

Plate Spinning Patch Program

Leader's Guide



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Purpose

1. To develop skills of concentration and cooperation while building self-confidence and self-esteem.
2. To use this experience and grow when facing other life challenges.
3. To understand the history of juggling and it's place in the cultures of the world.
4. To learn and demonstrate the skill of plate spinning and have fun in the process.

The Plate Spinning Patch

Description of the Patch:

The patch reads plate spinner because any skill learned is possessed for life.

The hand is your hand. The plate spins like the world around us.

As Girl Scouts we must discover the world through all of life's experiences.

Plate Spinning Patch Program Requirements

Requirements: All required activities must be done and you must have fun ! !

All Girl Scouts must read and explore the history of juggling and discuss with their troop.

Daisy Girl Scouts - Do requirements #1 - #4

Brownie Girl Scouts - Do requirements #1 - #6

Junior Girl Scouts - Do requirements #1 - #7

Cadette, Senior and Ambassador Girl Scouts - Do all requirements.

1. Learn to spin a plate using the spider start.
2. Spin a plate on your index finger.
3. Spin a plate on your index finger and place the plate back on the stick.
4. Pass a plate to a partner.
5. Spin two plates - holding one plate in each hand.
6. Pass plates in a group.
7. Spin 2 plates in one hand.
8. Spin 4 plates.
9. Teach someone else how to Spin Plates.

Option for all Girl Scouts - Visit elderly groups, hospitals, community groups, or younger school children and show off your skills.

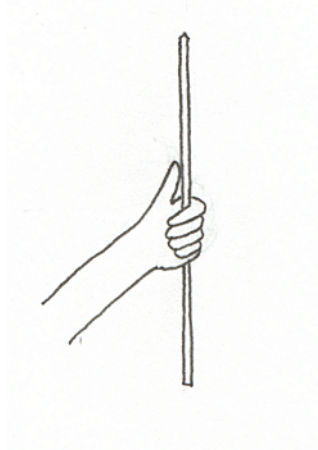
You may obtain the Plate Spinner Patch through the Girl Scouts of Connecticut Shop. Shop online at www.gsofct.org or call 203-234-6253 or e-mail shop@gsofct.org.

Please submit Evaluation Form found at the end of this booklet when purchasing the patch. Please contact Girl Scouts of Connecticut Program Department with further questions at 203-239-2922 or 800-922-2770 or program@gsofct.org.

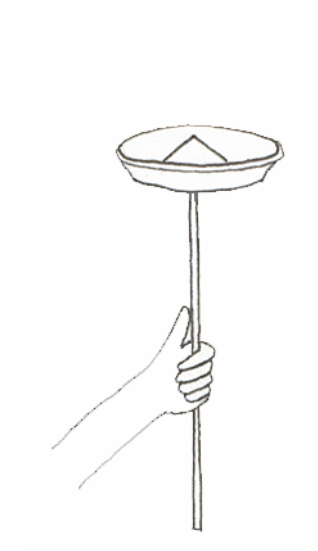
Requirement #1

Plate Spinning Using The Spider Start

1. Hold the stick in the middle with the pointed end of the stick pointing upwards. To keep the stick straight you can point your thumb up against the edge of the stick.

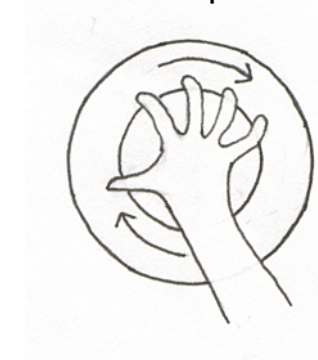


2. Place the plate on top of the stick, so the center of the plate balances on the point of the stick. If the plate falls off the stick, it means the stick isn't straight. So, this time point the stick straight up and try again. Or start by placing the bottom of the stick on the floor to help keep it straight.



3. With your empty hand, make the shape of a spider and land the "spider" on top of the plate in the center. Only your fingertips should be touching the plate. Spin the plate by twisting your hand gently and slowly, the same way you would open a jar of peanut butter. Now you are plate spinning! If the plate falls off the stick it means you are spinning too quickly and too hard. Put the plate back on the stick, and this time spin the plate slowly and gently.

View looking down on the plate



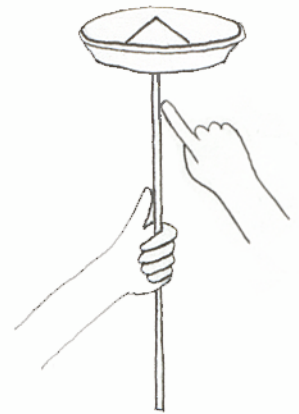
Requirement #2

Plate Spinning On Your Finger

1. Spin the plate on the stick just like you did before. Now with your empty hand, point your index finger straight up.



2. Place your index finger so it is touching the stick. Slide your index finger up the stick-all the way up and lift the plate off the stick using your finger.



3. Now the plate should be spinning on your finger. If you want the plate to spin longer, next time try to lift it up on the tip of your fingernail of your index finger. Your fingernail is more slippery than your fingertip which allows the plate to spin better.



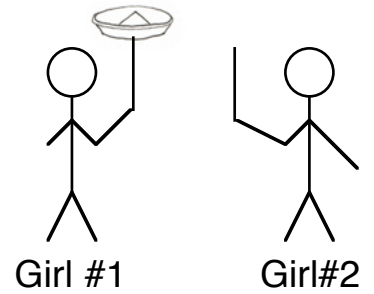
Requirement #3

Spin Plate On Your Finger and Place Back on Stick

Eventually the plate will stop spinning, so you will have to start spinning it again on top of the stick. Lift the plate up using your index finger again, but this time put the plate back on the stick while it's still spinning. If the plate starts to slow down at any point you can add more spin using the spider method even if the plate is on your finger.

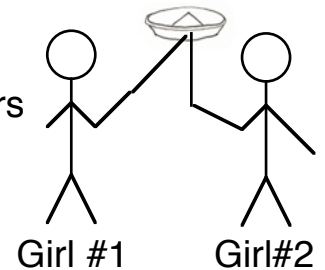
Requirement #4 Plate Passing With a Partner

1. For this plate spinning move you will need to find a friend to be your partner. Only one plate is needed, so put the extra plate on the floor nearby. One girl should have one stick and the other girl should have one stick and one plate.

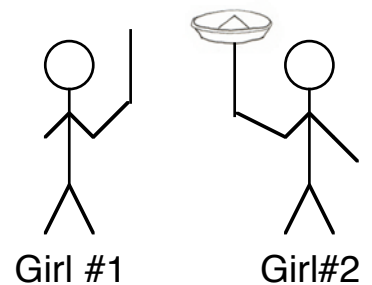


2. Girl #1 with the plate, starts it spinning on her stick. Girl#2 holds her empty stick straight up and does nothing else but watch.

3. Girl #1 (with the plate) does all the work. Gently she lowers her plate on top of Girl #2's stick. Once Girl #1's plate is on Girl #2's stick, Girl #1 just lowers her stick down and out of the way of the spinning plate. Now Girl #2 has the spinning plate on her stick.



4. It is Girl #2's turn to share the plate. She places it on Girl #1's empty stick and the two partners continue passing the plate back and forth as long as the plate is still spinning. When the plate starts to slow down one of the girls should start it spinning again before it stops completely and falls off.



Requirement #5 Spin 2 Plates Holding 1 Plate in Each Hand

1. You will need to find a partner. Girl #1 will be holding 2 empty sticks and Girl #2 will be spinning plates and then placing them on Girl #1's sticks.
2. First, Girl #1 will need 2 sticks and she should hold one stick straight up in each hand. Girl #2 should be a good plate spinner and she needs 1 stick and 2 plates. She will spin one plate at a time on her stick then pass each plate to Girl #2. This trick is finished when Girl #1 has 2 plates spinning, one on each handstick.

Requirement #6

Plate Passing With a Group

1. Everyone in your group should make sure they know how to plate pass with a partner. Divide your group into teams of ten girls. Have each team form a straight line standing side by side. Each girl should be holding an empty stick straight up.

2. At the end of each team's line, place a stack of 5 plates on the ground. The object is to have the first girl in line start a plate spinning and pass it to the next girl. That plate gets passed down the line one girl at a time. When the plate reaches the last girl, she takes it off her stick and places it on the ground. One by one all the plates are slowly and carefully passed down the line until all 5 plates have been stacked at the other end of the line.

3. If the plate starts to slow down or falls off before it reaches the end of the line, the nearest girl should grab the plate and place it back on her stick and start it spinning again. You don't have to start over, just continue from that point in the line.

4. This is not a race, the group plate passing is only complete when all of the teams have passed 5 plates from one end of their line to the other. As each group finishes their task they should cheer on the remaining groups until everyone has finished.

Requirement #7

Spinning 2 Plates in One Hand

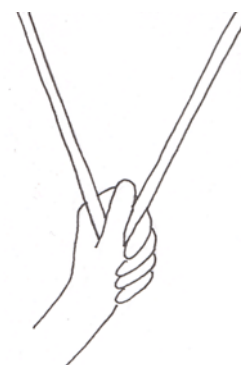
1. This time Girl #1 needs 2 sticks and Girl #2 needs 1 stick and 2 plates. Girl #1 should get 2 sticks and hold them together in her hand by making a fist.



2. Move the sticks slightly to make a "V" so they form a small "x" at the bottom.



3. The best way to do this is to put your thumb between the 2 sticks and hold them together in your fist. Wrap your 4 fingers around the "x" and close them to make a fist. The "V"formed by the sticks needs to be wide enough so there's enough room so the plates don't hit each other.

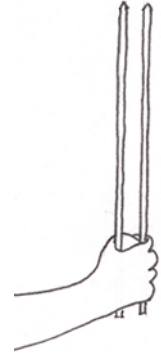


4. Once both sticks are in position in Girl #1's hand, Girl #2 starts spinning and placing the plates one at a time until Girl #1 has 2 plates spinning on her sticks. Girl #2 should spin and place the plates as fast as she can because the plates become heavy for Girl #1 rather quickly in this position.

Requirement #8

4 Plate Spinning

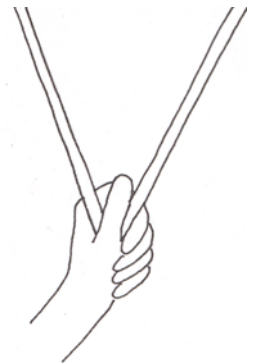
1. This time Girl #1 needs 4 sticks and Girl #2 needs 1 stick and 4 plates. Girl #1 should get 2 sticks and hold them together in her hand by making a fist.



2. Move the sticks slightly to make a "V" so they form a small "x" at the bottom.



3. The best way to do this is to put your thumb between the 2 sticks and hold them together in your fist. Wrap your 4 fingers around the "x" and close them to make a fist. The "V" formed by the sticks needs to be wide enough so there's enough room so the plates don't hit each other.



4. At this point Girl #2 needs to help Girl #1 position the next 2 sticks in her other hand. These 2 sticks are held in the same "V" position as before but it is much easier when you have some help adjusting them properly.
5. Once all 4 sticks are in position in Girl #1's hands, Girl #2 starts spinning and placing the plates one by one until Girl #1 has all 4 plates spinning on her sticks. Girl #2 should spin and place the plates as fast as she can because the whole load of plates become heavy for Girl #1 rather quickly in this position.

Requirement #9

Teaching Someone How to Spin a Plate

Before you teach someone plate spinning, you should be able to spin a plate. If you have earned your patch then you can help someone else learn plate spinning. When you are a teacher, you have to remember that you are there to help your student learn and you have to be patient. Before you start to teach remember what it was like to learn.

Reread all the steps on learning how to spin a plate, so you can teach them in the right order. It's O.K. to have the plate spinning instructions with you when you teach, so you don't forget anything.

Give the student time to learn each step and make sure they can do each step by themselves before you teach them the next step. Be very patient with them and make it fun. Try to tell them what they are doing the right way so they know.

Remember that everyone learns at a different speed, so if your student takes longer to learn than you did, don't rush. Show them the way to do each step and have them imitate what you do. If they are doing something the wrong way, tell them to try a different way, and show them how to do it again.

Let them experiment for a while because some students like to figure things out by themselves. Ask them to tell you what they don't understand and listen carefully so you can help them.

Your job as a teacher is to help a student to learn something they don't know how to do. Think of your favorite teacher in school and why you like them. Try to do things the way your favorite teacher does and you will help your plate spinning student learn. If you can have fun learning together then you are a good teacher.

Advanced Plate Spinning Tricks

Before you try the advanced tricks, make sure you have completed all of the previous requirements.

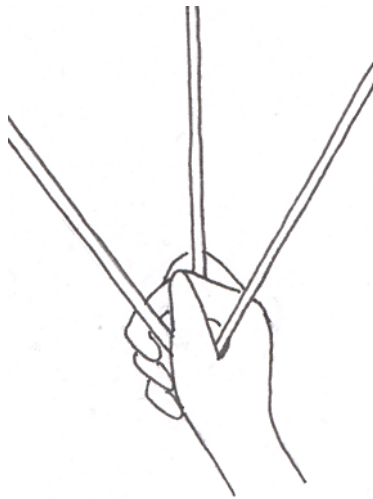
If you are ready for a challenge, give these plate spinning moves a try and see what happens. Give yourself more time to practice these tricks because they are more difficult.

Your effort will be rewarded with the ability to do more cool tricks with plates.

Advanced Plate Spinning

6 Plate Spinning

1. To spin 6 plates Girl #1 needs to learn how to hold 3 sticks in one hand. There are many ways to do this, so experiment on your own and use the one that feels the most comfortable for you.
2. One way is to hold 2 sticks in the shape of the letter “V” and place the third stick anywhere it feels comfortable and strong enough to hold up a plate. The 3 sticks must be far enough apart so the plates can stay on top of them without hitting each other.



3. Another way to hold 3 sticks is to start by making the “V” shape with 2 sticks. Place the third stick between your index and middle finger and then squeeze all 3 sticks in the bottom of your fist.
4. Girl #1 will probably need help from Girl #2 to position the 3 sticks in her other hand using whatever method was successful for the first hand.
5. This is a much more difficult position for Girl #1 to hold all 6 sticks, so Girl #2 must be quick and accurate at spinning and placing the plates. It is a wonderful demonstration of teamwork and cooperation when 6 plates are all spinning at once!

Advanced Plate Spinning Throw and Catch

1. First read all the instructions.

2. Start your plate spinning. You want to move your stick up with enough power to cause the plate to fly up in the air. You are not actually throwing the plate, you are lifting it up in the air, so it goes straight up and comes straight down.

Note : Start by tossing the plate 3 - 6 inches into the air. Once you can catch the plate several times in a row you can toss the plate higher. The highest you should toss the plate is about 3 feet above your head.

3. In order to catch the plate, you must learn to catch it softly. Think of how you catch an egg during an egg toss or a water balloon during a water balloon toss. Those are examples of ways to catch something softly.

4. To catch the plate, hold your stick and aim for the middle of the plate as it falls down towards you. Try to have the plate land softly on your stick. You will know when you have caught it successfully because it will be perfectly balanced on your stick.

5. If the plate bounces off the stick it means your catch needs to be softer. One way to catch softly is to bend your knees a little as the plate lands on your stick to cushion its fall. If you catch the plate and it hangs by the rim without falling to the ground that's still a catch. In other words a catch is a catch!

Advanced Plate Spinning

Throw and Catch with a Partner

1. Both girls should know how to throw and catch a spinning plate and should read all instructions first.

2. Just like plate passing, one girl needs a plate and a stick and the other girl only needs a stick. Both girls must stand side by side. Girl #1 (with the plate) starts the plate spinning. Girl #2 holds her stick straight paying attention to Girl #1.

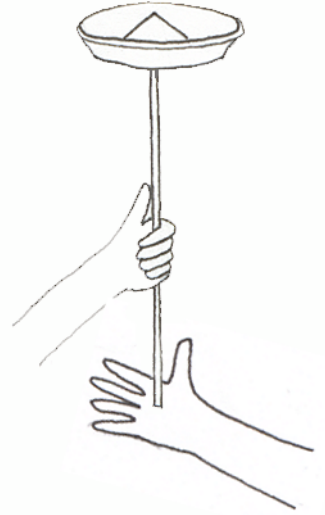
3. In order to throw the plate to a partner it is a special throw. Girl #1 throws the plate straight up in the air, so it falls straight down to Girl #2. It is the job of Girl #1 before she throws the plate, to make sure Girl #2 is paying attention and looking up in a ready position to catch the plate.

4. A catch is successful when Girl#1 throws the plate to Girl #2 and she catches it on her stick. From there Girl #2 can throw it back to Girl #1 and continue making throws and catches back and forth as long as the plate is still spinning.

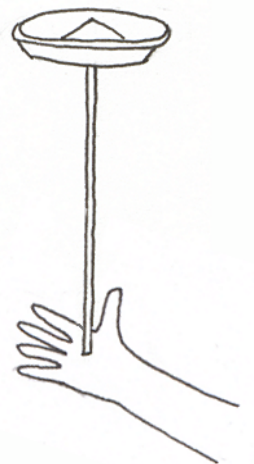
5. It is important to make sure the plate does not fly sideways like a Frisbee because that makes it impossible to catch the plate properly.

Advanced Plate Spinning Balancing the Plate and Stick

1. Start your plate spinning. Now open your empty palm out so it is flat facing up towards the ceiling. While the plate is spinning balanced on top of the stick, move the stick and place it on the middle of your palm. Look up at the top of the plate and try to keep your hand under the plate to keep it balanced.



2. Now let go with the hand that placed the stick on your palm and try to keep the plate and stick balanced. To continue balancing, keep looking at the center of the plate and move your hand slightly to keep it under the plate at all times.

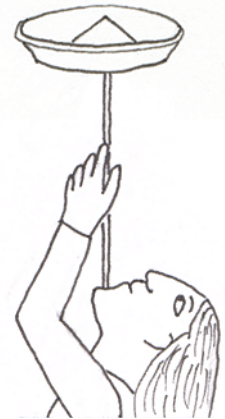


Advanced Plate Spinning

Balancing the Plate and Stick on Your Chin

1. Start the plate spinning. Lean your head all the way back until you are looking up at the ceiling. Keep looking up at the ceiling and lift the stick and plate up to your chin, placing the stick on your chin.

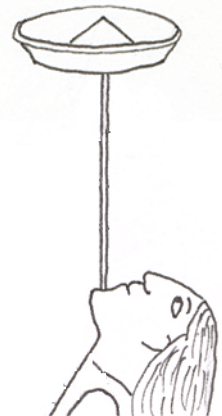
Make sure the stick is straight up pointing towards the ceiling, and steady the stick with your hands until the plate is directly over your head. Remember the plate will fall off the stick the moment the stick is leaning too far to one side, so stay focused on the plate to see where it is at all times. If you are not sure if the stick is straight have a friend help you put it on your chin and guide it until it is straight.



2. Now you should be the only one holding the stick straight up on your chin. You are looking up at the plate spinning directly over your head and feel the weight of the stick on your chin. If you are doing all of these things you are ready to let go of the stick and start balancing.

3. Let go of the stick with your hands, feel the balance on your chin and move your head slightly to adjust the balance if it starts to lean.

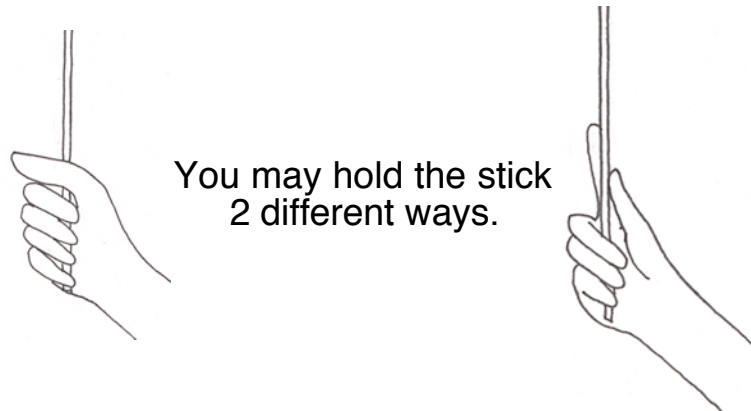
Each time you try to balance, you will feel it a little more and you will be able to do it longer. The main thing you are doing is trying to control the balance by moving to keep your chin under the plate.



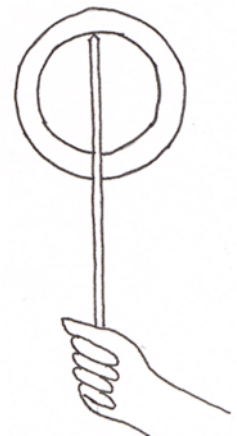
Advanced Plate Spinning

The Impossible Start

1. Hold the stick at the bottom, so the base of the stick rests in the palm of your hand. Make sure the stick is pointing straight up.



2. Bend your elbow and raise your wrist up so you are looking directly at your wrist with your eyes.
3. With your hand and stick in this position, using only your wrist, draw a small circle in the air above your head. It is very important to make sure no other part of arm is moving - only your wrist.
4. Stop drawing the circle and get your plate. Hang the plate on the edge of the stick.



5. To start the plate spinning, draw the small circle over and over again without stopping. Each time you draw the circle do it a little faster. As the plate starts to level out and flatten out, immediately stop moving the stick and automatically the stick will slide to the center of the plate. You will know if you have been successful at the Impossible Start if the plate is spinning like crazy right now!



Important Message: This is called the Impossible Start for a very good reason- It is incredibly difficult to do- don't get frustrated! You can still do all the plate spinning things in this guide using the Spider Start and still have fun!

If you want a tremendous challenge, continue trying the impossible start- it's really cool and you can prove that Girl Scouts can do anything!

The Big Spin-Off

A traditional way jugglers end their meetings is to juggle together at the same time in one big group. For Plate Spinning, we call it The Big Spin-Off.

Here's how to do it- Get everyone's attention and make sure everyone is ready to spin their plates. On the count of 1,2,3, Go... Everyone starts spinning their plates at the same time and then you stop and clap and cheer together to finish your Plate Spinning Program.

Putting Together a Routine

First think of all the ways you can spin a plate. If you like to dance think of how you can move as part of your plate spinning. Listen to music and find some that goes with plate spinning. Write down the plate spinning tricks that you can do in a list and practice them with the music you have chosen. You can also spin plates with a partner, but sometimes that takes longer, because you both have to learn the routine together and practice together.

Think of a costume or brightly colored things you can wear while plate spinning. Make sure that you can move your arms and legs easily so your plate and stick do not get tangled in your clothes. Practice your routine doing the tricks the same way to the same music until you know it without looking at your list. When you have a group of plate spinning routines that you can do, make a list of them and put on a short show for your troop or other troops.

When your show looks good then find a place to do it again for people that need to be entertained. Visit elderly groups, hospitals, community groups, or younger school children and show off your skills.

If you have earned your Girl Scout Juggler Patch combine your scarf juggling skills with your new plate spinning skills to make your show even more fun.

Requirement for All Girl Scouts History

The earliest record of any juggling is a 4,000 year old Egyptian painting of a group of women juggling balls. A picture of women juggling on Greek pottery shows them having fun while juggling. Later in history, men dressed as jesters juggled to entertain the Kings and Queens of Europe. In North and South America juggling was part of religious ceremonies for the tribes in those areas. Asian jugglers used balls, plates, sticks, and yo-yos called diabolos for juggling.

From 1800-1930 jugglers appeared in vaudeville shows in theatres and in circuses throughout the world. By the 1950's the first TV sets were in the stores and everyone was staying home to watch this new electronic gadget. Many circuses and theatres had to close and the jugglers were wondering where they could go to perform. A man by the name of Ed Sullivan had a popular TV show every week that featured the best jugglers from around the world. Juggling began to get popular again and by the 1970's juggling was showing up everywhere. Today there are still theatres in Germany where the best jugglers are featured every week. In the United States many people are learning to juggle and they are able to appreciate the skill of professional jugglers that can be seen performing shows from coast to coast.

Optional Projects and Resources

“Juggling - It's History and Greatest Performers” by Francisco Alvarez

You can read this book online at :

<http://www.juggling.org/books/alvarez/>

Research a juggler and do a biography on him/her.

Create a board game to illustrate the history of juggling.

Discuss how different cultures have used juggling. (in chapter 1 of the above book)

Plate Spinning Patch Program - Evaluation Form

Troop/Group # _____ Grade Level _____ Service Unit _____

Leader's Name _____

1. We have completed the following number of activities from the content areas:
 1. Learn to spin a plate using the spider start. _____
 2. Spin a plate on your index finger. _____
 3. Spin a plate on your index finger and place the plate back on the stick. _____
 4. Pass a plate to a partner. _____
 5. Spin two plates - holding one plate in each hand. _____
 6. Pass plates in a group. _____
 7. Spin 2 plates in one hand. _____
 8. Spin 4 plates. _____
 9. Teach someone else how to Spin Plates. _____

Required for all Girl Scouts : Read and explore the history of juggling
and discuss with your troop. _____

2. Was this Leader's Guide useful in helping your Girl Scouts complete the requirements for the patch?
3. How many girls participated in this program?
4. What were the age levels for the girls who participated in this program?
5. What did the girls in your troop learn the most by participating in this patch program?
6. What were some of the troop/groups favorite activities?
7. Were there any activities that your Girl Scouts did not like?
If so, which one(s) and why?
8. What is your overall evaluation of this patch program?
9. Do you have suggestions for additional activities?

Please return this completed Evaluation Form when purchasing Learn to Juggle Patches

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This Plate Spinning Patch Program was developed and written by Susan Kirby (a former Girl Scout). It has been submitted to Girl Scouts of Connecticut for review on June 18, 2008

The husband and wife team of Susan Kirby and Joe Murray are the Airborne Jugglers. During their 20 year career they have performed in Japan, Europe, The Caribbean, and most of the 50 states. This patch program was developed at the request of Girl Scouts of Connecticut.

Thousands of Girl Scouts have successfully learned to juggle scarves and earned The Learn to Juggle Patch. The Juggler Patch program was also created by Susan Kirby

For more program content please contact:
The Airborne Jugglers
(800) 230-3351
E-mail: info@airbornejugglers.com
Website: airbornejugglers.com

Girl Scouts of Connecticut members may also earn The Plate Spinning Patch by reserving the Plate Spinning Program Box. Further information may be obtained by contacting:

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