

A Probe into the Influence of Multiple Scenes of Physical Fitness Games on the Effect of Primary School Physical Education Teaching

Nana Xu

Hefei Yuxin Primary School, Hefei, Anhui 230041, China

Abstract: Objective by establishing the teaching method of scene-based physical games, to explore the effect of game teaching in different scenes on the effect of pupils' physical education. Methods the recruitment of scenes and teaching objects in 8 primary schools in five different regions of Hefei City was carried out, and staged scenes were set up and used in the form of sports games in the physical education teaching of different grades of primary schools. Results Through the setting of different scenes and the implementation of staged game teaching tasks, it is found that physical games with multiple scenes can effectively improve the participation of primary school students in sports learning and the effectiveness of sports knowledge and skill acquisition. Conclusion By setting up different scenes of sports game teaching can have an effective impact on the physical education of elementary school, this kind of teaching method has practical teaching promotion significance.

Keywords: sports games; primary school physical education; teaching; influence

1. Introduction

Scenario-based games are a game-based teaching method or method that aims to entertain the body and mind, with people as the core, and to establish a connection between people and things by constructing different scenarios.^[1] The process mainly includes capturing the needs of participants, constructing applicable scenarios, and establishing connections between different themes and subjects.^[2]

In the traditional sports classroom scene, the application of some sports games can indeed effectively improve the efficiency and quality of teaching, so that students can participate in sports games more happily, so as to improve the teaching effect of physical education.^[3] With the popularization of the Internet and handheld devices, the teaching methods of physical education courses have also been upgraded in different scenarios.^[4] Sports games are an important channel that can effectively improve elementary school students' sports participation and interest-oriented guidance.^[5] In order to effectively promote the development of primary school physical education in our country, teachers need to actively integrate some games with sports content, so that students can experience the joy of sports in the game. But in the actual teaching process, teachers also need to actively carry out more in-depth research and innovation, so that they can better apply

sports games to teaching work, and constantly try diversified methods to improve students' Interest in sports, so as to achieve a better educational effect.^[6] Therefore, the construction of diversified sports game scenes based on the Internet and mobile devices has become an innovation point in traditional sports games. This research attempts to explore.

2. The significance of multi-scene sports games in primary school physical education

2.1. Conducive to the smooth development of physical education

Teaching students in physical education at the elementary level is mainly to enable students to have a healthier body, so that they can devote more energy to study and life, and at the same time enable students to have a better understanding of sports. More love, in the process of physical training, not only can exercise the physical fitness of the students, but also cultivate the willpower of the students. Teachers need to actively treat the students' health and psychology in the daily class. Guidance and training. The application of sports games in the physical education curriculum of elementary school can effectively improve the effect of physical education. In the process of some basic sports exercises, students can also effectively exercise their physical skills, so that students can get more comprehensive exercises during the exercise. Teachers need to actively apply some sports games to the content of the physical education classroom, and introduce the content of physical education through sports games, which can effectively carry out subsequent activity exercises. When students are attracted by the teacher's sports games, they will be even more attracted. Actively participate in subsequent sports activities. Therefore, in the process of physical education in elementary school, the application of some sports games is conducive to the smooth development of physical education.

2.2. Primary school physical education classroom management will be more standardized

The physical education class at the elementary level will be more characteristic than other courses. When students take other courses, they will learn under the leadership of the teacher. The course is mainly studied among teachers. It is effective to ensure a certain degree of discipline.

However, physical education courses are usually taught in the playground or gymnasium. The activity space that students can use is very large, and there will be other classes in the entire playground. These environmental factors are influencing factors. All can affect the status of students in the physical education class. Teachers will also face more difficulties in the management of physical education classrooms, and the application of some sports games can effectively improve the management effect of the entire classroom, because sports games will make the entire classroom more enjoyable and vivid, students It will not be affected by other personnel, and the entire physical education curriculum will be more standardized and efficient. Therefore, teachers can actively apply some different sports games to improve the efficiency and quality of their own classroom teaching.

2.3. The dissemination of primary school physical education is more effective

Elementary school is a very critical period for the growth and learning of students, and the learning and behavior habits developed during this period will have a great impact on the future. Therefore, in the elementary school physical education classroom, sports games can be used to increase students' interest and love for sports. In such a classroom atmosphere, students will like sports more, and they will be able to develop them later in life. A good habit of exercising. The application of sports games in elementary school can also spread the spirit of sports to a certain extent.

3. Teaching characteristics of multi-scene game teaching method

3.1. Regard students as the main body of learning

In the process of class, teachers need to carry out various teaching activities with students as the main body. When designing sports games, they also need to design and plan around the actual situation of the students. In the whole process, students need to be with adequate exercise and thinking, teachers need to play a role of supervision and guidance in the teaching process. In the process of developing sports games, teachers need to actively observe the changes in the state and emotions of students, and adjust the classroom arrangements according to the changes and actual needs of the students, so as to give full play to the main role of the students.

3.2. It is interesting to attract the attention of students

In the physical education class at the elementary level, it is necessary to continuously improve the interest of the class, so as to effectively increase the interest of the students. Only when the students have sufficient interest can the efficiency of teaching be effectively improved. Primary school students have a strong curiosity about everything, but the time for curiosity is very short, so teachers need to use this feature to attract the attention of students during the course of class, and try to ensure that The students' learning persistence in the physical education class. When preparing lessons, teachers can choose some methods with richer game content for

students to exercise, so that students can maintain their own interest during the game, and then get more adequate physical exercise. In such teaching in the environment, it can also effectively cultivate students' sports awareness.

3.3. Game teaching method is more targeted

The use of physical education games in the physical education class of the elementary school is mainly to meet the interests of the students, to lead the students to exercise, and at the same time to guide the students' physical and mental development correctly. Secondly, there will be certain differences between students. In the process of physical education, if the method of sports games is adopted, the students can be well trained to be more targeted, so that they can be taken care of all the classmates.

4. Application strategies of multi-scene sports games in primary school physical education

4.1. Relying on sports games to exercise sports skills

When teachers lead students to physical education courses, while improving their physical fitness, they also need to allow students to learn certain physical skills. When applying sports games to introduce some teaching content to students, you can appropriately choose some technical sports activities, and integrate sports skill training with games, which is the correct way to open the physical education curriculum in elementary school. For students, physical education does not need to have much talent or conditions. Especially in the basic courses of elementary school, it is mainly to lead students to perform some basic exercises, so teaching is carried out in sports games. Work can achieve the effect of killing two birds with one stone. Teachers also need to use different games to enrich the content of the classroom when they are in class. If only one game is used, the students will feel boring.

For example, when the students are running, the teacher can first use the method of grouping, let the students race through the relay sprint, in this process, the students will focus on the competition, just you will not feel bored or exhausted, and you can give a certain reward to the team that wins in the course of the game. In addition, in the course of the class, you can also incorporate the content of some small games. For example, you can let the students practice the shuttlecock kicking in the second half of the content, and tell the students that the next class will play the shuttlecock kicking, this not only can effectively enrich the content of the physical education class, but also allows students to acquire certain physical skills during the exercise.

4.2 Intersperse sports games in teaching to arouse students' interest

In the process of physical education in elementary school, some students do not like to play sports. The application of sports games can very well arouse students' interest, so that students can participate in sports activities and improve the whole class. Sports atmosphere. Students usually have a lot of pressure when they study, so they also need to get a certain amount of relaxation in the physical

education curriculum. Teachers first need to actively attract students' attention, so as to lead students to participate in sports games. In the course of class, the sports games used are diverse, and teachers can also combine years of teaching experience to create a richer game classroom for students. For example, when the teacher wants to lead the students to practice rope skipping, they can demonstrate some interesting tricks to the students. After seeing the teacher's demonstration, the students will have a strong curiosity, and then the teacher needs to be active. Encourage students to learn some tricks of rope skipping by themselves. After the students practice rope skipping for a period of time, the teacher can organize the students to participate in the rope skipping game activity, arrange two students to draw the rope, and other students find suitable opportunities Jump over, if a classmate fails, you have to perform a small show for everyone, or sing a song, etc. A physical education class like this will make students feel more happy, and at the same time can achieve a certain relaxation effect, allowing students to invest more energy in the subsequent learning process.

4.3 Achieve edutainment and fun, and guide students to form a sense of sports

Sports games are a very important teaching method in the process of primary school physical education. At the same time, it can also promote the development and reform of primary school physical education to a certain extent. Primary school students will have a positive attitude in learning things, and they will have a strong curiosity about some new things. At the same time, they also like to break the routine when doing some things. Therefore, teachers need to actively design some new things. Sports games to satisfy students' freshness in sports courses. The games used in some classrooms may be similar to the games the students play between classes, so they can also make the students feel a certain degree of intimacy, and the students may be more quickly integrated into the physical education curriculum. Applying sports games to the physical education classroom is not only to attract the attention of students, but more importantly, to cultivate the habit of loving sports. Through the physical education courses at the elementary level, students can fully appreciate the charm of sports. And happiness, so that in the future study and life, you can still actively take physical exercises and maintain a healthy lifestyle.

In addition, teachers also need to actively transmit a correct awareness and concept of sports to students, so that students can build up a sportsmanship at the elementary level. In the subsequent study and life, when they encounter difficulties, being able to overcome and solve difficulties more courageously is very important for the growth of children. Therefore, teachers need to be fully aware of the importance of sports games for teaching, and flexibly apply various sports games to achieve the effect

of entertaining and entertaining.

5. Conclusion

With the continuous reform and development of education in our country, physical education at the elementary school level has attracted more and more attention. However, compared with professional physical training, physical education in primary schools will have certain differences. In the process of leading students to physical training at the stage, they need to have a certain degree of fun and practicality, so that they can fully exercise their physical skills, and increase their interest in sports, so that students can study in elementary school. More comprehensive education and training can be obtained during the stage. There are certain limitations in actual elementary school physical education, and the content of elementary school physical education is relatively simple. Therefore, teachers need to enrich and change the teaching methods and content to be able to effectively improve elementary school physical education. The efficiency and quality of teaching sports games can achieve this goal to a certain extent.

All in all, in the process of physical education in elementary school, teachers need to actively apply sports games to improve the efficiency and quality of their own teaching, as much as possible to increase students' interest in sports, so that students can be in their daily routines. Have good physical fitness in life and study. With the continuous reform and development of my country's social economy, students at the elementary level will be exposed to many electronic products and games. These things will affect the children's learning and health to a certain extent. Physical education teachers need to actively guide the students. Participate in sports activities to develop a habit of loving sports and promote the overall growth and development of students.

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