

# Thinking on PE Activities in Primary Schools

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**Abstract:** With the continuous development of teaching, educators focus more on the cultivation of the comprehensive ability of primary school students. PE in primary schools is drawing more and more attention. However, how to efficiently carry out physical teaching activities in primary schools becomes a big issue for the relative teaching staff to think about because of the uniqueness of the educational group.

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## 1 Preface

The educational system is reaching more and more mature, and people are paying more and more attention to the cultivation of primary school students' comprehensive development. The aim of education is to train students to develop in a comprehensive way. In the elementary period of primary school, it is very important to train students' physical ability. Because the students trained are primary school students with poor awareness of safety, active, and cannot focus on learning for a long time, it is particularly important to develop reasonable and interesting PE activities in primary schools. The design of PE activities in primary schools should be consistent with the characteristics of contemporary primary school students. PE teachers in primary schools should use scientific and have proper teaching methods to carry out physical teaching activities in primary schools to help them develop healthy awareness of PE, so that primary school

students can develop in a comprehensive way<sup>[1]</sup>.

## 2 Characteristics and significance of PE activities

### 2.1 Characteristics of PE activities

Unlike traditional lessons, PE activities are mostly conducted in outdoor playgrounds or gyms. Teachers are the main group to teach knowledge, and the task of PE teachers is to promote students to actively participate in teaching activities through physical exercise<sup>[2]</sup>. Only then is it meaningful for students to actively participate in PE activities. Because the students trained are primary school students with poor awareness of safety, active, and cannot be motivated and focus on learning for a long time, so PE is not about imparting sports knowledge and training students, skills in sports, but about cultivating students' awareness of physical activities through explaining and demonstrating. Students can clearly understand the importance of PE. In front of primary school students, most of the PE teachers use interesting teaching methods to fully mobilize the students' enthusiasm for learning, so that primary school students learn and gain knowledge by playing.

### 2.2 Significance of PE activities

Our country strongly supports physical education to promote students' comprehensive development. Scientific researches show that physical exercise helps students develop their brains, regulate their body, and also promotes their physical and mental health, such as tug-of-war activities. Not only can primary school students exercise their arms in tug of war, learn to use their body properly, but also learn to work together with others. All in all, PE activities are very significant to

students.

### **3 Analysis of the current situation of PE in primary schools and causes**

#### **3.1 Single teaching content**

Fixed teaching processes are conducive to the scientific and reasonable development of teaching activities. But if the traditional method has been used without appropriate reforms, it will be difficult to mobilize students' enthusiasm, and the teachers will also be affected, which will lead to a decline in teaching quality. The cause for the current situation of PE in primary schools is due to teachers' professional level. A PE teacher cannot master every profession. There are always some professions that teachers are not good at such as martial arts, volleyball, basketball and so on. In addition, the cause for the single content of PE in primary schools is also due to the physical quality of primary school students. For example, they cannot participate in dangerous activities such as swimming and high jump. Although teachers can demonstrate these PE activities, the teaching cannot make a difference.

#### **3.2 Lack of sports facilities**

Sports facilities are necessary for most PE activities. The development of PE activities requires a certain tool to carry out, such as basketball courts, safety mats and poles, ropes and gloves, etc. It is difficult for women to cook without rice, and PE activities are difficult to be carried out without teaching tools. We know that PE takes hands-on approaches, so venues and facilities are important. Most schools lack sports facilities related to the local educational department and the school itself. It takes space and money to build the site and purchase facilities. Due to economic conditions and space constraints, most schools will not consider buying or building, but only purchasing some basic facilities, which will restrict the development of teaching activities to a certain extent and lower the teaching quality.

### **4 Specific ways to carry out PE activities in primary schools**

#### **4.1 Enrich the content of PE activities**

The choice of the teaching content should focus on the students' interest. Only by stimulating and maintaining

the students' interest in PE can they actively take part in physical sports. PE teachers can refer to a large number of materials and carry out PE activities according to the contemporary primary school students' preferences. More and more primary school students like martial arts, and football has begun to become a national sport<sup>[2]</sup>. PE teachers can carry out a series of activities based on these factors, such as developing teams of martial arts, football teams, etc., and conduct class competitions every week to allow primary school students to spontaneously develop teams and participate actively.

To stimulate the students' enthusiasm in the teaching process, PE teachers can incorporate sports games into physical teaching activities. Preference of playing is the nature of younger students. Combining games into teaching activities can make the teaching activities smoother. For example, relay activities, tug of war and so on can be set as competitive activities to attract students to learn to cooperate and communicate to win. "You draw and I guess", "Hawks catch chicken" and other entertainments can be designed to increase fun.

#### **4.2 Vigorously develop sports facilities**

Sports facilities can create atmosphere for physical education and at the same time assure the PE activities. We will vigorously construct a sports career. I believe that with the enthusiastic response of schools and local departments of educational management, we can create opportunities for primary school students to learn about sports, so that students can engage in physical activities more actively<sup>[3]</sup>.

#### **4.3 Actively improve the form of PE activities**

The society is continuously developing, and the students' way of thinking is constantly changing. The same theories cannot be applied all the time, and its effects will become less and less obvious. This requires PE teachers to learn to follow the times, combine the new ideas and pursuits of students. The new trend causes changes in the content and form of physical education. For example, teachers can use multimedia to help students understand some advanced sports facilities. In addition, artificial intelligence is more advanced in the society. Artificial intelligence can be used in physical education to facilitate teachers to carry out some dangerous activities lacking unqualified facilities such as venues, while broadening the students'

horizons and ensuring their personal safety.

The continuous development of PE teaching forms requires the teachers' continuous efforts, but the teachers' ability is limited, so the exchange of resources between schools is also very important. Schools can create more opportunities for PE teachers to exchange and learn from other schools, so that teachers can be exposed to new teaching methods and new teaching ideas. Teachers also need continuous learning to impart new ideas into their teaching.

PE activities are more about teaching by playing. The theoretical knowledge is imparted to primary students by playing. In addition to learning by communicating with each other across schools, students can also communicate with each other. Students can create conditions for inter-school communication in primary schools. For example, they can organize activities such as the spring outing and autumn outing to allow students to visit other schools for physical exercise, broaden the horizons of primary school students, mobilize their enthusiasm, and allow primary school students to participate in physical activities spontaneously. Interest is the best teacher, so it is important for students to develop interest in sports.

#### **4.4 Promote interaction between teachers and students, students and students**

Whether the PE activities in primary school can be carried out smoothly depends on the teaching atmosphere. Of course, sports facilities play an important role, and the interaction between students and teachers, and between students is also very important. Most of the students' cognition is affected by the environment, the teachers' emotions and teaching attitudes. They can affect students' attitudes towards teaching, and the interaction between students can also affect the teaching results. Therefore, teachers must learn to make full use of the teaching conditions, establish sports atmosphere for students, and actively encourage students to participate in the process. The teaching method can be appropriately adjusted

according to the status quo. In the teaching process, we must pay attention to the level of each student and encourage them, and let the students of high level actively display their learning results and drive others to learn. This can also create opportunities for interaction between students and develop more interaction<sup>[4]</sup>. Group activities such as running relays allow them to learn to communicate and cooperate to promote their sociability.

## **5 Conclusion**

PE activities in primary schools can promote the development of students' physical and mental health. How to carry out PE activities of high-quality in primary schools is closely related to primary school students' physical and mental quality, sports facilities, and teachers' quality. As the times advance, many new ideas will emerge. Based on traditional methods, PE teachers can make reasonable scientific improvements and add some new sports and new activities that attract students to participate in daily teaching activities. The most important is the interaction between the teachers and the students. The teacher rationally improves the teaching methods according to the needs of the students, so that the active interaction between the students and the teachers can also motivate the students to participate in PE activities.

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