

The Construction of a Collaborative Education Mechanism between Home, School, and Community for "One Hour off Campus" Physical Exercise

Yu Lingling

Inner Mongolia Normal University Institute of Physical Education, Hohhot, Inner Mongolia, 010022, China

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Abstract: Through a survey of the current physical health status of students and an analysis of the necessity of a three in one physical exercise mechanism for students in schools, families, and communities, we can propose the following specific construction strategies: At the school level, schools should play an important role by formulating comprehensive physical education courses and extracurricular activity arrangements to ensure that every student can participate in physical exercise. Parents should also play an active and cooperative role in the construction of student physical exercise mechanisms. They can cultivate their interest and habits in sports by encouraging and guiding children to participate in sports activities. The community plays an important role in the construction of student physical exercise mechanisms. Communities can organize various sports activities and events to provide students with more opportunities to participate. Through the cooperation and efforts of schools, families, and communities, we can better promote the construction of student physical exercise mechanisms and provide better protection for their physical and mental health.

In recent years, with the development of society and the improvement of people's living standards, people's attention to health has been increasing. Sports exercise, as an important way to maintain health, has received widespread attention. However, with the rapid pace and informatization of social life, students' physical exercise time is gradually decreasing, becoming a common problem. At the same time, the responsibility of families and schools in cultivating healthy growth of students is becoming increasingly prominent. How to promote collaborative education among families, schools, and society through effective mechanisms has become one of the urgent problems that need to be solved. In this context, the construction of a "one hour off campus" sports exercise home school community collaborative education mechanism is particularly important. The author aims to explore how to utilize one hour of physical exercise outside of school to build a collaborative education mechanism among school, family, and society, promoting the comprehensive development of students' physical and mental health. Through in-depth analysis of the current problems and challenges in physical education, combined with relevant research results at home and abroad, the author attempts to propose a practical and feasible mechanism to promote an increase in student physical exercise time, improve the quality of physical education, and

promote the comprehensive development of students ^[1].

1. Analysis of factors affecting student physical exercise

1.1 Family influencing factors

The family is the base for children's growth and life, and parents are the first teachers of students. Therefore, the influence of family factors on students is subtle, among which the power of role models, family economy, and parents' understanding of students participating in physical exercise all have an impact on students. The power of parental role models can affect students' attitudes and participation in physical exercise, such as parental support, helping to develop fitness plans, and participating in physical exercise with students, all of which can affect their enthusiasm for participating in sports. The economic ability of a family is one of the factors that affect students' physical exercise. For example, parents can support and satisfy students to purchase sports equipment, support students to exercise in sports venues, provide fitness and entertainment guarantees, and support students to watch sports matches on site. These factors can cultivate students' awareness and enthusiasm for sports. The understanding of parents is equally important. For example, parents believe that physical exercise can improve students' physical fitness, cultivate a spirit of hard work, and enhance their interpersonal skills. Exercise is necessary and can have a positive guiding and encouraging effect on students. From this, it can be seen that the family mainly plays a positive guiding and supporting role in students' physical exercise activities. Family physical education for students can help them form basic understanding, and support based on physical exercise can also encourage students, improve their participation and autonomy, and help them cultivate good physical exercise habits ^[2].

1.2 School influencing factors

Schools are the organizers, supervisors, and protectors of sports, and the supervision of sports, health education, physical education teaching, sports policies, organizational management, facility funding, and the construction of sports talent teams by school teachers can indirectly or indirectly affect students. The arrangement of school physical education courses should be effectively implemented, and students should be supervised to complete physical exercise with quality and quantity. School health education helps students recognize the importance of physical exercise and helps them avoid or reduce sports injuries. The quality of physical education teaching directly affects the enthusiasm and emotional attitude of students. The school's sports policies, sports facility construction, and talent team play a supporting and guaranteeing role ^[3].

1.3 Community influencing factors

Community is also one of the important factors affecting students' physical exercise. Among them, community organization and management, facility construction, and publicity and education can create a community sports atmosphere. Whether the management system for community sports exercise is sound, and whether the guidance center or management organization is established, will play a certain role. Whether the construction of community sports venues can meet sports needs, whether there is dedicated funding, and whether community activity funds are deducted will all affect sports participation. Community promotional activities can stimulate activity enthusiasm.

1.4 Factors influencing students themselves

Students' emotional vitality, subjective experience, physical value, interpersonal perception, and coping with difficulties are internal factors that affect their physical fitness and exercise. Active and lively emotions can stimulate physical function and promote physical exercise. The past experience of physical exercise can directly affect the enthusiasm for participating in physical exercise, the perception of one's own physical value, interpersonal perception, and ability to cope with difficulties, that is, the ability to be competent in sports activities, which affects students' confidence [4].

2. The Necessity Analysis of Constructing a Three in One Physical Exercise Mechanism for Students in Schools, Families, and Communities

2.1 Beneficial for promoting the improvement of students' physical health level

The country conducts annual physical health tests to understand and test the physical health level of students nationwide. In recent years, due to increased academic pressure, the physical health level of students has been declining year by year, and overall grades are lower than expected. Small chubby figures and small glasses have become a common phenomenon. Without the attention and support of families, school physical exercise can only be passively accepted by children who do not love sports, and the effect cannot be guaranteed, through the construction of a three in one student physical exercise mechanism consisting of schools, families, and communities, a linkage mechanism can be formed between schools, families, and communities. Targeted guidance and organization can be provided to students to participate in physical exercise in a more active manner, enabling them to comprehensively improve their physical functions and fitness, and form a healthy physique. Multiple studies have shown that family support and participation are necessary conditions for children to engage in daily physical exercise, and the development of community sports can also affect students' enthusiasm for participating in physical exercise to a certain extent [5].

2.2 Beneficial for the sustained and in-depth development of national fitness activities

The Notice of the State Council on Issuing the National Fitness Plan (2016-2020) clearly states that national fitness is an important way and means to achieve national health, and the implementation of the national fitness plan is an important development strategy of the country. Under the promotion of the National Fitness Program, the cause of national fitness has also been rapidly and effectively carried out. It is worth noting that many people lack awareness of participating in physical exercise to varying degrees, so they also rarely participate in physical exercise. Through the construction of a three in one student physical exercise mechanism in schools, families, and communities, more parents can recognize the importance of their children participating in physical exercise, and actively participate in physical exercise with their children in their spare time. In addition, the central government and local governments at all levels currently attach great importance to the construction of community sports facilities, and many communities have built relatively complete sports and fitness facilities around the community. Taking Yangzhou City as an example, under the influence of the "10 minute fitness circle" plan, community residents in Yangzhou City can find fitness facilities everywhere around the community, which also provides good convenience for students to participate in physical exercise in their spare time. The emergence of this situation is also extremely beneficial for the sustained and in-depth development of national fitness activities.

2.3 Beneficial for the better development of school physical education

Many people have a biased belief that guiding students to engage in physical exercise is the responsibility of the school and has nothing to do with their families and communities. This idea obviously shifts the responsibility for the poor physical health of students entirely onto the school, allowing the school to bear the main responsibility. However, the fact is that guiding students to participate in physical exercise is not only the responsibility of the school, but also the responsibility of the family and community. The construction of a three in one student physical exercise mechanism that integrates schools, families, and communities can enable families and communities to fully participate in the cause of student physical exercise, forming a greater synergy and preventing schools from fighting alone. With the active cooperation of families and communities, the physical education industry in schools will also be better developed ^[6].

3. Specific construction strategies for the trinity of school, family, and community student physical exercise mechanism

3.1 Schools should play an important role in the construction of physical exercise mechanisms

The school should focus on guiding and involving all staff in the construction of a student physical exercise mechanism that integrates school, family, and community. The school should actively play a guiding role. Teachers guide parents to fully recognize the important role of the family in student physical exercise, encourage more parents to actively encourage their children to participate in extracurricular physical exercise, and encourage more parents to actively use their spare time to participate in physical exercise with their children. For example, to achieve this, schools can take advantage of the good opportunity of holding parent teacher meetings and use various methods to make parents aware of the importance of their children's participation in physical exercise. And schools should inform parents to actively supervise and guide their children to participate in physical exercise. For example, teachers can establish a parent QQ group or WeChat group to reflect the specific physical and health status of each child to parents, and introduce some family sports exercise methods to help more parents understand how to scientifically guide their children to actively participate in physical exercise. At the same time, in the process of guiding students to participate in physical exercise in the community, schools should also actively cooperate and cooperate with the community to better guide the physical exercise of students in the community. For example, schools can cooperate with the community to offer community physical education courses, allowing more students to participate in the learning of community physical education courses. In order to enhance the attractiveness of the course, specific course offerings should be as diverse as possible. For example, roller skating courses, street dance courses, and modern dance courses can be offered. With the active cooperation of the school, community sports education will also develop well. In the context of the rapid development of community sports education, more students will also benefit from it and participate in physical exercise with a more positive attitude ^[7].

3.2 Parents should cooperate with the school to do a good job in guiding their children's physical exercise

Parents can greatly influence students' attitudes and participation in physical exercise. In the construction process of the trinity of school, family, and community student physical exercise mechanism, the role played by parents is also particularly important. As is well known, parents are the first teachers of children. But many parents only teach their children relevant cultural

knowledge and life skills, without paying attention to their children's physical exercise. In the eyes of most parents, as long as their children have good academic performance, it is enough. Many parents believe that a child without illness is healthy. In this way, one can be admitted to a good university and find an ideal job in the future. As a result, many parents overlook their children's physical exercise, resulting in many students having low physical health levels. Due to parents not paying attention to their children's physical exercise, it is very difficult to truly improve the overall physical health level of students in practice. Therefore, in the process of building a student physical exercise mechanism that integrates schools, families, and communities, it is necessary to effectively change the traditional beliefs of most parents, guide them to fully value their children's physical exercise, and actively guide and participate in their children's physical exercise ^[8].

Therefore, it is recommended that parents should allocate some time in their spare time to participate in physical exercise with their children. Under the long-term persistence of parents, children will also unconsciously develop good habits of physical exercise. Of course, parents should not blindly take their children for physical exercise and should master scientific methods. For example, it is necessary to lead children to participate in physical exercise on the basis of completing school homework. Before physical exercise, it is necessary to fully prepare for activities, and the duration and load of each physical exercise should also be scientifically controlled. Excessive or insufficient physical activity, as well as prolonged or short exercise times, are not conducive to improving a child's physical health. Parents leading their children to engage in scientific physical exercise can not only enhance the relationship between parents and children, but also guide students to maintain and promote existing exercise behaviors, which is extremely beneficial for cultivating exercise habits. At the same time, it will also help children develop good exercise habits and greatly improve their physical health level.

3.3 Communities should actively promote physical exercise education for students

Under the promotion of the national fitness plan, community sports have also been developed to a certain extent. Nevertheless, we should also recognize this clearly: Community sports are still in the initial development stage, and the community sports system is still not perfect enough. It still cannot effectively educate and guide students in physical exercise. Through research and field investigations on community sports related literature, it was found that most communities currently lack sports facilities, community sports curriculum construction, and community sports education faculty. Even if some communities want to do a good job in educating and guiding young people's physical exercise, it is often difficult for skilled women to cook without rice ^[9].

In the process of constructing a three in one student physical exercise mechanism in schools, families, and communities, the community is obviously the weakest link. In order to truly unleash the positive educational and guiding role of the community, we still need to put in more effort in many aspects. Firstly, the education department should actively build community physical education courses. At present, various cities and neighborhoods are covered with a relatively rich range of fitness equipment, but the projects are relatively single, and the equipment that truly targets students is not abundant. The most important thing is that there is no relevant community sports education curriculum to support it. This situation makes it difficult for these community sports resources to truly provide targeted physical education for students in the community. Based on this situation, it is recommended that schools actively cooperate with the community to develop physical education courses and encourage school physical education teachers to come to the community for physical education course teaching. With the strong support of schools, the construction of community physical education curriculum will definitely be better developed. The community should actively organize and hold student sports competitions. In order to fully mobilize

the enthusiasm of students in the community to participate in physical exercise, the community can also organize regular or irregular student sports competitions, allowing students to participate in competitions in their spare time. In order to enhance the attractiveness of the competition, different categories of awards can also be set up. It can be a material award or a learning award. When community organizations hold student sports competitions, they should use various methods such as posting posters, promoting schools, and promoting home visits to enable more students in the community to timely understand relevant competition information, and encourage and advocate more students to actively participate in community student sports competitions. It should be noted that when community organizations organize student sports competitions, both schools and families should provide active support. Schools should actively support the organization and referees of competitions, and parents should actively support their children's participation in student sports competitions organized by community organizations ^[10].

4. Conclusion

In this study, we explored how to construct a "one hour off campus" physical exercise home school community collaborative education mechanism to promote the comprehensive development of students' physical and mental health. Firstly, schools, families, and communities should establish a close cooperation mechanism to jointly shoulder the responsibility of student physical exercise. Secondly, the government should fully play a guiding role, provide policy support and resource guarantees, and promote coordinated cooperation among all parties. Finally, schools, families, and communities should strengthen communication and cooperation, establish effective information sharing mechanisms, and ensure that students can receive comprehensive physical exercise. In short, only through the coordinated efforts of schools, families, and communities can we truly achieve comprehensive coverage and effective promotion of student physical exercise. I hope this study can provide reference for the formulation and implementation of relevant policies, promote the improvement of students' physical health level, and promote the sustainable development of the national fitness industry.

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