

Analysis on the Thoughts and Implementation Effect of Creating a Complete Set of Actions for Children's Aerobics

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Abstract: Kindergarten aerobics is an important part of a child's daily life. It is an important means to comprehensively train the child's body, regulate emotions and uplift the spirit. Sports activities are the main content of children's sports. Through sports activities, children's physique can be enhanced, basic movements, good character, lively and cheerful personality can be developed, and strong will quality can be cultivated such as courage and self-confidence. In principle, the outdoor sports activities of young children should not be less than one hour in principle. The basic content of children's sports activities are basic exercise exercises, basic aerobics exercises and sports games.

1. Introduction

Basic aerobics for young children refers to aerobics that are arranged for the development of large muscle groups for young children. Mainly develop the scapular muscles, back muscles, abdominal muscles, upper and lower limb muscles. Basic aerobics for children can promote the balanced development of children's body, cultivate good body posture, and enhance the functions of muscles, bones, ligaments and internal organs. Learn a variety of movements in different orientations, speeds, and rhythms to improve sense of orientation, speed, and rhythm. Unifying the unified actions of signals helps to foster organizational and disciplinary qualities^[1].

2. The overall idea of the set of action for children's aerobics

Children's aerobics is a new group of children's sports activities that integrate music, dance and basic movements. It is mainly for preschool children, with freehand movements, simple and skillful movements, and various forms. Our teachers often find that when doing "Kaki", when the music is over, the arm is always waving, and the arms are tired. In the afternoon of the middle class, there is a song "You can guess this name", feeling a bit of music. It's so fast that sometimes I can't keep up, as shown in Figure 1 below:

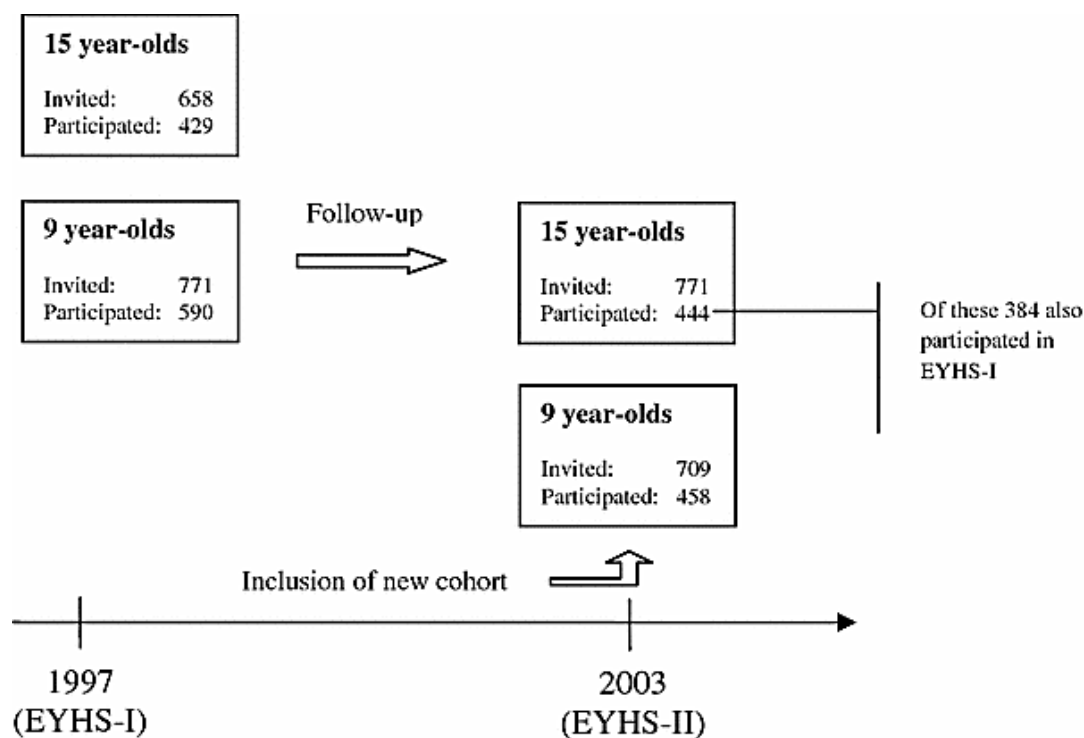


Figure 1: The effect of aerobics on cardiopulmonary fitness

Through Figure 1, we are thinking: Is there a slight gap in our action arrangement? Or is the music we choose not suitable? This kind of problem has been haunting our minds, so we have the idea of further understanding the basic aerobics of young children. Through this exploration activity, I hope to learn more about the choices and principles of children's basic aerobics movement creation, and to understand some simple children's aerobics programming knowledge^[2].

3. Classification of basic aerobics for children

3.1 Freehand exercises

Listen to the teacher's password or broadcast aerobics exercises by empty hands. No equipment is required, it is not limited by the field equipment and has the value of full exercise. The order of the freehand exercises: upper limb movements - chest movements - lower limb movements - waist movements - abdominal back movements - jumping movements - finishing movements. The meaning of the order of the freehand exercise is that from the beginning of the upper limb movement, the amount of activity is gradually increased, and the climax is reached during the jumping movement. Upper limb movement and stretching are ideal habits for the human body to move from static to dynamic.

3.2 Imitation operations

The imitative exercise is based on the knowledge of life and social nature familiar to young children, and is manipulated by visualized movements. The characteristics are from life, simple movements, vivid images, and with a catchy song, suitable for small classes. Light equipment operation refers to the operation of children's hand-held relatively light equipment such as cans, small flowers, small flags, paper sticks, and auxiliary equipment such as chairs and stools. The characteristics are that the instruments vary in variety and interest, and each has its own

characteristics due to different instruments. Imitating exercises are a variety of activities, adult labor, military training, or animal movements that are selected in daily life.

3.3 Light equipment operation

On the basis of freehand exercise, take some light equipment to do exercises. —the instruments are often: ropes, dumbbells, garlands, sticks, or chairs; can improve the interest and motivation of the exercise. Light equipment operation types: red flag exercise, garland exercise, dumbbell exercise, stick exercise, tambourine exercise, ball exercise, scarf operation, three bath exercise. Light equipment operation refers to the operation of children's hand-held relatively light equipment such as cans, small flowers, small flags, paper sticks, and auxiliary equipment such as chairs and stools. The characteristics are that the instruments vary in variety and interest, and each has its own characteristics due to different instruments.

4. Problems in the arrangement of basic aerobics in the garden

4.1 Feedback of each grade group teacher questionnaire

First of all, the normative music and movement of music and movement are the two basic parts of aerobics. Music drives the movement and directly affects the accuracy of the movement. Therefore, the music must be clear and lively, and the rhythm is strong, making it easy for young children to hear the beat. . The action requirements are easy to learn and accurate. Grasp the speed and intensity of the action, pay attention to the actual effect of the exercise, and prevent the flow of the form. At the same time, the music and movement must conform to the age characteristics of the child, and it must be suitable for the child, and should not be adult^[3].

Table 1: Estimation of body fitness for children's aerobics

Independent variable	Body composition	
	β value	T value
Exercise time	0.230	3.109
Number of exercises	0.159	1.921
Exercise intensity	-0.036	-0.522
F value	7.094	
R2value	0.089	

Table 2: Estimated values of cardiopulmonary fitness in children

Independent variable	Cardiopulmonary fitness	
	β value	T value
Exercise time	0.212	2.791
Number of exercises	0.149	1.842
Exercise intensity	-0.097	-1.388
F value	3.741	
R2value	0.061	

Table 3: Estimated values of muscle fitness in young children

Independent variable	Muscle fitness	
	β value	T value
Exercise time	0.124	2.162
Number of exercises	0.173	2.282
Exercise intensity	0.013	0.089
F value	3.454	
R2value	0.068	

As shown in Table 1-3 above, the scientific exercise of a comprehensive exercise should be fully exercised in every part of the body. Specifically, it should allow the child's head, shoulders, upper (lower) limbs, chest, abdomen (back), waist, each muscle, each joint, etc. to be fully exercised.

4.2 The variability of aerobics content and form

Kindergarten aerobics should avoid day after day, year after year, long-term adjustment, rigid, formatted situation, so easy to make children bored mood, in general, after a period of time (1-2 months) The exercise should be replaced, at least with a small change, for example: you can change the use of different instruments, change the formation combination or replace the game content after the exercise, you can also introduce the sports activities and songs and dances that children usually like. Come to aerobics.

5. Conclusions

Children's aerobics is a new group of children's sports activities that integrate music, dance and basic movements. It is mainly for preschool children, with freehand movements, simple and skillful movements, and various forms. Mainly develop the scapular muscles, back muscles, abdominal muscles, and upper and lower limb muscles. Basic aerobics for children can promote the balanced development of children's body, cultivate good body posture, and enhance the functions of muscles, bones, ligaments and internal organs. Learn a variety of movements in different orientations, speeds, and rhythms to improve sense of orientation, speed, and rhythm. Unifying the unified actions of signals helps to foster organizational and disciplinary qualities.

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