

Lesson: Color Ball Tag using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Exercise and Teamwork

Difficulty Level: High Intensity

Lesson Description: Have each student select a squish ball and then place it between their ankles. On the command “go” the students hop around while pinching in with their legs so the ball remains between their ankles. Then a color is declared, and those students with that color ball becomes “it” and attempts to tag as many people as they can. Each tag equals one point for the tagger, nothing happens to the person tagged, and each individual keeps track of their own score on the honor system. After 15 seconds, another color is called and those players become “it” and they start tagging people. After all six colors have been called, the teacher will add up the scores for each team to determine the winner. Another variation to this game that uses less rounds and has larger teams is by determining the teams by the size of their ball.

Lesson Summary: The aim is for students to develop their leg strength and stamina. Strategies for teamwork can also be incorporated into the game. The main appeal of this game is that it allows all students to engage in a high intensity, fun, and safe activity in just about any teaching space. The game can be played by kindergartners to high schoolers.

Note: The teacher needs to explain to the students that there is no need to pad their scores. Winning and losing is unimportant, but maintaining your honor is everything.

Lesson: Punch ball, Rebound ball using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing Eye Hand Coordination

Difficulty Level: Medium

Lesson Description: Have each student select a squish ball and then punch it up in the air continuously using a fist. Bounce the ball with one hand repeatedly and then alternate bumps. For the Rebound Ball, a partner is need to toss you a ball. Using the ball in your hand, bump it back to your partner.

Lesson Summary: The aim is for students to develop their eye hand coordination. The game can be played by 4th Graders to high schoolers.

Note: The size of the ball will determine the level of difficulty. The bigger the ball, the easier.

Lesson: Ball catch using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing Eye Hand Coordination

Difficulty Level: Medium

Lesson Description: Have each student select a squish ball and then toss and catch with one hand only. Then challenge each student to toss the ball up, do a 360 degrees spin, and catch the ball. Then have the student toss the ball up and clap their hands 3 times before catching the ball. For a partner activity, have one partner toss both balls to their partner to catch. Be sure to toss both balls close together. Play a game whereby students take a step further away from each other with each successful catch.

Lesson Summary: The aim is for students to develop their eye hand coordination. The game can be played by kindergartners to high schoolers.

Note: The size of the ball will determine the level of difficulty. The bigger the ball, the easier.

Lesson: Bowling the ball using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing proper bowling mechanics

Difficulty Level: Medium

Lesson Description: Have each student select a squish ball and then practice rolling the ball to each other using the correct bowling mechanics. Once proficiency has been established, they can play a game where one partner stands still while the other rolls the ball in an attempt to hit one of the legs. After one leg has been contacted, the next attempt will have the partner stand on only one leg as a target. Partners take turn rolling their ball at each other. Once both legs have been contacted, game ends.

Lesson Summary: The aim is for students to develop their bowling mechanics as well as accuracy. The game can be played by kindergartners to high schoolers.

Note: The size of the ball will determine the level of difficulty. The bigger the ball, the easier.

Lesson: Basketball Shooting skill using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing basketball shooting mechanics and targeting the shots.

Difficulty Level: Medium

Lesson Description: Have each student work with a partner whereby one sits down and the other stands and loops their arms to form a basket while facing each other. The seated partner will execute a goose neck shot to their partner's make shift basket. The ball is caught by the standing partner and a judgement is made as to whether the shot would have been successful.

Lesson Summary: The aim is for students to develop their shooting mechanics as well as accuracy. The game can be played by 3rd Graders to high schoolers.

Note: The size of the ball will determine the level of difficulty. The smaller the ball, the easier.

Lesson: Soccer skills using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing soccer footwork skills.

Difficulty Level: Medium

Lesson Description: Have each student work individually with a ball of their choosing. Place the ball between the ankles and begin to tap the ball back and forth. Then practice the outside sweep and the pull back.

Lesson Summary: The aim is for students to develop their control of the ball using their feet. The activities can be practiced by 3rd Graders to high schoolers.

Note: The size of the ball will slightly affect the level of difficulty.

Lesson: Soccer Accuracy Challenge

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing passing accuracy

Difficulty Level: Adjusted to the skill level of participant

Lesson Description: Pair students 20' apart with each setting up a 10' goal using cones. They select a squish ball and will take turns kicking the ball toward and into the other partner's goal. No defense is allowed. If the ball passes through the goal, the goal will be reduced in size by 12".

Lesson Summary: This game adjusts to the skill level of each student. The students with better passing skills will have to contend with smaller targets.

Lesson: Volleyball Skills using Squish Balls

Equipment: All the Squish Balls in sizes and colors (18 total)

Function: Developing volleyball forearm bumping skills.

Difficulty Level: Medium

Lesson Description: Have each student work individually with a ball of their choosing. Show the students how to create a platform to bump the ball. Have the students bump the ball up and catch it to start, then bump continuously, then bump continuously with a separation of the arms after each contact.

Lesson Summary: The aim is for students to develop their control of the ball using their forearm pass. The activities can be practiced by 3rd Graders to high schoolers.

Note: The size of the ball will determine the level of difficulty. The smaller the ball, the harder.

Lesson: Strength and Balance

Equipment: Old Squish Balls

Function: Strength development

Difficulty Level: Medium

Lesson Description: Having student compress the ball between the palms. Squeeze all the air out of the ball with the hands. Squeeze the air out with the knees. Squeeze the air out with a partner pushing together. Sit on the ball and balance with no body part touching the ground. Kneel on the ball with no body part touching. Stand on the ball on one foot and balance; touch the toes and rise.

Note: The size of the ball will determine the level of difficulty. The smaller the ball, the harder.

Lesson: Incorporating a Foam Noodle

Equipment: Squish balls and foam noodles

Function: Eye hand coordination, working with partner.

Difficulty Level: Medium to Hard

Lesson Description: Students with their own noodle and ball will practice tossing and catching the Squish ball using the noodle bent like a horse shoe; reverse horse shoe. Find a partner and toss the ball back and forth. With your partner, create a stretcher and toss the ball up and down; roll the ball back and forth.

Note: The size of the ball will determine the level of difficulty. The smaller the ball, the harder.

Lesson: Uses of old Foam Balls

Equipment: Old foam balls

Function: Strength development

Difficulty Level: Hard

Lesson Description: Compress ball between the palms until flat. Squeeze all the air out of it using hands. Step on the ball with one foot until flat, then balance on the ball. Stretch hands above the head, bend down and touch the toes. Repeat with eyes closed. Sit on the ball until flat. Balance on the ball with no body part touching the ground. Then kneel on the ball with one knee and balance, then the other knee.

Note: Use a mat or do on grass for added safety.