

SensationBall™ Adapted Activity Guide

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Introduction

The **SensationBall** is a soft pliable ball that can be bounced and gives an unpredictable rebound. This guide is designed to help you and your students get the most from your **SensationBall**.

Objectives For Use

Objectives include grasping and releasing, rolling a ball, rolling back and forth with a peer, sitting on a flat surface and tracking a ball with different movements.

Activities

Pass Out

Use a tabletop (or ping pong table) to manipulate by pushing, striking or rolling **SensationBall** back and forth. The object is for each player to not allow the ball to fall off the table in their area.

Grab It And Squeeze It

The ball is tossed in a soft arc and the student is instructed to catch the **SensationBall** by grabbing and squeezing it. Students should use hands only. The student continues to squeeze the ball when the instructor pulls to take it away.

Roll And Rock

Students separate into partners, sitting on the floor facing each other with legs spread and feet touching. For students who need sitting support, position them against a wall. The ball is rolled back and forth and bounced or tossed in a soft arc for the other person to catch.

Main Squeeze

Students toss and catch the ball with different body parts. Use elbows, knees, chin, arms, arms and legs.

Blind Roller

Students sit on the floor. With eyes closed, students strike the ball with their hands. They must use their sense of hearing to determine where the ball is.

Grab It

Students sit on the floor or at a table. **SensationBall** is placed between 2 students. Music is played, and students begin to perform your chosen exercise. When the music stops, both students try to take the ball.

Mush Pot

This game is played in a circle formation with the students sitting. The **SensationBall** is passed from player to player clockwise around the circle. As it is being passed, the teacher inserts a second **SensationBall** that is then passed counter clockwise. The 2 players, who end up with a **SensationBall** before both balls cross paths, go to the "mush pot." The players in the "mush pot" must do an exercise until the next 2 players go to the "mush pot." The game is continuous.



Tadpole

Students go into a circle formation. One player is given the **SensationBall™** and passes it to the player next to them. The player then runs or ambulates around the circle, returning to the primary spot. Players on the circle pass the ball, counting each time it passes to another person. The player with the ball when the runner sits down is the new runner.

Variations:

See how many trips the runner can make around the circle before the ball goes around the circle. Games can be played in teams with each team counting points for each lap. Different modes of passing (throwing, tossing, dribbling several times before passing, etc.) may be included.

Circle Ball Strike

Approximately 14 students stand in a circle with one student standing in the center with the **SensationBall**. Students in the circle stand so each foot is touching the foot of the student next to them (a stride position). The student in the center, who is IT, tries to roll the ball between the legs of a person standing in the circle. The players in the circle formation may not move their legs, but are allowed to use their hands to stop the ball. The player allowing the ball through their legs becomes IT. If the ball passes between 2 players, the ball is retrieved and play resumed with the same IT.