

# *A Study on the Popularization Path of the Exercises with the Featured Lessons of Sports Art in Primary and Middle Schools*

**Kexin Wu, Jiahua Shen, Suibin Xie**

*College of Physical Education and Health Sciences, Zhejiang Normal University Jinhua, Zhejiang, 321000, China*

**Keywords:** Sports and art sports events, Long recess, Promotion path

**Abstract:** Big break is a new form of physical activity in the development of school education. From the perspective of students, big break is a form of active rest between classes, the difference between the characteristic calisthenics and the traditional calisthenics is that the mechanical and Boring Calisthenics are replaced by the various sports arts, which can improve the students' participation and sense of achievement. This paper explores the promotion path of sports and arts in middle schools, each school can combine its own actual situation, form a unique new form of calisthenics between classes, and create a new mode of interaction between teachers and students, to promote the development of students' physical, mental, moral and intellectual qualities.

## **1. Introduction**

Sports art refers to the combination of sports and art as a new form of expression. Compared with the boring practice of traditional track and field events and ball games, sports and art events are rich and colorful in content, and are more easily accepted by students, improve students' participation, and awaken students' inner yearning for beauty, at the same time has a good ornamental, give people the enjoyment of the United States, while promoting health, improve the aesthetic ability. Primary and secondary school students because of its special age composition, for the development of sports arts class characteristics of calisthenics has a great advantage. However, due to the "examination-oriented education" educational model existing at the present stage, the physical education teaching and large-scale activities form a single, mechanized. Examination-oriented education, heavy burden of students' homework, backwardness of child discipline concept and other practical factors have become obstacles in the development of sports activities with distinctive features and the improvement of students' comprehensive quality. In order to realize "one hour a day" of students' physical exercise, break exercises play an important role, and the contents of break exercises become an important factor of influencing students' physical exercise. As the emergence of a kind of fresh sports things, the characteristic break operation of sports arts is a powerful supplement to the development of school sports, an important way to promote the formation of students' new skills, the improvement of team cooperation ability, and the development of teachers' and students' cooperation and exchanges, at the same time, it also provides a new idea for aesthetic education in schools.

## **2. Concept and activity content of sports events in sports arts**

Sports and art have the same origin in the embryonic state of history, and have been developed into different tributaries by the power of civilization. Under the link of Aesthetics, sports and art will be well integrated in the future, benign interaction and coordinated development. [1] many scholars in our country have defined the concept of sports events of Sports Arts, and finally integrated some scholars'views on sports arts, the sports and arts events are defined as follows: The sports and arts events are the deepening and integration of sports and arts, the regular body movements with organization and rhythm, and the integration of continuity and gracefulness, it is manifested in aesthetic factors such as physical beauty, technical beauty, arrangement beauty, health beauty and artistic beauty, as well as sports and cultural activities with fitness, education, entertainment, competition, culture and sociality, it is a subject item combining sports with art. The sports and arts events that can be implemented in schools mainly include: gymnastics, cheerleading, sports dance, flower ball, aerobics, kickboxing, taekwondo, pedal gymnastics, and fitness ball. As the main sports and arts events, they have a lot in common.

## **3. The significance of developing the characteristic calisthenics in the class of sports art**

### **3.1 “Fitness” function**

As an important part of school physical education, large break activities are one of the ways to realize the goals and tasks of school physical education, it is an important guarantee to achieve the goal of “students activity at least one hour a day”, which can effectively develop students' physical and mental health, promote students' physical and mental growth, and ensure the implementation of the guiding ideology of “health first”.

### **3.2 “Healthy Heart” function**

The development of characteristic calisthenics in sports and arts classes can not only adjust students'tense study rhythm, but also enrich students'after-school life, stimulate some students'inner potential, develop their special skills in sports, and ease their self-pressure better, improve the entertainment, so as to achieve the “heart” effect.

### **3.3 Aesthetic value**

The sports events of skill-oriented difficult and beautiful events group have higher requirements on athletes'physical appearance, requiring athletes to pursue beautiful bodies, and to pursue artistic beauty in the performance and display of skills, these two characteristics are the outstanding characteristic which the Sports Art Class Sports Project has together. [2] The introduction of simple calisthenics with artistic characteristics in primary and secondary schools can not only effectively exercise students'body posture and lay the foundation for shaping a good body shape, but also, under the passionate music accompaniment, different types of dance show a common cheerful, strong, elegant and beautiful, a common display of youthful vitality and color. Under the influence of this range of students, the sentiment is edified, the appreciation ability is enhanced, the life is enriched, the mood is happy, the moral character is nobler, the thinking is more active, the mind is more broad-minded, and the spirit is also more excited.

### **3.4 Improving the management skills of teachers and schools**

Compared with the traditional broadcast gymnastics, the movement difficulty of the sports and art characteristic inter-class exercises is increased. At the same time, large recess activities are different from General Physical Education classes, large number of people, difficult to organize, if there is no fine management and arrangement, the safety issue will soon highlight. In order to ensure the safety and order of large-scale recess activities, teachers and school leaders must study

and draw up an activity plan, to organize management and project content as well as safety planning, to ensure the healthy and effective development of large-scale recess activities.

#### **4. Analysis on the Promotion Path of Sports and Art Featured Recess Exercise in primary and secondary Schools**

##### **4.1 Constantly improve the professional skills and knowledge level of PE teachers.**

Physical education teachers, as the leader of physical education, their skills and knowledge level determine the quality of physical education, strengthen the training of teachers' knowledge and skills, improve the overall quality of the whole team of teachers, promote the balanced development of compulsory education, and improve the quality of teaching.

##### **4.2 According to the characteristics of students in different periods, the scientific choice of teaching content**

Due to the special age structure of primary and middle school students, there are great differences in their physical and psychological development. According to the students of different ages, we can choose the corresponding teaching content according to the different physiological and psychological characteristics of different ages. Elementary school students can choose some basic movements combined with lovely and bright rhythm music to improve their attention and interest in learning. For middle school students in the stage of adolescence, we should try to choose dynamic music, which is consistent with the arranged movements, so as to increase participation, better stimulate students' potential, and help them to better play their movements. In terms of teaching content, we should actively strive for students' opinions, arrange teaching content in a directed way, conform to the trend of The Times, and be flexible, which is helpful to keep students' interest in learning.

##### **4.3 Guide students to change their learning attitude and actively accept new knowledge fields**

As the main body of the teaching work, students' learning attitude determines whether the teaching work of school physical education plays a role in training students' body, mastering sports skills, cultivating lifelong sports awareness and mastering necessary safety and health knowledge. Student groups have a certain ability to autonomous learning, for good or bad things are already have the basic ability to identify, so before learning skills, can in advance to understand and learn some about sports art characteristic content, characteristics, function and characteristics of the lesson hold, accept the new knowledge in the field of active and actively, thus more conducive to the late skill learning. In addition, under the guidance and help of teachers, students can also make use of what they have learned flexibly and innovate actively.

##### **4.4 Change the teaching concept and improve students' interest in sports and art**

The physical education class pattern should always follow the development rules and needs of students, actively inject new blood into the development of physical education curriculum, and stimulate the vitality and vitality of school physical education. On the choice of PE teachers in the teaching content should be flexible, will feature the lesson hold part of the reference to the teaching of physical education, improve the learning enthusiasm of the students of physical education, cultivate the consciousness of innovation, improve the aesthetic appreciation ability, enhanced physique, trains the student to know the United States, the pursuit of beauty, performance ability of beauty, finally can we truly achieve the purpose of fitness, healthy heart, promote the sustainable development of school sports work.

##### **4.5 Diversity Promotion**

As for the promotion forms of sports and arts, there are mainly two modes: teaching promotion

and extracurricular promotion. Time in the process of school teaching to borrow the sports course, according to the characteristics of the students in different age stages to choose the appropriate teaching content, using scientific teaching methods and means of promotion, targeted help and guide them better learning sports art features the lesson hold content, by means of network multimedia, in the form of organization students watch the related video games and performances, sparked interest, improve the characteristics of the lesson hold promotion efforts. After class, we can organize competitions and performances, and hold competitions and performances regularly to improve the quality of recess exercises. Through the form of competition, arouse teachers' working passion and students' learning passion, vigorously promote the sports and art class characteristic recess exercise program.

## **5. Conclusions and Recommendations**

### **5.1 Conclusions**

Through reading literature and interviews, we know that most of the elementary and secondary school sports and art characteristic recess exercises are not ideal, and most of them are boring and single running exercises or stereotyped radio gymnastics. Students are not enthusiastic about such recess exercises, and they hope to have diversified recess exercises instead. In addition, most of the school venues and equipment are in line with the conditions for opening featured recess exercise, so it is necessary to popularize featured recess exercise in sports and art in an all-round way. Affect the sports art features the lesson hold many reasons, among them, the weather, part of the teacher workload is bigger, the sports skill teaching of the single, less chance to participate in training opportunities, part of the school attaches great importance to the strength is low, the teachers troop the plait ability is limited, the teachers and the students' cognitive degree is low, ultimately limits the lesson hold better promote sports art characteristics.

### **5.2 Recommendations**

1). First of all, the government departments and the Ministry of Education should be combined with schools on sports and art featured recess exercise degree and publicity, in line with the trend of The Times, actively mobilize the atmosphere of activities between classes, make plans, introduce policies, actively and effectively promote, so that big recess play an important role in primary and secondary schools.

2). According to their own characteristics and actual conditions, each school can form a diversified characteristic class exercise form, increase the interest of the content of creation, which not only shows the characteristics of each school, but also reflects the scientific nature of the school physical education work.

3). The current primary and secondary schools to promote real distinguishing feature each lesson hold standards of physical education teachers lack, therefore, requires that teachers should first improve their level of skill to better guide features the lesson hold, so it is necessary for the cultivation of the professional teachers and absorption, improve teachers' teaching ability and creating ability, organize regular training, and actively encourage teachers to participate in, to improve their professional knowledge accomplishment.

4). PE teachers holds the important role of the participants and organizers of the lesson hold activities, coping space equipment, timely, reasonable and effective arrangement, according to the students of different age stages, selecting appropriate exercise load, when teaching pays attention to the protection and help, on the premise of guarantee the students health care, alleviate the pressure of the class.

## References

- [1] Xiaoming Hu,(2008).*On the relationship between sports and art [J] .Sports Science, 10(6),pp3-8*
- [2] yu Ye .(2017.)*Characteristics of the development and evolution of sports art events[J] .Journal of Harbin Institute of physical education, 35(6),pp91-96*