

EVOPED® Exercise Equipment

Richter Spielgeräte GmbH



**Licencer and idea provider**

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### About Evolutionary Pedagogy®

Those who are interested in pedagogics but would like to distance themselves from traditional models and instead discover how children and adults arrive at their conclusions, knowledge and points of view, cannot ignore the concept of Evolutionary Pedagogy® or "Evoped" for short. This allows access to the unconscious areas of the human brain, that is, those areas from which the motivation for learning and behaviour arises.

Child development follows seven natural evolutionary levels. If children are allowed to travel along this path of development unhindered, seven basic levels of confidence unfold naturally:

Primal confidence; confidence at the experiential, physical and emotional level; in groups; in language and in complex forms of living together.

If any abnormalities become apparent in these areas, Evolutionary Pedagogy® can help to decipher the underlying message.

#### Ludwig Koneberg, MPhil,

\*1947, † 2020, studied philosophy, industrial engineering and pedagogics. He was founder and head of the Institute of Practical Pedagogy and Evolutionary Pedagogy® I.P.P. GmbH in Munich, Germany, and has been training teachers, evolutionary pedagogics and coaches for practical pedagogics in his methods at the institute since 1990.



Evolutionary Pedagogy® is an approach developed and successfully tested in practice by Ludwig Koneberg und Silke Gramer-Rottler, based on current findings from brain and learning research. We now know: Mental and motor development of children is closely related. Many problems with learning are actually problems with movement. Exercising with the training equipment that we would like to introduce in the following often reveals amazing interconnections. For example, improving the ability to balance your body can have an effect on flexibility in thinking. The exercises help to unblock abilities and reveal a child's talents.

### About the company Richter

#### Expertise

For more than 50 years our expertise has been focussed on the planning, design and equipping of attractive and children-friendly play spaces. In our family-run and craftsman-orientated business, we produce unique play equipment, which is far removed from industrial manufacturing processes, on the basis of our knowledge and skill set in combination with the material wood.

#### Richter Spielgeräte GmbH

|                    |                       |
|--------------------|-----------------------|
| Founded            | 1967                  |
| Employees          | 120                   |
| Subcontractors     | 6                     |
| Premises           | 11.500 m <sup>2</sup> |
| Production area    | 1.700 m <sup>2</sup>  |
| Number of products | appr. 1200            |

#### History

The beginning of our business activities in the seventies was shaped by our characteristic wood play equipment – both then and now. The designs of our play houses, trains, horses and towers originated during this time and have left their mark on the playground equipment landscape. Over the years we not only added slides and swings but also large pieces of equipment such as ships and castle complexes, our acoustics and water-play equipment as well as special equipment for young people, small children, seniors and wheelchair users. Based on our equipment, exclusively manufactured from wood, we are now increasingly developing more and more exciting combinations with a range of different materials such as stainless steel, concrete, stone and rope.

#### Social responsibility

We consider the provision of play spaces to be a social necessity. Above all it is children who need play to help to develop their personalities; however also young people and adults find stimulation and relaxation in play.

When we design play equipment we put play value first. Our aim is to provide our play offers with a very appealing character and enduring play incentive to ensure that there is a basic desire to play. Moreover, with our play equipment, we would like to promote the development of children's capabilities and support social and motor skills. Above all however, children should be given the chance to become absorbed in play, and our equipment should be fun and enjoyable.

#### Sustainability

With around 120 employees, Richter designs and manufactures play equipment and exports to over 25 countries. Special attention is placed on aspects of safety, stability, environmental friendliness, play value and ensuring the wood is sourced from sustainably managed forests.

## From primal confidence to self-confidence: The description of the seven levels

The evolution model can help us understand human experiences and behaviours and what they can be attributed to.

If we observe children against the background of the seven levels, we are able to recognise:

- whether the behaviour that may appear conspicuous or disturbing from an adult point of view actually does represent a completely natural, reasonable and desirable step on the ladder of development,
- or whether the child is blocked at one level, meaning that there are no other behavioural patterns available.

The evolutionary exercises, also called Evo exercises can help to resolve these blockages. Below are the seven levels.



### 1. The fish level: Primal confidence – being carried by waves

Experiences in the womb create predispositions (predeterminations), but they do not definitively determine life. A child's first months of life and the entire first year are also of fundamental importance.

No experience is forgotten – what can't be remembered consciously from the time before birth and the phase of early childhood development is remembered by the body. The experience of this level is being carried by waves.

The brain phase of a fish is dominant at birth and explains a baby's early rolling movements. This movement activates the growth of this brain centre, out of which the amphibian and reptile component of development then emerges.



### 2. The amphibian level: Experiential confidence – curiosity and the joy of discovery

Curiosity is the centre of focus here. The child explores its world lying on its stomach during this level. It perceives its surroundings by sight, fixates on objects and curiously moves towards them. The impulse to experience and explore new things is awakened.

This level has an influence on later visual perception as well as motivation and the ability to experience enthusiasm. If this level is blocked, the child can react with "shyness". A blockage like this can cause a tendency to hide away from life or create feelings of helplessness and defencelessness. But the opposite is also possible: a type of curiosity that throws all caution to the wind.



### 3. The reptile level: Physical confidence – aggression and patience

The reptile brain (cerebellum) is controlled by instinct. It acts and reacts according to its needs. Aggressive behaviour is part of the reptile's survival mode. If a reptile feels threatened, it reacts with aggression or rigidity.

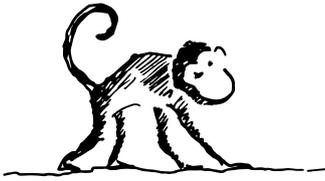
In humans, the reptile brain often reveals itself through aggressive and hyperactive behaviour or by slowing down, which inhibits the ability to react. The task of the reptile brain, however, is to learn to react in time and apply its power and energy correctly.



### 4. The mammalian level: Emotional confidence – conscious emotions, closeness and distance

Emotions become conscious at this level. Actions are evaluated emotionally. Positive and negative experiences determine behaviour. They control closeness and distance towards fellow human beings and are responsible for how people act and react.

Correctly assessing situations that are consciously controlled by feelings is what takes place at this level. In the process, it is possible to experience oneself either as actor or person acted upon. A blocked level is shown by the fact that only one of these two points of views is available.



### **5. The primate level: Group confidence – a sense of balance and psychological stability**

Further effects take place in the brain as a result of increasingly complex movement patterns at the primate level, which enables the transition to perception in three-dimensional space. Good performance in sports such as aerobics or volleyball can only be achieved with the skills that develop at this level. Their qualities are a sense of balance and coordination. They can be trained in a playful way using climbing rope equipment (playgrounds). Physical clumsiness can thus be overcome, and the foundations are laid for the ability to make friends and maintain social contacts.

Important: An integrated primate level is a prerequisite for language development and also has a positive effect on memory functions and the acquisition of new information.

Individuality and group consciousness mature at this level. The ability to proceed with purpose and to have an overall understanding of certain situations develops.



### **6. The prehistoric human level: Language confidence – communication skills and fine motor skills**

Communication skills emerge at this level. The development of linguistic expression and fine motor skills is extremely important. Language becomes the means to an end and promotes self-esteem: Contacts are made and relationships are established through language. The development of fine motor skills gives rise to capabilities, which can then be put to specific use, e.g. the dexterous use of tools can be developed here.

Gender awareness also develops at this level. In this respect it is important for children to establish their own gender role identity so as to develop and learn to distinguish between male and female behaviour.

Important: If this sixth level of brain development is not fully evolved, this becomes apparent particularly through deficits in the area of linguistics (e.g. lack of expressiveness, difficulties in building relationships or in verbally resolving conflicts). If a conflict is unable to be resolved verbally, a child will then often attempt to use insensitive behaviour or physical force. It is important that power not be avoided, but instead translated into language.



### **7. The modern human level: Communication and cooperation confidence – the willingness to communicate**

The human level embodies the optimal use of intellect and emotions and involves the entire personality:  
A testimony to a mature consciousness of self. This would be the ideal situation. But the modern human is strongly controlled by reason, which means that their empathy and ability to give and accept compassion is underrepresented. The development of the personality is therefore the most important occurrence at this level: It is possible to create a balance between reason and compassion through it.

**Skills**

Level 1: The FISH in us – simply being there is enough. This is the way we strengthen our inborn trust.

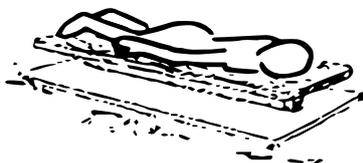
Being held and supported without having to do anything is the experience. Relaxation and a sense of peace ensues and leads to inner balance.



**EVOPED® Indoor Rocker**  
**EVOPED® Outdoor Rocker**

**How to perform the exercise**

Lie face down on the rocker with your arms resting at the side of your body. Rest your head on your forehead or chin with a straight neck. Now begin to shift your weight on the rocker along the longitudinal axis using slight rocking movements: left-right, left-right. In your imagination, you are drifting through the water on your stomach. Your perception is directed inwards. Everything around you fades into the background. A second person can also gently move the rocker back and forth.



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**Skills**

Level 2: The AMPHIBIAN in us – being shy means being able to protect yourself. This is the way we strengthen our passion for discovery and our ability to protect ourselves. Exploring the world from a place of emotional security.

Retreat and curiosity promote a passion for discovery. You will be able to identify the difference between internal/external and new/far. You will improve your confidence to explore.

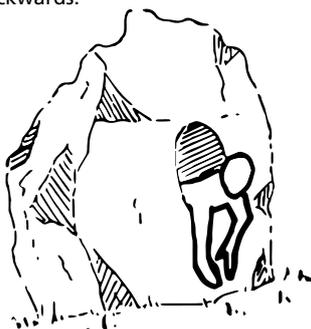


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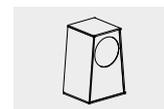
**How to perform the exercise**

Lie face down with your arms stretched out in front of you and pull yourself through the opening. Slipping through activates the sense of curiosity. What's happening out there?

Discover the other side and experience the interplay of curiosity and retreat at the same time. Use your arms to pull yourself forwards or to push yourself backwards.



**EVOPED® Indoor Slither Box**  
**EVOPED® Outdoor Slither Stone**



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Design Ludwig Koneberg



**Skill**

Level 3: The REPTILE in us – being aggressive means being powerful. This is the way we develop our power and our reflexes.

Here we learn how to use our power positively. This trains the balance between waiting and reacting, between watching and pouncing. Everything to do with tension and relaxation is brought into balance here. This is about instant power and the coordination of the right and left sides of the brain and the body.

**How to perform the exercise**

Start by boxing the upper left cushion with your right fist. Kick the bottom cushion with your left foot at the same time. Now hit the top right cushion with the left fist and the bottom cushion with the right foot at the same time. Keep performing the same powerful and lightning-fast movements in alternation. Alternative: First box the cushion using a cross jab and alternating your arms. Then kick the bottom cushion using first one leg then the other. Take care to keep the right order: right arm top left – left arm top right – right leg middle – left leg middle.



**EVOPED® Indoor Kickboard**  
**EVOPED® Outdoor Kickboard**

**Components**

**Order No. 12.00300**  
 1 EVOPED® Corner Frame with 3 Cushions for EVOPED® Indoor Kickboard

**Order No. 12.00301**  
 1 EVOPED® Corner Frame without Cushions for EVOPED® Indoor Kickboard (for hooking on the Kickboard Panel **Order No. 12.00302**)

**Order No. 12.00302**  
 1 EVOPED® Kickboard Panel for EVOPED® Indoor Kickboard (to be hooked onto the corner frame without cushions **Order No. 12.00301** or onto wall bars)

**Order No. 12.00310**  
 1 EVOPED® Outdoor Kickboard for fixation with bolts



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Design Ludwig Koneberg



**Skills**

Level 4: The MAMMAL in us – being timid means being able to express feelings. This is the way we improve our emotional perception and closeness and distancing behaviour. We get to know our needs, express emotions, and reflect on our experiences. Physical movements and senses become coordinated. Development of a sense of time. This is a basic prerequisite for anything to do with learning.

Body-hand-eye coordination is the basis for reading, writing and arithmetic skills as well as three-dimensional thinking.

**How to perform the exercise**

Moving on the EVOTRAINER® allows you to explore gravity and centrifugal forces. This is the basis for movement and orientation as well as the sense of laterality. Start off on the EVOTRAINER® by holding on to the disc with one hand and slowly beginning to walk as if you were on a circular treadmill. You can now alternate between speeding up and stopping abruptly as well as changing the position of the body. Shift your centre of gravity and vary your viewing direction to train your sense of balance at this level.

**Skills**

Level 5: The MONKEY in us – being ego-centric means being able to look after yourself, while sharing promotes peace. This is the way we train our handling with balance.

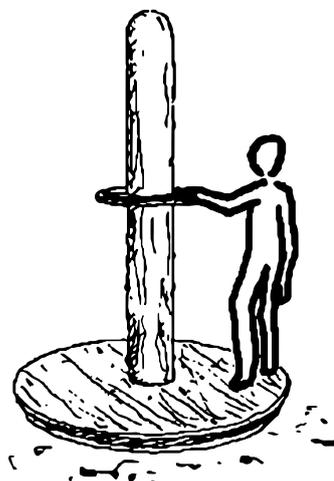
We discover the finer details of social behaviour. This allows us to try out, improve and emotionally experience our opportunities and possibilities. Colour and shape perception are trained as well as the ability to gain a general overview, and goal-oriented behaviour. Like a tribe of monkeys that jump, hop, climb and move around on unsteady surface, this balance game also helps us to improve our social behaviour.

**How to perform the exercise**

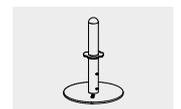
Start off on the EVOTRAINER® by holding on to the disc with one hand and slowly beginning to walk as if you were on a circular treadmill. You can now alternate between speeding up and stopping abruptly as well as changing the position of the body. The direction of movement should be forwards as well as backwards. All body positions are possible and desired: standing, kneeling, lying, pulling yourself up, swinging, spinning, building up momentum and looking upwards.



**EVOTRAINER® Indoor**  
**EVOTRAINER® Outdoor**



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Entwurf Ludwig Koneberg

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**Skills**

Level 7: The modern HUMAN BEING in us – to be imperfect means to be able to grow. This supports us in searching for our own unique purpose in life and strengthens our social skills and capacity for empathy.

From a position of personal balance, we now recognise our own wishes and hopes and discover that we are part of a whole at the same time.

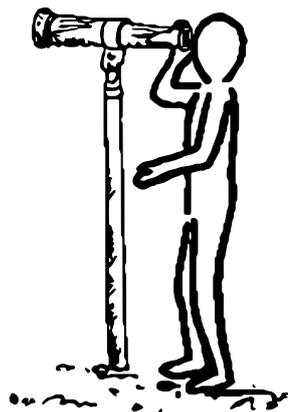
**How to perform the exercise**

Use both sides of the optical instrument and allow your eyes to perceive details in the distance and up close again and again. The alternating view of the world from a close-up to a broad perspective sharpens our eyesight and allows us to gain an insight into background and detailed views.



Entwurf Ludwig Koneberg

**EVOPED® Indoor Telescope**  
**EVOPED® Outdoor Telescope**



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**Skills**

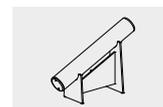
Level 6: The CAVEMAN in us – being loud means searching for our position. This is how we discover our role in life. Physical power is transformed into speech. Finding our own rhythm. Assuming responsibility, participating in society.

**How to perform the exercise**

The purpose of the log drum is to occupy us with rhythm. Use your fingers to drum various rhythms on the adjustable disc at the front of the drum. Change the position of the disc to make the opening larger or smaller. This varies the pitch.

**EVOPED® Indoor Drum**  
**EVOPED® Outdoor Drum**

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**Skills**

Level 6: The CAVEMAN in us – being loud means searching for our position. This is how we discover our role in life. Physical power is transformed into speech. Finding our own rhythm. Assuming responsibility, participating in society.



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**How to perform the exercise**

Navigating a path through a labyrinth, a primeval symbol of knowledge for solving the problems of life using rhythm and balance, unites our strength and our emotions and promotes our ability to express ourselves in language. This can be carried out and experienced by walking, dancing, purposeful striding, rocking or a slow lingering walk. You can't lose your way in the labyrinth. The path leads to the middle and then out again. This can be repeated over and over.

**EVOPED® Indoor Labyrinth**  
**EVOPED® Outdoor Labyrinth**

Entwurf Ludwig Koneberg



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