

The Feasibility of Introducing Fun Track and Field Sports into Preschool Education Physical Education

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Abstract: Since the beginning of the 21st century, the Chinese government and education departments at all levels have attached great importance to the development of preschool education. Our students' basic education begins at the early childhood education stage. Therefore, preschool education stage is an important part of our children's access to enlightenment education. Based on the interpretation of the current physiological characteristics and fundamental psychological development requirements of teenagers, the fun track and field is a new form of sporting. In individual track and field sports, some running, jumping, throwing and other movements are added to increase the fun and enjoy of track and field sports. More importantly, through rich activity forms, teenagers' vitality and overall sports level are improved, and then their physical quality and psychological quality have a positive impact on sports.

With the launch of "Children's Fun track and field" by the IAAF and the German IAAF, China also began to pay attention to the promotion and development of this new form of sports, starting from children to grasp the talent reserves training of domestic track and field sports. At the same time, it is necessary to enhance children's physical fitness, improve their enthusiasm to participate in track and field sports activities, and promote the quality of children's physical education. Interesting track and field sports have positive significance of introduction.

1. The connotation and characteristics of fun track and field

1.1. Fun track and field

Based on the interpretation of the current physiological characteristics and basic psychological development requirements of teenagers, the fun track and field is a new form of track and field sporting. In individual track and field sports, some running, jumping, throwing and other movements are added to increase the fun of track and field sports. More importantly, through rich activity forms, teenagers' vitality and overall sports level are improved, and then their physical quality and psychological quality have a positive impact on sports.

1.2. The feature of the fun track and field sport

1.2.1. Enjoyment

Interesting is the main feature of interesting track and field. In track and field, which used to take running and walking as the main forms, jumping, throwing and other combined forms were added, and the characteristics of the game were more prominent. In the process of participating in the activity, students are no longer limited by the original speed, strength and other competitive requirements, instead that kids can relax their tension. At the same time, the addition of jumping, throwing and other sports in the game provides students with more opportunities for physical coordination, and they can be more relaxed during the exercise. With the release of their emotions and dedication, the joy of sports continues to increase.

1.2.2. Competition

Various sports take competition as the basic form of charm expression, and due to the prominence of competition, the role of sports can be played to a greater extent. The competitiveness of fun track and field not only enhances its basic sports characteristics, but also increases participants' enthusiasm for physical activity and helps them develop healthier, more durable psychological qualities and improve their understanding of competition.

1.2.3. Safety

As a kind of track and field sport designed on the basis of the characteristics and needs of students, fun track and field basically conforms to the psychological characteristics of junior high school students, and can fully meet their physical exercise needs in the overall effect. At the same time, compared with other sports with higher requirements on equipment and more restrictions on the site setting, the activity mode is simple. Most of the equipment comes from the existing equipment library of the school, and the overall design is safe. In addition, from the whole process of sports, it can be found that the fun track and field is limited by the field and can be carried out flexibly. It can be basically carried out in the existing field of the school. In general, it has a high safety-performance, generally does not cause teaching accidents.

2. The value of the fun track and field sports in preschool education

2.1. On children's well-being

Physical education plays an important role in early childhood education system and plays an important role in children's physical health. Track and field includes basic sports such as running, throwing, walking and jumping. The integration of interesting elements can enrich the basic forms of traditional sports, so that children can comprehensively exercise their own bodies in sports activities, improve physical quality and exercise health.

2.2. On children's interest

In the preschool education stage, children have great curiosity, attention is easily attracted by interesting content. The fun track and field sports can be combined with children's physical and mental development characteristics and interesting sports teaching design, stimulate them to actively participate in track and field sports good interest, make the traditional monotonous track and field sports more dynamic, also can cultivate children's interest and track and field sports habit

as well.

2.3. On children's overall growth

The educational goal of developing students' quality comprehensively includes five aspects: morality, intelligence, physique, beauty and labor. In terms of education, the interesting track and field sports also reflect the following aspects: (1) Moral Education. This form of track and field sports mainly focus on the cooperation of many people, so that children in the participation process of continuous communication and cooperation, strengthen the unity, mutual assistance, cooperation, love of the collective spirit. (2) Intellectual Education. Fun track and field can simplify some difficult skills, but students still need to remember them along the way. At the same time, in interesting track and field sports, there will be many devices forming various obstacles and complicated routes, which requires students to remember the relevant movements and positions. Children's intelligence is in the stage of enlightenment and development. Under this guidance, children are encouraged to exercise and enjoy themselves, while promoting intellectual development.

2.4. On Teaching in Physical Education

The traditional boring and monotonous track and field education method needs to add innovative elements to meet the learning needs of students, and at the same time, it can realize the progress and development of teaching and improve the quality of physical education. The interesting element is a kind of innovation element, the physical education teaching activity should get rid of the bad content, introduce the new vitality, master the effective feasible innovation, the reasonable physical education teaching method.

3. The introduction of the fun track and field in physical education

3.1. Update the track and field course arrangement method

In modern track and field teaching, the fun track and field, as an innovative teaching mode, mainly adopts the transformation of equipment use mode and activity organization form to increase the fun of track and field. Therefore, in the teaching process, teachers can carry out diversified adjustment of track and field contact mode according to specific site conditions, so as to ensure the optimization of activity form and the improvement of students' learning interest. For example, during running, you can add wave running, eagle catching chicken, snake running, etc., change the running style, add the coordination of the body. And in the process of activities, also can jump in the form of obstacles, frog jump, skip the layout of teaching content, so that students can study, play in the middle school.

3.2. Increase the competitiveness of sports

With the emergence of students' independent consciousness, more students tend to choose the form of competitive sports to express their own characteristics. Combined with such psychological characteristics, teachers can adjust the competitive characteristics of fun track and field according to grade, age, physical quality, etc. At the same time, the teaching of competitive sports should be increased as much as possible. On the other hand, through mastering students' competition results, timely teaching adjustment. Of course, the development of competitive teaching can help students improve learning enthusiasm, enhance their courage to participate in sports learning, help them

form a sense of exercise, and ultimately improve their overall physical and mental quality.

3.3. Adjust the competition mode reasonably

From the perspective of current student development characteristics, students of different grades have different overall development characteristics due to their different social backgrounds and development stages. And the same grade of students because of different physical qualities, the interest in sports is also very different. Adjusting the form of competition mode mainly means that teachers should avoid taking "higher, faster and stronger" as unified teaching requirements in the process of carrying out interesting physical education. To different student psychology, different development stage student characteristic, needs to carry on the comprehensive grasp. At the same time, to meet the needs of learning, change competition pattern, on the premise of participation in sports activities, stimulate students' interest in learning under the guidance, strengthen students participate in sports learning courage and perseverance, promote the overall student body and mind quality enhancement, to ensure the students in different stages of development, the basic standard of even creating better teaching effect.

4. Fun track and field sports to effectively promote the all-round development of moral, intellectual, physical and aesthetic of primary school students

4.1. It is more conducive to the moral development of primary school students

Learning fun track and field sports is a process of thinking, and the process of education as well, the most interesting track and field sports is more than people cooperation is given priority to, need in the teaching process, the communication between the teammates, the running-in and understanding, if the lack of cooperation or no collective feeling, learning is very poor, so the whole activities to cultivate students solidarity, mutual help and love the collective spirit, has the very high value of moral education.

4.2. It is more helpful to improve the intellectual education development of primary school students

During the practice of interesting track and field sports, although some difficult techniques of track and field sports have been simplified, simple techniques still need to be memorized and mastered. In addition, fun track and field sports organize more equipment into different obstacles, complex routes, and the need to remember and master the position and movements of the running process. The student's memory is in the rapid development stage, often carries on the interesting track and field exercise, may cause the student's memory further enhancement and the enhancement, is advantageous to the student's intelligence level development.

4.3. It is more in line with the physical development requirements of primary school students

Interest-centered track and field learning and training direction is mainly to cultivate children's health, master the basic running, jumping, throwing the main goal, compared with the traditional track and field learning, the physiological load of sports is relatively small, the cardiovascular interest is very high. And the respiratory system can be very good exercise, can effectively improve cardiopulmonary function, eliminate human fatigue and pressure, to enhance physical fitness, improve health, improve human activity ability. Many fun track and field activities can improve the body's endurance, speed, agility, coordination and flexibility, and promote overall physical

development. At the same time, it can stimulate students' interest and interest in track and field sports, cultivate and strengthen students' enthusiasm to participate in various sports, and comprehensively improve their physical quality.

4.4. It is more in line with the requirements of aesthetic education development of primary school students

The fun track and field sports are not affected by the scene in practice. Only a flat ground similar to a basketball court and IAAF equipment are needed to carry out them. By combining running, jumping and throwing in the training process, students can perfectly display the beauty of real body speed, softness and strength, so that students can experience the body in the game and have more fun. Sports, but also to show the audience in the movement of the beautiful posture, fully display the beauty of sports, with the value of aesthetic education.

5. Conclusion

To sum up, the fun track and field, as a new sports model, has been promoted and developed all over the world, and has achieved good results. The introduction of interesting track and field sports in preschool education physical education, in line with the physical and mental characteristics of children, into innovative elements, conducive to their physical and mental health and happy growth, has good application meanings.

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