

$$\omega_{n+1} = \omega_n - \frac{\pi}{10} \sin(\theta_n)$$

$$\theta_{n+1} = \theta_n + \omega_{n+1} \cdot 5$$

n	θ_n	ω_n
0	$\frac{\pi}{2}$	0
1	0	$\frac{\pi}{10}$
2	$\frac{\pi}{2}$	0
3	0	$\frac{\pi}{10}$
4	$\frac{\pi}{2}$	0
5	0	$\frac{\pi}{10}$
6	$\frac{\pi}{2}$	0 ← same as $n=0$.

$$\omega_{n+1} = \omega_n - \Delta\omega \sin(\theta_n)$$

$$\theta_{n+1} = \theta_n + \omega_{n+1} \cdot T$$