

145 - SPIN THE PLATE

- Stand around the edge of the circle.
- One person stands in the centre with a quoit.
- He / she spins the quoit on its edge and calls out a person's name and quickly moves back to their place.
- The identified person runs in to pick up the quoit before it stops spinning and immediately spins it again and calls the next name.
- This should be played at a fast pace.

