



Australian Government
Australian Sports Commission



Players use a stick and spinning plate to perform a variety of activities individually, in pairs or in small groups.

What you need

- > 1 set of spinning plates and sticks per player

What to do

- > Try one of the activities below. Choose the activity based on players' ability.
- > Players spread out either individually, in pairs or in a group, depending on the activity.

HOLDING THE STICK:

- > Players place the blunt end of the stick across the middle of their palm, pointing the sharper end straight up towards the sky.



- > Players then place the index finger of that same hand straight up alongside the stick and then close the thumb and remaining fingers loosely around the bottom of the stick.

Scoring

- > See how long players can spin the plate for.

ACTIVITY 1: SPIDER SPIN;

- > Using their free hand, players place the middle of the underside of the plate on top of the stick.
- > Players hold the plate in place by placing their finger tips on top of the plate, in a spider shape.



- > To start spinning, players quickly and lightly twist their spider-shaped wrist and then remove their hand.
- > To ensure a steady and fast spin, use the palm of the same hand (held flat and parallel with the stick), and lightly brush the edge of the plate, encouraging it to spin faster.



Spinning plates

ACTIVITY 2: CHINESE SPIN;

- > Using their free hand, players hang the lip of the plate on the sharp end of the stick.
- > Players rotate the top of the spinning stick in a circle (2–3 spins). Start off slowly and gradually increase speed.
- > The momentum of the spin will move the plate from hanging parallel alongside the stick to being almost parallel with the ground.
- > At this stage, stop spinning the stick, and the plate will continue to spin.



LESSON LINK:

Spinning plates allows players to build on their balance and plate-spinning skills.

SESSION PLANS

Combos > Start Out MV 02B + Get Into It MV 11B + Get Into It MV 13

Spinning plates

Skills > Balance · Coordination · Cooperation

change it...

ACTIVITY 3: PAIRS WITH STICKS

- > Pairs have one plate, which one player spins on a stick using either the Chinese or the Spider spinning method.

- > Players pass the plate to their partner's stick while trying to keep the plate spinning.



- > Try passing the plate from different positions e.g. sitting down, lying down, back to back.



ACTIVITY 4: GROUPS WITH STICKS

- > In groups of 6, players line up side-by-side, with a spinning stick and 1 plate each, except for the last player in line.
- > You call '1, 2, 3, GO!'; '1, 2, 3, GO!', establishing a rhythm.
- > Each time you call 'GO!', everyone throws their plate to the person standing next to them, who attempts to catch it on their stick.
- > After throwing their plate, the first person, walking in time to the rhythm, walks to the end of the line.



Change it

- > Players use fingers instead of spinning sticks.
- > Try throwing and catching or passing the plate from the stick to their finger and back.

Safety

- > Check there is enough space between groups/players and that players are away from obstacles and walls.
- > Spinning plate sticks have points and could be dangerous if they fall on players.
- > Players must not run with the spinning sticks.