

# Research on the “1+1+1” Physical Intelligence Curriculum System under the Background of Healthy Children Action Plan

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**Abstract:** “14th Five-Year Plan” period is the first five years to the second century goal, but also the key period for the development of children’s health cause. “Healthy China 2030” plan outline “clearly put forward the implementation of healthy children plan <sup>[1]</sup>. Although the national level attaches great importance to children’s health, there are still many factors that affect children’s healthy growth in daily life, such as various diseases in children’s physical health, developmental delays in various physiological functions, insufficient exercise ability, obesity, etc., as well as mental health problems such as stuttering, night terrors, fear, anxiety, rage, lying, autism and hyperactivity. To solve these problems, not only the attention and deployment of the country and the government, but also the understanding and cooperation at the social level and the family level, in order to better promote the healthy growth of children under the joint efforts of everyone. The “1+1+1” “Body intelligence” curriculum system research includes a healthy child’s physical development system, a healthy child’s psychological (mental) development system, and a healthy child’s ability development system. Aiming at the problems of physical and mental development and ability development in the healthy growth of children, service programs are scientifically and rationally formulated, and implemented from the social level and family level to effectively improve children’s health level <sup>[2]</sup>.

**Keywords:** Health industry; Agent intelligence; Curriculum system

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## 1. Overview of the “1+1+1” physical intelligence curriculum system for healthy children

“1” healthy child’s physical development system is aimed at children’s lack of physical fitness development, poor endurance, weak strength, overweight, lack of coordination and other situations, to develop a set of indicators for the development of physical fitness of children in each age group training content, not only can timely find the deficiencies in the development of physical fitness of children but also through comprehensive training means, With the development of children’s physical fitness as the goal, the integration of movement

development and ability development, and the rapid improvement of children's physical condition under the scientific and reasonable training mode<sup>[3]</sup>.

"1" Healthy children's psychological (mental) development system is aimed at all kinds of psychological problems caused by various factors in the process of children's growth. Through sand play guidance<sup>[4]</sup>, situational course infection, family education guidance and emotional education and other activities, the performance of different psychological problems of children at different ages is guided and interfered with, so that children and parents can understand the causes of problems and find ways to solve the problems<sup>[5]</sup>.

The "1" healthy children ability development system is a supplement to the "1+1" healthy children physical and mental development system. Some of the unreasonable behaviors of children in life: such as family relations are not coordinated, the family environment being noisy, the smell of tobacco and alcohol being strong and other information will make the children's nervous excitement dominant, showing that they cannot sit still, small actions, attention is not concentrated. If the parents take too much care of the child, the autonomy fades, the dependence increases will also make the child timid, afraid of life, and unwilling to interact with people. For example, the family language environment is quiet, the rules are weak and the children speak unclear, the rules are weak, and the children are capricious. If the child has little movement practice, relies on the stroller or likes to be held and carried, the athletic ability is also difficult to develop, such as parents do not pay attention to children's watching, listening, touching habits, carelessness, listening, reading and writing ability is weak and other problems<sup>[6]</sup>. In view of these problems, through the integration of family education, child psychology and sensory integration training courses, create a complete training system, through the assessment - program - implementation of training - re-evaluation - promotion of the five-step method, so that children's "problems" can be quickly solved.

## **2. "1+1+1" physical intelligence course content for healthy children**

### **2.1. Physical fitness curriculum system for healthy children**

The horizontal axis is the track of the growth of children's ability in an age group. The vertical axis is the development trend of each movement in each age group. According to the learning and development guide for children aged 2 to 7 years old, the training is carried out in ten directions, including children's movement ability, agility and coordination quality<sup>[7]</sup>, strength and endurance quality, balance control ability and comprehensive physical quality. In the same age group, children through different forms of movement training, complete the improvement of various qualities, to achieve the goal of comprehensive physical quality development in this age group<sup>[8]</sup>. Develop a long-term goal line for each movement goal, complete the corresponding requirements and quality at different ages, and form the trajectory of movement development.

The development goals of children's physical ability are set in ten directions, which are movement completion ability, body movement ability, body response-ability, balance ability, sensitive coordination ability, strength-endurance ability, body control ability, movement planning ability, movement creativity ability, and comprehensive physical quality. This course will teach the physical ability development of children aged 2-3 years old, 3-4 years old, 4-5 years old and 5-6 years old. According to the physical and mental characteristics and laws of children in each age group, the course will explore the physical ability development goals of children in each age group, integrate sensory integration training, physical quality training and movement training, and carry out the implementation through thematic game courses. While developing children's physical ability, attention should be paid to the cultivation of children's social ability, emotional ability, behavioral ability and learning abilities so that children can truly realize the goal of "physical" and "education" in the course learning process<sup>[9]</sup>.

The healthy children's psychological development project is mainly through the sand play course, the children's social behavior is displayed on the sand table, through cooperation, negotiation, competition and other ways, to vent their emotions, find their value, and enhance their self-confidence<sup>[10]</sup>. Sand play mainly through the way of play, with the help of situational theme design, purposefully interacting with children, to achieve children in interpersonal communication, team cooperation, adaptation to the environment, energy reserve, exploration of knowledge, emotional expression, logical relationship, life value of eight aspects of development, and to solve children's psychological problems and family education problems<sup>[11]</sup>. The specific curriculum plan is shown in **Table 1**.

**Table 1.** Children's mental health curriculum

Ability aspect	Scenario design (examples)	Mental guidance (part)	Parental guidance (part)
Networking	1. Campus stories 2. The friends around you	1. How do your peers play games with each other 2. Children show affection by touching each other	1. Create opportunities for children to interact with each other 2. Teach your child how to talk to peers
Teamwork	Part 2 of 3: Building a House 1 Build a house 2. Carry fruit	1. Everyone can contribute to a cause 2. Helping each other can make things easier	1. Give your child a sense of place in the group 2. Enjoy sharing and helping others
Adapt to the environment	Part 2 of 3: Surviving on a desert island 1. Survive on a desert island 2. A forest maze	1. Find ways to solve problems in difficult environments 2. When you are in trouble, ask for help and find a way to solve it	1. Give your child the chance to face difficulties and overcome them 2. Improve your child's ability to work independently
Energy reserves	Energy reserves steps 1. Be a brave warrior 2. Clever engineer	1. When you are timid and afraid, you can let yourself learn more and more skills so that you will be more and more brave 2. But when the body is getting stronger and stronger, many difficulties are not difficulties	1. Exercise the child's body to make the child's body stronger 2. Give your child opportunities to learn more

## 2.2. The ability development program

The program is based on the sensory integration theory and aims at children's eventual reasonable behavior. Targeted courses are designed from five aspects: behavioral ability, learning ability, motor ability, social ability and overall cognitive ability. Stimulation and guidance as the method, and the implementation of behavioral performance is the goal, and the ultimate ability to improve the results. The specific content is shown in **Table 2**.

**Table 2.** Children's ability development curriculum

Sessions	Functions
Tactile stimulus introduction	Through tactile stimulation, children's emotions and attention are stable, and the effect of warming up is achieved
Body control training	Improve your ability to control your body through gross and fine motor exercises
Task-oriented training	Task-oriented training to improve children's execution
Repetitive stimulation training	Through repetitive movement exercises, improve children's patience and concentration, and slowly develop movement habits
Command training	Improve your child's ability to understand and execute through instruction training
Independence training	Children complete thematic tasks independently and improve their ability to solve problems independently
Soothing relaxation	By touching, massage and other ways to relax the child's body, relax the mood

### **3. “1+1+1” healthy children’s body intelligence innovation features**

#### **3.1. Innovative features of physical fitness course for healthy children**

- (1) The educational concept of movement training and sensory integration training to promote the overall development of infants’ physical and psychological quality.
- (2) Adopting the ability modular teaching method, children’s ability is divided into body movement ability, sensitive coordination ability, strength, endurance ability, balance control ability, comprehensive physical quality;
- (3) Progressive (age) action development characteristics: according to the child’s age characteristics to develop scientific and reasonable action, technical training content, as the child’s age progresses, action development standards and training content step-type design.
- (4) Movement development and assessment tracking: The curriculum design integrates children’s physical assessment and sensory integration evaluation into the system, detects children’s ability development level at any time, and presents reports.

#### **3.2. Innovative features of mental curriculum for healthy children**

- (1) The sand play course will be carried out in the form of scenario-themed games, and children will complete the release in one story at a time.
- (2) The course will integrate family education guidance into it, set parent-child sand table guidance, timely communication with parents about children’s problems and the shortcomings of the parent-child relationship, and start to pay attention to and change from the parent level.
- (3) The mental sand table course covers all aspects of children’s growth, from finding the topic to solving the problem, with a shorter cycle and more obvious effect <sup>[12]</sup>.

#### **3.3. Innovative features of healthy children’s ability development**

- (1) The project has realized the scientific integration of ability training courses and sensory integration training courses, with more scientific and accurate training methods and more effective and obvious training effects <sup>[13]</sup>.
- (2) The Healthy Children’s ability development project can not only meet the “complementary” curriculum system of children’s abilities but also meet the “elite” curriculum training.
- (3) The strict classroom order and training requirements of sensory integration training courses are more conducive to the improvement and promotion of children’s life habits such as a sense of rules and a sense of order <sup>[14]</sup>.
- (4) Through setting situations and assigning tasks, the course focuses on the development of children’s independent problem-solving ability and independent thinking ability.

### **4. Value of curriculum system and expected results**

#### **4.1. Value of curriculum system**

- (1) Practical value: This project will actively implement the requirements of the national children’s healthy development cause and the action plan for healthy children, and effectively supplement the shortcomings of promoting children’s healthy growth at the social level.
- (2) Theoretical value: This project will deeply study the curriculum system of children’s physical and

mental health, test the theoretical system from practice, and constantly improve it. The research results will be more convincing in the later theoretical guidance.

- (3) Social value: The “1+1+1” healthy children’s physical and mental development service project will greatly promote social groups and family groups to participate in children’s healthy growth with a goal so that children’s growth will be concerned at every moment, and there are professional people to guide<sup>[15]</sup>.
- (4) Market value: The “1+1+1” healthy children’s physical and mental development service project is not only a theoretical achievement but also can be promoted and marketized, relying on social institutions or child care institutions (kindergartens, etc.) to set up professional children’s physical training courses, children’s psychological sand table courses, children’s ability training (sensory integration training). Under the situation that parents continue to enhance children’s health awareness, the project has a large market space.

## 4.2. Expected results

Build a mature “1+1+1” physical and mental development service curriculum system for healthy children, including children’s physical development curriculum system, children’s psychological development curriculum system, and children’s ability development curriculum system.

The service project can provide training and guidance to service groups in various fields of children in the country, so that they can have the ability to serve the physical and mental development of healthy children, and can implement the ability for more children.

The service projects will be promoted in the market so that more social organizations can participate in them, provide curriculum services for more families and children, and promote the action plan for healthy children on a larger scale.

## Disclosure statement

The authors declare no conflict of interest.

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