

Examining School Sports Activities from the Perspective of Lifelong Happiness

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Abstract: school physical education is the basis of national physical education, and lifelong happiness is everyone's goal. Firstly, this paper briefly introduces the main manifestations of school sports activities promoting students' lifelong happiness, and then focuses on the main ways of school sports activities to realize personal lifelong happiness.

1. Introduction

There are many kinds of school sports activities, including men's boxing and women's sword, campus group dance, rhythmic gymnastics, fencing, basketball, volleyball, football, table tennis, badminton, swimming, various track and field events, etc. while social sports is the general term of sports activities and individual sports behaviors organized by society, units or families, and its main purpose is to exercise in the form of mass, Enhance the physical quality of the people. In order to promote the development of social sports, school sports activities play an indispensable role. After students are influenced by campus sports activities and enter the society, these students are the main force of social sports. Their interest and hobby in sports, their concept of sports and their enthusiasm to participate in social sports will affect the people around them, They will certainly play a positive role in promoting social population sports activities. In this sense, students are the basis for the development of social sports population, and school sports will continue to promote the development 1. The main performance of school sports activities in promoting students' lifelong happiness

1.1 Cultivate the Concept of Lifelong Sports

People's life is inseparable from sports activities. According to people's sports activities at different ages, they can be divided into family sports, school sports and social sports. The main object of school physical education is the majority of students who are receiving education. They are in the formation stage of outlook on life and the golden stage of physical growth and development. School physical education stage is very important. It is the link between family sports and social sports. It is an important period to make up for the deficiency of family sports and find and cultivate social sports interests. If we give scientific guidance to this key, we can promote them to make their bodies develop

well in a normal direction and lay a good physical foundation for a healthy and happy life and work all their life.

1.2 Cultivate Students' Sense of Happiness in Adapting to the Society

The ultimate goal of school education is to cultivate useful talents needed by the society. School sports activities can promote people's socialized development, because sports activities have many rules, which can restrict students' behavior and behavior norms. The important thing is to enable people to learn the rules in other areas of social life. In sports activities, middle school students learn to respect each other, respect the old and love the young, cultivate students' team spirit, develop a good social attitude, form the ability to judge moral problems, and promote the formation and development of their personality. In sports activities, harmony and cooperation between people will be internalized into people's conscious action. It is precisely because of these ideas that individuals can give full play to their due autonomy. When these ideas form a certain consensus and are recognized by

1.3 Enrich the Spare Time Spiritual Life in Your Life

School sports activities can make students get relief from mental pressure in a stable and peaceful atmosphere, alleviate the nervous tension caused by the heavy learning tasks, enrich their spare time spiritual life, and help maintain the stability of campus order. Good habits formed in school sports activities will affect one's life. For example, if a student forms the habit of loving basketball in school, he will still exercise in the way of playing basketball and carry out his hobby to the end after he goes to society. Then he will live a fuller life after work, which not only enhances his physique but also enriches his life. It can be seen that the interests and hobbies formed in school sports activities can benefit a lifetime.

2. The Way of School Sports Activities to Realize Personal Lifelong Happiness

2.1 Carry out Various Forms of Physical Education

With the development of school physical education, there have been corresponding changes in teaching content, structure and organizational form. How to accurately and efficiently impart physical education knowledge, technology and skills to students in the shortest time is the teaching goal that physical education teachers have been pursuing. Under the new situation, school physical education activities should eliminate those rigid, single and backward teaching methods, Teaching methods should be diversified, and the organizational form of sports activities should be popularized. Games, competitions, multimedia, intelligence and other teaching methods should be combined to improve classroom efficiency.

2.2 The Content of School Sports Activities is Scientific, Effective and Interesting

Modern school sports activities increasingly emphasize scientificity. Effectiveness refers to that in school sports activities, on the premise of widely accepting sports knowledge and skills, participants focus on mastering the most useful and basic sports knowledge and skills in modern society, so as to lay a foundation for enhancing students' physique and lifelong physical exercise. Interest means that physical education teachers should pay attention to heuristic teaching, let students understand the

knowledge and exercise value of physical education teaching materials, fully experience the fun of exercise, and inspire students to study creatively and try actively.

2.3 Organize Different Forms of Campus Sports Activities for Different Groups of People

In recent years, our school has vigorously carried out the “six ones” project, one of which is “everyone has a fitness specialty”. Therefore, the school has vigorously carried out 1000 meter long-distance running, male boxing and female sword, school characteristic rhythmic gymnastics, cheerleading and school garden group dance, set up Guangdong fencing club and two fencing classes every week, The school carries out various sports elective courses and second classroom activities, carries out a large-scale sports art festival once a year, organizes students' family sports meetings, organizes teachers to participate in Teachers' sports meetings, and participates in various levels of track and field, ball games and other sports competitions. The development of these school sports activities has laid a good foundation for students' lifelong happiness.

From the perspective of lifelong happiness, evaluating school sports activities is the highest evaluation standard of school sports activities. School sports activities involve many projects. It is an arduous and complex work to make all teachers and students fully participate in sports activities. I believe that with the joint efforts of schools and physical education teachers, school physical activities will be able to cultivate students' basic physical ability and scientific self-exercise ability, promote the improvement of students' physical quality, cultivate modern people's social sports consciousness, promote the rapid development of social sports, and realize the goal of lifelong happiness of social people due to sports activities.

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