their ball at a small star target on a wall using two hands, then one hand (left and right).

Aim for the Shooting Star: have one student lob their ball toward a wall, and have their partner attempt to hit that ball with their ball using two hands, then one hand (left and right).

Challenge Game: Have students make small circles of 5-6 people. Designate one person as number one, then have this person toss a ball to someone across from them and then this person becomes number two. The process is repeated until each person in the circle has a number 1-5 or 6. The challenge is to have person #1 toss two balls at the same time to #2, with the balls continue to be passed to #3, #4, #5, or #6, and then back to #1. On the second round of passing, #1, will add two more balls into the passing pattern. If a ball(s) is dropped, it cannot be picked up. The group simply continues with their passing with the balls they haven't dropped. Each group is given 10-12 balls, and the challenge is to see if they can continue to pass all their balls or as many as they can manage.

Fitness Activities:

Each student with their own ball should sit and do the following exercises:

Place ball between feet, lay back, raise the ball using the feet and then pass the ball to the hands, the ball is then raised above the head with the person laying back. The person then sits back up to pass their ball back to their feet to complete one sit up. Allow students 30 seconds to do as many as they can.

Holding the ball with both hands, twist in one direction and place the ball behind their back, then twist the opposite direction and pick up the ball. The ball should be picked up and released with two hands on it. Repeat alternating pattern for 30 seconds.

Place one ball on the ankles of two straight legs. Raise the legs up simultaneously and have the ball roll down to the waist. Repeat process for 10 seconds. Same set up, but instead of rolling the ball, rapidly raise the legs as to flick the ball up and back so the student can catch it.

Have student lay on the back holding the ball with their feet up in the air. Challenge the student to toss the ball up and catch it with their feet. Then have students toss their ball to a partner who will attempt to catch with their feet, and that partner will reciprocate.

Have student sit on one or both balls and attempt to balance on it with no body part touching the ground. Challenge students to lay on both balls on their stomach, backs, and sides, with no body part touching the ground. The same challenge can be made using only the knees, or for a greater challenge, using only one knee on one ball.

Have students step on one ball until the ball is crushed down, then attempt to balance on that ball while standing on it with both feet. Once balance is achieved, have student attempt to play catch with using their second ball. The same partner catching drills can be done while balancing one ball to add greater challenge.