

How Does School Physical Education Stimulate Students' Interest in Sports?

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Abstract

The teaching of physical education teaching is different from other disciplines, sports teaching is not simply to make the students master a few sports action, but to put the knowledge and skills learned in the course become amateur exercise ability, exercise consciously to do outside, so almost all physical education teachers need to undertake to the student interest in sport, but the present school education, Many students are never interested in physical education. This paper adopts the method of literature and logical reasoning to explore this phenomenon, and holds that the reasons for this phenomenon are as follows: 1. Negative life and entertainment, 2. Students under pressure to meet the examination standards, 3. Monotonous teaching content and form. In order to solve these problems and improve the interest in physical education, we need to carry out reasonable teaching design, adopt a variety of teaching means and methods, and pay attention to the classroom and students themselves.

Keywords: School, physical education, sports interest, sports motivation.

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1. Preface

School physical education aims at promoting students' health. According to the Definition of the World Health Organization, health is not only the absence of disease or infirmity, but also the completion of a person's physical, mental and social adjustment. With the development of society, the relatively prosperous life of most people has fundamentally changed the basic factors that threaten the health of the population [1]. In terms of the body, in the national nutrition level greatly increased at the same time, physical activity in People's Daily life gradually reduce, the nation's energy intake than energy expenditure, due to lack of exercise, obesity has become a problem of many people, as obesity rates continue to increase, and at the same time increase and a new generation of adolescent myopia rate, And the incidence of chronic diseases and the younger age of chronic diseases; In the psychological aspect, due to the increasingly fierce social competition, students are often overwhelmed, in the face of heavy academic pressure and social competition pressure psychological pressure surge, the incidence of psychological diseases is greatly increased, suicide and self-injury and other extreme behaviors are also increased, more and more students' mental health problems can not be taken lightly; In terms of social adaptation, the network society develops rapidly, and

online social interaction plays an increasingly important role in people's lives. However, with the development of the Network, interpersonal relationship tends to be cold, social trust is reduced, and people chase material interests too much, but ignore the construction of ideology, culture and morality. In such a social background, school sports is an important basis for health, it not only to let students form the habit of sports, in order to maintain their health during the school, but also to let students keep the good habit of physical exercise for life, so that they can keep healthy in a whole life. Therefore, no matter in which country school education curriculum is impossible to lack of physical education curriculum, physical education curriculum plays an irreplaceable role in cultivating talents to adapt to social development. With the rapid development of science and technology, people's living standards are improving year by year, and people's demand for health is also constantly improving, but although sports can be said to accompany the whole growth process of students, PE content from track and field, gymnastics to ball games, rich and comprehensive projects [2]. However, a fundamental problem that has never been solved is the lack or lack of motivation for students to participate in sports, their reluctance to do physical exercise spontaneously, or many students lose

their interest in sports at a time when they should be interested and actively participating in sports activities.

2. On the definition of sports interest

"Interest is a cognitive tendency of people to things, and it is the primary form of values. With positive emotional experience, it has a great impetus to individual activities, especially cognitive activities. "For sports, "sports interest is a psychological tendency for people to actively understand, explore or participate in sports, and it is an important motivation to acquire sports and health knowledge and skills and promote physical and mental health [3]". Forming good sports interest and exercise habit is the premise of promoting students' independent study and realizing lifelong physical education. Therefore, in order to enable students to actively carry out sports learning, consciously develop the habit of insist on physical exercise, and further with their work, study and future life, finally realize lifelong sports, stimulate and maintain interest in sports is particularly important.

The book sports Psychology points out that according to the depth, scope and stability of sports interest, sports interest can be divided into fun, fun and interest, and points out that the generation, development and formation of students' sports interest generally go through the process of "fun, fun and interest" [4]. Therefore, in physical education teaching, physical education teachers should step by step, from shallow to deep to stimulate and cultivate students' interest in sports, promote students' interest in sports by fun, fun to develop interests, so as to make sports interest has greater impetus.

3. Reasons why students are not interested in sports

3.1 The impact of negative entertainment and lifestyle

To let children form the habit of sports, the premise is that children have a strong interest in sports activities, is also an important aspect of school physical education. We can imagine that children are actually naturally active and have a natural interest and drive for physical activity. Today, however, arousing children's interest and motivation in sports seems to be more difficult than ever. This not just because of the heavy academic burden and social competition pressure compressed the children's physical space, but also because sedentary lifestyle become habits of most people, but also because of entertainment such as online games are more able to attract children, let the children immersed among them, and to further compress the student sports activities of the time [1]. Even in a certain extent, the release of the students' free time and more involved in sports offers the potential for them, but how to make this possibility into reality, how to let the children take the initiative to get rid of the shackles of sedentary lifestyle and the temptation of all kinds of passive entertainment, consciously voluntarily choose

healthy physical training and sports entertainment, this is we need to seriously consider.

3.2 Students have poor physical fitness, lack of theoretical knowledge of sports and uneven sports skills

Sports can be said to accompany the whole growth process of students. The content of PE class ranges from track and field, gymnastics to ball games, and the items are rich and comprehensive. However, a fundamental problem that has never been solved is the lack or lack of motivation for students to participate in sports, their reluctance to do physical exercise spontaneously, or many students lose their interest in sports at a time when they should be interested and actively participating in sports activities. However, their participation in sports activities is mostly driven by the necessity to participate in sports courses, sports assessment and other activities. Once the pressure from the curriculum and assessment disappears, students' sports activities also disappear immediately, and they cannot form sports habits. In every class, there are some students because of poor physical fitness, improper exercise methods or differences in interest, temperament, personality and other reasons leading to poor results. If improper guidance, this part of the students tend to lose interest in sports because of psychological inferiority [3].

3.3 The teaching content is too monotonous, focusing on individual exercises but ignoring the whole cultivation

Interest is a positive tendency of understanding objective things, which can promote people to explore new knowledge and develop new abilities. Therefore, cultivating and stimulating students' interest is the psychological basis of good PE class. If the teaching content, methods, means can not arouse the interest of students, teachers and students against their will to practice, this will stifle students' enthusiasm and interest in sports, physical education will not have good results [5].

Notice, the three ball is skill intensive activities, volleyball has passing, pads, dunks, hair, block, basketball has movement, passing, cutting, cutting, throwing, football only footwork is divided into the front of the instep, instep inside, instep outside, instep inside, toe, etc.. However, in physical education teaching, such open motor skills are often changed into individual single movement techniques, and even students are assessed in this way in teaching. Students can neither experience the pleasure of transformation of multiple technologies nor feel the charm of teamwork in collective projects in dull and single movement repetition. Most of them participate in sports activities under the drive of having to participate in sports courses, sports assessment and other activities. Once the pressure from courses and assessment disappears,

students' sports activities also disappear immediately, and they cannot form sports habits.

Ren Hai, a school sports expert at Beijing Sport University, described the practice as "passive sport".^[1], this form of sports is difficult to stimulate children's interest in sports, and may even lead to negative psychological reactions, so that children feel pressure during physical exercise, and thus hate sports. Although we know that this way can not achieve long-term results, let alone let students form a lifelong habit of physical education, obviously runs counter to the educational concept of physical education. But we still have to use it, which shows that school physical education itself will also have to overcome and eliminate the "mechanical, ineffective" and "repetitive, meaningless". Young children period of the "passive sports", is not spontaneous, so if into adulthood or old age after the "passive sports" is likely to appear again, but then drive people to exercise, not dull and have to participate in physical education curriculum, but miserable and difficult to cure of hypertension, diabetes, heart disease and other chronic diseases.

4. Sports interest in the core accomplishment of physical education

Interest is particularly important in PE teaching. Sports study interest including cognition, emotion, will and behavior tendency of four dimensions, the formation of the students' interest in sports for sports teaching has obvious promoting role, only for sports interest can make the students actively learn sports knowledge, learning motor skills, consciously participating in various sports activities, and make it become a habit, keep a lifetime [6]. The formation of interest in physical education depends on the teaching mode of physical education teachers. Only a successful teaching mode can stimulate students' interest in learning. Therefore, factors related to interest in physical education should be added to the teaching tasks and teaching objectives. And the formation of PE learning interest is in the process of physical education in each stage of the strict regulation, and then in the process of imperceptible realization. In addition, the goal of physical education teaching is not only to improve students' physical quality and sports skills, but also to cultivate students' interest in physical education and hobbies, so as to form the habit of lifelong physical exercise.

Wuhan sports college Zhao Fu learning, points out that the official launch of "the Chinese students to develop the core literacy" system will be divided into cultural basis, independent development, society participate in three aspects, the comprehensive performance of humanistic culture, scientific spirit, learning to learn, healthy living, bear responsibility, practice innovation 6 big accomplishment, concrete elaboration for 18 basic key points of the national

identity. In the aspect of healthy life literacy, we advocate students to cherish and understand life [7].

Sports interest and ability are the key elements in the core accomplishment structure of physical education. The persistence and selectivity of students in sports learning are first established on the basis of strong sports interest and certain sports ability. Sports interest is the psychological motivation for students to actively recognize and engage in sports learning activities, and it is also an important basis for students to devote themselves to sports learning activities, while sports ability is an important guarantee for the formation of sports interest. Forming good sports interest and ability can make students have a pleasant sports experience, pursue the happy experience of actively engaging in sports learning activities, and can take the initiative to improve their sports technology and skills, so that they can get great physical and mental satisfaction, and get positive emotional experience in sports activities. To help students form sports interest and sports ability is one of the requirements of school PHYSICAL education teaching, and is also the main way to enhance students' lifelong sports awareness and ability. In the structure of core literacy of physical education, sports interest and ability need to go through three stages of formation, promotion and stability, each stage can have different influence on students' sports interest and ability, and jointly maintain the reliability and stability of students' core literacy structure of physical education.

The new PE course arouse and maintain the students' interest in sports in center position, because only the student have the interest in sports, will participate in regular physical exercise activities, to insist on physical exercise habit, to set up the lifelong sports consciousness, sports activities will also as an important and indispensable part of their life.

5. How to stimulate students' interest in sports

PE teachers play a vital role in stimulating and influencing students' interest in sports. PE teachers should use diversified ways to guide students, stimulate students' interest in sports, and influence students' motivation in sports from multiple angles [8]. We should not only teach by words and deeds, but also set a good example for students from language, behavior and demonstration. We should pay more attention to classroom content, teaching methods and organizational forms. In short, to make the classroom can attract students' attention, stimulate students' interest in learning sports.

5.1 Choose reasonable teaching content, pay attention to skill training and experience the fun of sports

Whether we can fully meet the needs of students in physical education directly affects the cultivation and improvement of students' interest in

physical education. Secondly, the teaching practice shows that the better the students master the technology and the higher the skill level, the more they can experience the fun and value of this sport, and thus develop a strong interest in this sport. Thirdly, the emotional experience of students proves that students have positive emotional experience in sports practice, especially the successful experience through failure and frustration will have great interest, and can do to take pain as joy, enjoy it. Thus, in the process of physical education teaching, the teaching effect of sports skills is very important for the formation of students' interest, only in the physical education class, students can master sports skills, and skilled use of sports skills, to have interest in this. In addition, in the initial stage of learning motor skills, the difficulty of learning motor skills should be appropriately reduced, so that students can experience the sense of accomplishment of successfully completing the movement in the initial stage of learning. In the teaching process, students should also be given more positive feedback, more encouragement and praise to students, establish the self-confidence of students in sports activities, so that students can better form interest in sports.

5.2 Diversified teaching contents, organizational forms and teaching methods

If the teaching content of PHYSICAL education is always monotonous, it will also hinder the development of students' interest in sports. Physical education teachers in the process of sports teaching, should especially pay attention to the organizational form and teaching method, different organizational forms and teaching methods more easily attract the students attention, attract students' interest in physical education class, the influence of the organizational forms and teaching methods mainly embodies in the teachers' teaching and students' learning, physical education teachers in the classroom for students to make the right guidance, Play a leading role in the whole class, but at the same time, also want to highlight the students in the main position in the class. This will certainly help to increase students' interest in sports. Therefore, it is necessary to carry out physical education teaching research actively, not only by outdated teaching plans and textbooks, but through scientific research results to implement physical education, using various organizational forms and teaching methods.

5.3 Use games and competitions appropriately to let students explore and learn independently

In the teaching process, sports games are an effective way to improve students' interest in learning. Because of their diverse forms, rich content, learning and entertainment as a whole, they can also tap their potential and cultivate their sentiment, so they are deeply sought after by students. Students find jogging, gymnastics and other ordinary preparatory activities boring, so teachers can use a series of games related to

the teaching content to replace the boring warm-up form. In addition, in physical education technology teaching, the correct use of game teaching, can change the form of a single, boring technical practice, at the same time improve students' learning arousal level, strengthen the technical essentials of movement in the movement, gradually form dynamic stereotyping [9]. For example: in the basketball dribble technology teaching process, we can use dribble back and forth run, dribble shout number, dribble relay and other games. In this way, the basketball dribble technology is gradually game-like and game-like, which fully interprets the teaching method, greatly increases the entertainment effect of practice, and is more conducive to students' full mastery of action technology. In other words, other teaching forms should be avoided in the initial stage of sports movement mastery, and gamification teaching can be adopted in the consolidation stage of sports movement skills, in order to consolidate and improve students' motor skills in the case of movement and increased difficulty. Therefore, at present, there are also independent learning and exploratory learning teaching methods, that is, when students learn the course content according to their own needs, they first learn by themselves in the case of separation from the teacher, according to their own understanding and ideas of sports technology, to explore the learning content .Compared with traditional teaching, autonomous practice pays more attention to the student-centered status and embodies the student-centered guiding ideology. In recent years, with the concept of people-oriented physical education being highly advocated, physical education is constantly adapting to the needs of various teaching reforms, slowly changing the past teaching concept, and actively introducing some teaching methods worth promoting, which greatly promotes the students' independent learning ability. Practice has proved that autonomous learning mode greatly improves teaching efficiency and efficiency, especially greatly arouses students' enthusiasm, initiative and interest in participating in sports.

6. CONCLUSION

Enhancing students' physical health is one of the main goals of school physical education. The prerequisite for achieving this goal is to improve students' initiative and enthusiasm in participating in physical exercise, that is, to cultivate and stimulate students' interest and motivation in sports. However, even though there is enough time and schools attach more and more importance to sports, students are still unable to attract enough interest in sports activities. On the contrary, passive forms of entertainment such as mobile games attract students more. In order to get students to go outdoors again, physical exercise, school physical education faces a great challenge. First of all, school physical education should change students' passive sports behavior into active sports behavior, meet students' sports needs in physical education teaching, give students positive feedback in teaching,

establish students' self-confidence and sense of achievement. Secondly, the teaching content can not be monotonous, should use a variety of different teaching methods and organizational forms, appropriate use of sports games and students' independent learning or exploratory learning methods, to improve students' interest in sports learning and sports.

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