

# Pendulum Goal™

## **What Are the Educational Applications?**

Throwing and targeting are important skills to teach. Physical educators are always looking for ways to help develop these skills through their physical education programs. The Pendulum Goal provides physical educators with many options to build throwing and targeting skills along with team building activities.

## **How Can I Use This Product With My Participants?**

The height-adjustable/moving target allows participants from multiple age groups to participate in the activity. Many educators believe that using a moving target helps participants increase their hand/eye coordination.

### *Activity #1-Time Is Running Out!*

**Challenge:** The team's challenge is to get all the balls in the target before the assigned pullers swing the Pendulum Goal back and forth a specified amount of times.

**How to Play:** Assign 2 clock tower workers to swing the Pendulum Goal back and forth in a smooth motion, a specified amount of swings (ex. 50). The balance of the participants are charged with getting all of the throwing objects (ex. foam balls, lightweight beanbags) into the goal before the clock tower workers finish swinging the goal the specified amount of times. One participant can be assigned to gather the objects that miss the goal and feed them back to the participants that are throwing at the target.

### *Activity #2-Fragmented Time!*

**Challenge:** The object of this activity is to get all of the balls assigned to the team into the Pendulum Goal before time runs out.

**How to Play:** Assign 2 clock tower workers to swing the Pendulum Goal. In this activity, the workers do not have to swing the goal in a smooth motion. They are able to move the goal back and forth in long or short movements to try to keep the target objects out of the goal. The balance of the group will attempt to successfully throw their objects into the moving goal before the allotted time for the activity expires.

### *Activity #3-Targeting New Heights!*

**Challenge:** The height-adjustable Pendulum Goal can be used to add even more fun to targeting. Have your participants try bouncing their foam balls at the target.

**How to Play:** Assign 2 clock tower workers to swing the Pendulum Goal. As the clock tower workers swing the goal back and forth, the participants should try to bounce foam balls into the moving goal. After the participants

successfully bounce all of their balls into the target, the height of the goal can be raised and the activity can begin again. Continue raising the height of the goal until the participants bounce all of their balls into the goal at its maximum height.

### *Activity #4-Fill It Up*

**Challenge:** The team will have to work to get an ever-increasing amount of balls into the Pendulum Goal in a set amount of time. The object is to fill the goal as the rounds progress.

**How to Play:** Assign 2 clock tower workers to swing the Pendulum Goal. Start the team out with 24 balls. The object of the team is to get all of the balls into the goal in a set amount of time. When the time expires, have a clock tower worker lift the goal's net and disperse the balls. At this time, add 12 more balls to the mix. The team must now get 36 balls into the goal before the same set amount of time runs out. Continue the process and add 12 more balls to the mix each time the time runs out. The game ends when the team can no longer get all of the balls into the bucket before the time runs out.

**Increase the Challenge:** Here are a few tips to increase the challenge for the activities.

- Vary/change the throwing techniques (underhand, overhand).
- Adjust the height of the target to change the level of difficulty.
- Change/decrease the time allowed for the activity.
- Change the size of the objects (balls, beanbags) being thrown.
- Increase the distance between the participants and the target.
- Have the clock tower workers move the Pendulum Goal at variable speeds and distances.

## **How Does this Product Relate to Current Educational Thinking?**

The Council on Physical Education for Children (COPEC) developed the position statement "Developmentally Appropriate Physical Education Practices for Children". Twenty-six components of a physical education program have been identified. Developmentally appropriate and inappropriate examples are provided as guidelines for recognizing the best practices (appropriate) and the most counterproductive practices (inappropriate). These guidelines are useful as a decision-making tool for developing quality physical education programs.

**Active Participation for Every Child–Appropriate Practices**

- All children are involved in activities that allow them to remain continuously active. Classes are designed to meet a child’s need for active participation in all learning experiences.

**Competition–Appropriate Practices**

- Activities emphasize self-improvement, participation, and cooperation instead of winning and losing.

**Gender Directed Activities–Appropriate Activities**

- Girls and boys have equal access to individual, partner, small group, and team activities. Both girls and boys are equally encouraged, supported, and socialized towards successful achievement in all realms of physical activities.

**Safety**

As with any targeting game, it is important to position the participants to minimize the risk of being struck by balls that miss their intended target.

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