

Research on the Current Situation of Extracurricular Physical Exercise of Middle School Students under the Double Reduction Policy-- Take Liuyang Dayyao Middle School as an Example

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Abstract: Extracurricular physical exercise plays an important role in achieving the goal of all-round development of students."ShuangJian" policy after printing, both reduced the students academic pressures, to create a school sports opportunities at the same time, investigation to liuyang big yao the status quo of high school students'extracurricular physical exercise as investigation object, from set out actually, the methods of questionnaire investigation, interview, literature review to understand current information on the development of middle school students' extracurricular physical exercise.

Keywords:Double reduction policy; Middle school students; Extracurricular physical exercise

1. Introduction

Extracurricular physical exercise is one of the ways to implement "health first".The Opinions on Further Reducing the homework burden and Off-campus training burden of students in compulsory education (hereinafter referred to as the "double reduction" policy) issued by the state opens up more time for students to exercise. Schools should implement the "double reduction" policy and make it available to all students.

2. Analysis of the current situation of participating in extracurricular physical exercise

2.1 Students' participation in extracurricular physical exercise

The survey shows that the number of students in the third grade participating in extracurricular physical exercise is significantly higher than the number of students in the first and second grades, which has a certain relationship with the physical education examination.In addition, the proportion of boys participating in physical exercise in all grades is higher than that of girls.

2.2 Project selection and form of extracurricular physical exercise for students

According to the survey, the most obvious changes in the selection of events in each grade are middle-distance running, sit-ups for girls and pull-ups, skipping and ball for boys. The number of students participating in these sports increases year by year, especially in the third grade.Wushu and aerobics programs had the lowest number of participants, and almost no students in the third grade continued to exercise.Secondly, the change trend of the three sports is unbalanced, and the change trend of volleyball is the most obvious. The number of volleyball players is the least in the first year, and the number of participants increases from the second to the third year.The survey found that students participate in sports clubs outside increasing year by year, the largest number of third grade, individual students participate in sports at least,students participate in physical exercise has certain passivity, and participate in physical exercise more influenced by sports atmosphere around^[1].

2.3 Time period and frequency of students' participation in extracurricular physical exercise

The survey found that the number of people taking part in physical exercise gradually increased during each period from the first to the third day.In addition, 90 percent of the Grade 3 students go home from school and take part in physical exercise on weekends. Students do more than two hours of physical exercise on average every week during the school day, and a few students do one to two

hours of exercise every week during the school day. The students of Grade three use their spare time and go home after school to do physical exercise, and they will exercise for more than two hours every week. In addition, students exercise for one to two hours during the weekend, with some students exercising for more than two hours.

2.4 Analysis of reasons for students to participate in physical exercise

In the first grade, the reason why students participate in physical exercise is closely related to whether their peers participate in physical exercise, which is related to the immature personality of students. Second, students need because of the exam and parents asked to participate in physical exercise, increasing as grade rise, the most obvious is the need because of the examination of students taking part in physical exercise significantly increased, at the same time, parents may also pay attention to students' test case, urge students to take exercise, of which the most grade students.

3. Factors affecting students' participation in extracurricular physical exercise

Whether students do physical exercise or not mainly depends on the individual students. There are also policy, school and family factors. When analyzing the situation of students' extracurricular physical exercise, we should pay attention to the in-depth exploration from these aspects to provide effective theoretical basis for cultivating students' lifelong physical education foundation.

3.1 Policy influencing factors of students' participation in extracurricular physical exercise

The implementation of the "double reduction" policy limits the phenomenon of preempting extracurricular physical exercise and making up for class violations, which helps students to devote themselves to it and enjoy the fun of sports. The survey shows that when students participate in physical exercise, they will consider the school's equipment, sports atmosphere, physical education teachers' teaching level, teaching projects and other factors. Schools should change teaching methods, take the initiative to understand the projects that students are interested in, and actively set up various interest groups to create a positive, healthy and happy sports atmosphere and attract more students to actively participate in physical exercise^[2].

3.2 School-related influencing factors of students' participation in extracurricular physical exercise

Schools play a key role in the implementation of the "double reduction" policy. Schools should seize this opportunity and vigorously develop students' extracurricular physical exercise. The school makes full use of spare time to guide students to participate in physical exercise independently, improve their physical and mental quality, cultivate their interest in sports, and enhance their technical ability^[3].

3.3 Family and individual influencing factors of students' participation in extracurricular physical exercise

The sports atmosphere in the family and the correct understanding of physical exercise by parents and family greatly affect the students' concept of physical exercise. However, some parents who do not have a correct interpretation of this policy, under the influence of exam-oriented education, give students cultural learning pressure, which makes students unable to take sports steps. The real implementation of the "double reduction" policy requires the active joint efforts of families, schools and social organizations, and schools play a great bonding and foundation role. In addition, the most important thing to be solved in physical exercise is the transformation of students from passive to active, so that physical exercise becomes their own internal demand, thus generating the desire for knowledge of physical education. When students participate in physical exercise, they are largely influenced by the classmates around them.

4. Conclusions and Recommendations

Students' awareness of active participation in physical exercise is still not enough. As the main implementer of the policy, the school should carefully analyze the policy content, analyze the existing problems, become a strong supervisor of students' participation in physical exercise, cooperate with parents and the society, provide positive services for the whole process of students' participation in physical exercise, and stimulate the motivation of students to exercise.

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