

# *A Probe into the Necessity and Effective Path of Football Activities in Kindergartens*

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**Abstract:** With my country's further emphasis on pre-school education and the support of corresponding policies, the physical and mental development of children in pre-school education has attracted much attention. Football can effectively cultivate children's personal physical and psychological qualities. Therefore, introducing football activities into kindergartens can make In the process of learning kicking skills, children have a strong physical fitness, improve their personal physical fitness, and promote the development of their own cognitive ability. Not only that, team football activities can also cultivate children's sense of unity and cooperation. This article explores the development of football skills activities in kindergartens, discusses the necessity and feasibility of football activities in kindergartens, and then proposes practical and effective strategies to strengthen football education in kindergartens.

## **1. Introduction**

Football has a history of one hundred years, it has been gradually loved by the public, and then transformed into a more common sport. Children in the kindergarten stage have a strong curiosity and are quick to accept novel things. At the same time, their personal behavior is plastic and the characteristics of football make it not only integrate sports such as running, jumping, throwing, but also solidarity and cooperation. In the process of early childhood education and teaching, combining these characteristics of football into the specific teaching process can cultivate children's ability to participate in sports at a deeper level, and tap their personal potential, which not only promotes children's physical and mental health, it can also improve the ability of collaboration between individuals and groups. However, due to the limitations of the development of football in our country, there are many problems in its development in kindergartens. This article discusses the necessity according to the current development trend of football and the specific situation of football activities in kindergartens and proposes effective implementation paths.

## **2. Analysis of the Status Quo of Football Activities in Kindergartens**

With the country's further attention to football and the support of many strategies, football is gradually promoted in primary and secondary schools, and actively exchanges and learning with some countries where football is developed. In the process, as a kindergarten, its football activities

are also increasingly encouraged. However, due to the limitation of its own resources, the kindergarten has not formed the conditions suitable for football sports in the teaching materials, equipment, and training system, which makes children still have many obstacles in the process of developing football activities.

First of all, in the process of carrying out football activities in kindergartens, due to imperfect policies, the allocation of funds is correspondingly insufficient. Secondly, the concept of emphasizing the importance of football activities has not really penetrated into kindergartens, and the construction of the football-characteristic kindergarten system currently advocated is not very complete. The number of football-characteristic pilot kindergartens is limited, and the problem of funding allocation has led to a long and difficult journey for kindergartens to carry out football activities. Not only that, some kindergarten parents have certain deviations in their cognition of football. Most parents believe that for children in kindergartens, football is a relatively fierce and very dangerous activity that needs to be used in running, jumping, and collisions. Toddlers will inevitably be hurt when they engage in football team activities. For this reason, many parents do not actively encourage their children to play football. Compared with football, there are many supporters of table tennis and basketball in the early childhood stage. Many parents are more inclined to cultivate children's interest in these two types of ball games. In this environment, many young children have little understanding of football and therefore have a low interest in football.

Insufficient experience in carrying out football activities in kindergarten, the lack of professional teacher guidance and corresponding professional equipment for children's football activities all make the development of football activities very imperfect. The lack of professional football equipment is easy to increase the risk of children in football activities, and the lack of professional teachers leads to their inability to integrate the needs of children's physical development in the process of football activities.

### **3. The Necessity and Feasibility of Football Activities in Kindergarten**

#### **3.1 Strong Policy Guidance**

The emphasis on the integration of football into sports activities in education and teaching is mainly due to the fact that the relevant departments of our country have successively issued the "China Football Reform and Development Overall Plan", which emphasizes the construction of football schools, in order to better implement the corresponding spirit of the superiors and integrate football into kindergartens, children's awareness of football is cultivated from an early age, and their potential in football is stimulated to increase their interest in football.

#### **3.2 Emphasize the Practical Significance of the Implementation of the Infant Football Curriculum**

The foundation of Chinese football is relatively weak and the population participating in football is very scarce. This makes the reserve talent training system singular. Chinese football is mainly based on clubs and teams of all ages. The preschool football popularization courses for children can effectively broaden the scope of Chinese football in talent selection. The construction of a good football talent training system combined with the diversification of school education and the construction of a good football talent training system for children from childhood can be promoted in our country. In kindergartens, pre-school education is also an important component of basic education, which emphasizes quality education, and football courses can effectively meet the needs of quality education. The collective form of football can also strengthen students' physical and will training, thereby promoting children a sound personality can effectively improve the overall

physical and mental quality of children. Toddler football courses can integrate the specific skills of football and the spirit of teamwork in it, which is very important for young children in the critical period of development.

Exploring the changes brought about by early childhood sports has found that the early childhood sports experience has a more important impact on the formation of future personality. The comprehensive strength of sports activities is helpful to the formation of children's self-concepts. This is because the process of exercise can make people feel happy and more energetic. The joyful emotions of young children in the process of football can further arouse their interest in football. The improvement of physical activity will better help young children to obtain certain praise, which will gradually form a more positive self-concept. This feeling of applause can encourage them to increase their self-confidence, so that they are more willing to try many new things boldly, promote the positive development of children's psychological development, and ultimately help them shape the spirit of exploration and independence.

As we all know, football is an application that requires the cooperation of multiple people. It has a strong demand for social occasions. In the process of playing football, children not only need to master the skills of football, but also need to abide by the rules of football. Help young children to learn concepts such as cooperation and cooperation with others, win-win, and strengthen their awareness of fair competition and team spirit, thereby fostering children's personal sense of responsibility. Teamwork can effectively increase cooperation among children during football activities. This experience helps them to solve the problems in football from the perspective of others, and overcome the self-centered problems in the development of young children. It can be seen that football not only cultivates children's good moral character, but also exercises children's social adaptability and promotes the development of their interpersonal skills. Among them, the learning of rules of football activities will also enhance children's self-control.

## **4. Effective Strategies for Carrying out Football Activities in Kindergartens**

### **4.1 Principles for Organizing CHILDREN's Play Activities**

In order to ensure the smooth and safe development of kindergarten football activities, it needs to follow the principles of comprehensiveness, regularity, diversity, and gradual safety during the in-depth process of football. Therefore, it is emphasized that the development of football should be comprehensive. Teachers should not only exercise skills such as football passing, but also need to train students to throw the ball with their hands to help children's limbs get effective exercise. It is necessary to combine the physical and psychological burden of young children to pay attention to the degree of their exercises, so as to enable young children to play football activities in a relaxed and pleasant atmosphere. The principle of regularity emphasizes that football needs to run through the daily lives of children, so that they can develop the habit of playing regularly, and promote their awareness of the huge benefits that persistence brings to themselves.

### **4.2 Precautions for Organizing Kindergarten Football Activities**

The football teaching activity in kindergarten is a collective teaching activity. In order to ensure the safety of children in the learning process, it is necessary to exercise the movements under the guidance of the teacher in a purposeful and planned manner. To this end, teachers can make full use of children's arrangements in kindergartens, combined with outdoor morning exercises and other inter-class exercises to incorporate basic football exercises. This daily exercise can promote children to lay a solid physical foundation for group football activities. Daily exercise is also conducive to the formation of good habits for children. Football games are mostly played outdoors,

and the environment is more complicated. In order to ensure the personal safety of children, teachers need to effectively emphasize the rules in the process of organizing activities. Teachers can initially combine football with daily game activities to enable children to gradually Adapt to group sports. Not only that, the combination of football and daily games also reduces the difficulty level of football to a certain extent, so that young children can have a deeper interest in football in the process of football-related games. This kind of inquiry method that stimulates children with interest is more in line with the children's psychology at this stage, thereby prompting children to improve their personal exercise level and comprehensive skills in the process of exploring and learning.

## 5. Discussion

To sum up, emphasizing the integration of football activities in kindergartens is different from the development of football activities in primary and secondary schools. In this process, the main thing is to stimulate children's personal interests, and the development of their activities is consistent with the development of children at this stage features and through the combination of games and football to strengthen children's understanding of football, from which to exercise personal comprehensive quality, use this pleasant teaching method to strengthen the development of children in football.

## 6. Acknowledgment

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- 2). The Scientific Research Fund Project of Provincial Sports Bureau:Study on the Establishment of Norms for Gross Motor Development Test in Shanxi Province (19TY115).

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