



Skill Levels – 1 spinning plate

How to spin a plate the lolly pop way <https://www.youtube.com/watch?v=LS70x-bQRWI>

Reasonable demonstration of plate spinning tricks

<https://www.google.co.uk/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=spinning%20plate%20tricks>

Pre-skills break down the skills for juggling into smaller bite sizes. See explanation of these pre-skills at the end. Tick if child passes level.

Pre-Skills

P 1	Spin the plate on the stick using side of hand	
P 2	Once spinning balance on finger instead of stick	
P 3	Throw and catch plate on stick	
P 4	Without stick, hold plate with finger tips of both hands, twist and throw flat in air (twist throw)	
P 5	With stick, do twist throw and try 5 times to catch on stick	
P 6	Hold the stick supporting rim of plate like a Lolly Pop	
P 7	As P5 slowly turn stick, consistently building speed and spiraling stick into the middle of plate. Try this 5 times.	

Basic

B 1	Spin plate by any method.	
B 2	Throw and catch 5 times, and spin and balance on finger (P2)	

Intermediate

I 1	Start either twist throw or lolly pop.	
I 2	Demonstrate 3 tricks.	
I 3	Demonstrate a trick with another person.	

Advanced

I 1	Start by lolly pop.	
I 2	Learn 5 tricks.	
I 3	Work out a routine on your own or with another person.	