

The Cultivation of Children's Sports Method Research

Bin Yan¹, Furong Chen²

¹North Sichuan College of Preschool Teacher Education, Guangyuan, Sichuan 628017, China

²Chongqing Normal University, Shapingba, Chongqing 401331, China

Keywords: Infant physical education, Sports consciousness, Physical education

Abstract: children are naturally curious, active, easy to learn, through scientific physical awareness of children's culture, can effectively promote the formation of lifelong physical habits of young children. Therefore, this article uses the methods of literature, logical analysis, sports consciousness of children as the starting point of the research on children's consciousness of physical training methods. Research think: in the children's sports consciousness, through the organization and innovation of sports activities, the use of sports game loved by children, the show and skills competition teaching method, cultivate children's love of sports, happy sports and enterprising aspects of sports consciousness, with the knowledge and skills of learning. The role of the driving force and exercise habits

1. Introduction

Sports activities are of great significance to enhance people's physical fitness, promote healthy development of the body, and ensure that there is abundant energy in learning. Early childhood is the key period of physical development and growth, we must often participate in sports activities to enhance physical fitness, therefore, "kindergarten work procedures" requires: actively carry out sports activities suitable for children, outdoor sports activities should not be less than one hour a day. "Kindergarten education guidelines" also put sports activities into the field of health to ensure that children "like to participate in sports activities, coordinated, flexible, cultivate children's interest in sports activities and habits, enhance physical fitness, improve the ability to adapt to the environment." Affected by their own ability, physical development and level, children often show passivity and tendency in sports activities. Children's sports consciousness is caused by their own subconscious curiosity. When they explore what is easy to get happy activities, they tend to seek advantages and avoid disadvantages. Therefore, only by cultivating children's sports consciousness can we achieve the goal of promoting health by sports.

2. Manifestation of Children's Sports Consciousness

Children's sports consciousness is caused by their own subconscious curiosity. When they explore what is easy to get happy activities, they tend to seek advantages and avoid disadvantages.

2.1 Sports Enjoyment

Make children in the enjoyment of the environment, can play the congenital function of sports.

In the open field, children can use the content and form contained in the process of physical education to enjoy and make full use of it. In this process, children's natural mind has also been developed. There are two specific forms of expression, one is that children will spontaneously and actively enjoy. When teachers plan and organize targeted skill sports teaching and activities, children enjoy the process of learning and training such as playing and cooperating with training, and obtain a variety of happy experiences, such as emotional pleasure and comfort. Second, children will combine with the actual situation to explore and create happiness. Even in the fixed and unified sports activities and education, teachers arrange the same content and form, different children will be inspired by different inspiration, will have different experience, corresponding will also get different sports enjoyment.

2.2 Motor Bias

Sports bias is the most active and main driving element of children's sports consciousness, not only from the heart of every child, but also in the external behavior. Children's sports bias makes them consciously carry out sports learning and sports. Children's Dance Videos widely spread on the Internet and the performance of children in various variety shows can be known. Such and such a series of phenomena have aroused the extensive attention of society, parents and teachers to children's movement. Generally, children's sports bias is shown as follows: they are active in sports learning activities, highly excited, highly concentrated in other activities, easy to produce worship and imitation psychology, as well as using language, action behavior and sports talent to directly show their own bias to several projects or a certain project.

3. Training Methods of Sports Consciousness in Children's Physical Education

According to the requirements of non knowledge and discipline education in the early childhood education stage, only by actively organizing children to participate in a variety of sports activities can we scientifically and effectively teach sports knowledge and sports skills to children and cultivate their sports awareness.

3.1 Imitation Education Method

Imitation originates from children's strong desire for expression. People can take this opportunity to set up various performance projects that children like, so that children can imitate some classic roles and actively interact with each other, so that children can use, digest and innovate the projects and skills they have learned in the exhibition and communication. The more common forms of performance include daily performance, some large-scale performances and so on. Among them, there are many projects suitable for children: first, sports are more artistic. With all kinds of gymnastics dance as the performance content, through the regular performance of many children, or group performance, each child has an equal and fair opportunity to show themselves, let them in the process of appreciation, experience and creation of beauty, to train them in addition to the organic connection between beauty and sports consciousness. Second, the performance class including martial arts elements. Most of these performances are based on individual and group martial arts performances such as Sanda, Shaolin boxing, taekwondo and so on. Children can appreciate, learn and inspire each other in the exhibition, learn the spirit of sports cooperation in performance and practice, and enjoy the beauty of sports, the true meaning of sports and the fun of movement. In this kind of teaching, teachers pay special attention to the use of children's favorite Kung Fu stars, such as the image of Shi Xiaolong in childhood, to stimulate their learning enthusiasm. Third, skills and entertainment. Such as pattern shooting, spline, rope skipping and table tennis activities, through the

variety of children's patterns in the performance and the score of activities, to cultivate children's sports self-confidence, personal pride and sense of achievement, so that they can develop and choose sports suitable for themselves with a more positive rational cognition, and serve their lifelong sports activities.

3.2 Game Education

“Guidelines for Kindergarten Education (Trial)” advocates that early childhood education should take games as the basic form, so that children can not only get accurate ideological education and skill education, but also get physical exercise in actual activities. According to the daily use of games focus on function, there are two types of sports games with better educational effect: one is recreational sports games. The use of more jump grid, stone scissors, small rabbit and wolf, bear and bald strong and so on. Compared with other professional sports games, this kind of games because of the relatively small physical load, and the whole process of children can also be in a happy atmosphere, which is conducive to them to develop good habits in group activities. Second, physical training activities. This kind of game is based on some simple strength games, such as rope skipping, resting and standing, tug of war, etc., so that they can train their physical coordination, sensitivity, agility and team spirit. To effectively support the development and improvement of their cardiopulmonary function. In essence, teachers should always pay attention to children's body movements as the goal and core of children's growth and development to apply them to game teaching activities, and then develop the balance force, lasting force and body coordination ability required by children's sports development, and pay special attention to avoid the phenomenon of playing games for the sake of no teaching objectives, although it is not specialized sports knowledge and skills Education should be carried out in a planned, step-by-step and targeted way according to the law of children's physical and mental growth.

3.3 Diversified Sports Habits

In the process of growth, children's sports habits will be fully developed or changed with the gradual growth of body and mind and the accumulation of knowledge. From the actual effect of cultivating children's sports consciousness, there are three ways to cultivate children's diversified sports habits: one is to have a variety of atmosphere and interactive sports habits. Children's sports atmosphere can not only be limited to kindergarten atmosphere and family atmosphere, but also cultivate their sports habits in public atmosphere and community atmosphere. If necessary, it is necessary to cultivate children's various activity atmosphere in performances and competitions. In this way, children can easily participate in a variety of environments and acquire new skills through their existing skills. The second is the sports habits with many motivations. Taking practice as an example, this paper investigates children's mental level, which makes them very curious about specific projects and endows them with ideals. It is precisely by using this that teachers and parents can guide children to cultivate a unified concept of fitness, growth and sports consciousness. Third, diversified sports habits. It includes traditional conservative, popular modern sports, and some art sports and sports games, even including fashionable yoga, hip-hop dance and Parkour.

3.4 The Cultivation of Children's Sports Awareness

The main content of sports consciousness training is to know and even like all kinds of traditional or modern sports, as well as the related knowledge points of sports events specially planned for children. For example, the origin, historical development, value orientation of sports events, as well as the precautions and physiological health knowledge in some sports or

competitions, not only broaden children's vision, but also transplant sports awareness to children's heart. Then through the investigation of the quality of children's sports consciousness, taking the interaction with sports exchanges and interest sharing activities as the standard, as long as they can share their favorite projects, stars and happy experiences, they can be considered as having basic sports consciousness. From the level of skills, taking the number of skill movements and skill proficiency of children as the inspection standard, as long as the children can share their favorite projects, stars and happy experiences with each other Children can be based on their daily activities, games and performance needs, combined with their physical conditions to play out, from the practical level that children have basic sports knowledge, in order to increase their self-confidence.

4. Conclusion

There is a close and direct relationship between the physical and mental growth of children and the cultivation of sports consciousness in the process of sports. Through the cultivation of good sports awareness, not only helps to improve children's interest in sports, but also helps to enhance their awareness of learning and life. In order to make children's body more robust and sports consciousness more strong, educators and relevant departments should study some sports teaching content that can adapt to each child and teach them in accordance with their aptitude, integrate children's interest, ability and consciousness, so that they can experience the happiness of sports in subtle enjoyment.

References

- [1] Liu Wei, Li mo. *on the cultivation of children's sports consciousness in Physical Education Teaching [J]. Educational theory and practice, No.32,pp. 62-64,2016*
- [2] Duan shaolou. *Research on the development and application of children's sports [D]. Beijing Sport University, 2016*
- [3] Leng Qinghong, Huang Haojie. *Analysis of ways to carry out children's physical education in the family [J]. Youth sports,No,04,pp.86-87, 2016*
- [4] Hao Xiaocen. *Research on children's sports rights in China [J]. Sports Culture Guide, No.02,pp.11-16,2016*