What is claimed is:

1. A cellular phosphate ceramic material, comprising:

a binder comprised of a phosphate compound and a metal oxide, wherein the binder is mixed with water to form a slurry; and

a foam;

wherein the foam is combined with the slurry ~~in an amount effective~~ to form a cellular phosphate ceramic material having a 28-day compressive strength of less than 100 pounds per square inch (psi).

2. The material of claim 1, wherein the phosphate compound is potassium phosphate.

3. The material of claim 1, wherein the metal oxide is magnesium oxide.

4. The material of claim 1, wherein the foam comprises a cationic, an anionic, a non-ionic surfactant, air, water, or any combination thereof.

5. The material of claim 4, wherein the foam is generated separately from the slurry prior to being combined with the slurry.

6. The material of claim 1, wherein the 28-day compressive strength is between 5 to 90 pounds per square inch.

7. The material of claim 1, further comprising one or more set/cure retardants.

8. The material of claim 1, further comprising one or more fillers.

9. The material of claim 1, wherein the cellular phosphate ceramic material is an open cell or a closed cell material.

10. The material of claim 1, wherein the cellular phosphate ceramic material is used as a vehicle arresting system, as an energy absorbing material, or as an insulation material.