

Investigation and Analysis of Students' Physical Exercise in Shengji Primary School under the Background of Double Reduction Policy

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Abstract: After the implementation of “double reduction” policy, the assignment is more scientific and reasonable, and the students can freely control the increase of spare time, which provides a good opportunity for students to do physical exercise. This is the perfect time to make up for the lack of attention students pay to physical exercise. This paper takes the students of Shengji Primary School as the research object, adopts the method of literature, questionnaire, mathematical statistics and interview to systematically investigate the physical exercise situation of the students of Shengji Primary School, and analyzes the physical exercise situation of the students of Shengji Primary School after the implementation of the “double reduction” policy.

Keywords: Double reduction policy; Shengji Primary School; Physical exercise

1. Introduction

With the arrival of the new document “Opinions on Further Reducing the Homework burden and Off-campus Training Burden of students in compulsory education stage”, the school, the society and the family to some extent increased the attention of the past youth sports skills learning and physical exercise, effectively promote the physical exercise of students in and out of school. Under the background of exam-oriented education, the theory of divisiveness and the pressure of higher education have resulted in the improvement of the situation that students have too much academic pressure and little free time. By analyzing the physical exercise status of students in Shengji Primary School after the implementation of the “double reduction” policy, this study understands the current needs of students for physical exercise, as well as the interest, time and way of participating in physical exercise, etc., so as to put forward suggestions and create conditions for students to participate in physical exercise more effectively.

2. Results and analysis

2.1 Analysis of main factors affecting students' participation in physical exercise in Shengji Primary School

2.1.1 Analysis of the impact of academic pressure

Before the implementation of the “double reduction” policy, the only theory and upward pressure in the background of exam-oriented education, students' excessive academic pressure, long learning time, heavy learning tasks and many other direct reasons, lead to the emergence of the problems such as nearsightedness, excessive weight of middle and primary school students, seriously affect the enthusiasm of the students to participate in physical exercise, which is no longer a simple education issue, but also has become a prominent social problem. Academic pressure directly affects the physical exercise of students in school and has become an important factor affecting the physical exercise of students.

The Opinions on Further Reducing the Burden of Homework and Off-Campus Training for Students in Compulsory Education was promulgated and implemented. As an important educational reform program, “double reduction” effectively reduces the academic burden for primary and middle school students, so as to realize the implementation of high-quality comprehensive quality education. The relevant policies of “double reduction” should be well implemented. Families, schools and communities should work together and take their own responsibilities. The reduction of students' academic burden will make them become new people in the era with all-round development of moral, intellectual, physical and beauty, and stimulate students' enthusiasm to participate in physical exercise.

2.1.2 Impact analysis of discretionary time

Sports extracurricular activities play an important role in deepening the learning of classroom knowledge, relieving learning pressure, improving students' interest in learning, establishing a good relationship between teachers and students, and can actively promote students' learning of sports skills. Under the background of the "double reduction" policy, the time of students' extracurricular activities has increased significantly, which can effectively stimulate the enthusiasm of students to participate in physical exercise in their extracurricular time, so that students can have the energy, time and enthusiasm to devote to physical exercise and actively learn sports skills.

2.2 Analysis of the basic situation of students' physical exercise in Shengji Primary School after the implementation of the "double reduction" policy

2.2.1 Basic information of physical exercise in school

Shengji Primary School responded positively to ensure the amount of time for physical education, so that students can get due exercise in physical education, and can master and use basic physical education and health knowledge and sports skills. After the implementation of the "double reduction" policy, Shengji Primary School carried out a series of activities, including after-school delay, sports interest groups and other activities. At the same time, strengthen the in-service training of PE teachers, further improve students' PE learning ability, create a good physical exercise environment for students, and provide rich resources for students to learn PE. Under the background of "double reduction" policy, the physical exercise situation of students in Shengji Primary School is greatly improved.

2.2.2 Basic information of participating in physical exercise outside school

Under the background of the "double reduction" policy, the state pays more attention to the physical health of teenagers. Parents of students are increasingly aware of the importance of extracurricular physical training for teenagers to participate in physical exercise. With the increase of students' disposable spare time, they are more willing to participate in extracurricular physical training. Similarly, after the implementation of the "double reduction" policy, sports training institutions have developed rapidly and their professional level has been continuously improved. Through the continuous study of sports skills, we can cultivate young people's interest in sports, improve their sports skills, promote their physical health, form lifelong sports awareness, develop the habit of exercising, and stimulate their inner potential.

3. Development of students' physical exercise in Shengji Primary School under the background of "double reduction" policy

3.1 Ensure PE class hours and enrich extracurricular sports activities

Develop rich extracurricular sports activities to meet the needs of students (after-class extension, sports interest groups, etc.), make reasonable use of various sports and health curriculum resources, enrich the forms of extracurricular sports activities, and further guarantee the students' physical exercise in school.

3.2 Expand the channels of physical exercise for students

After the implementation of the "double reduction" policy, students' free time increased significantly. In order to improve the sports skills of students, students should be encouraged to make full use of extracurricular time, broaden the channels of physical exercise for students, and actively participate in physical exercise and learn sports skills, not only because of the limitation of learning in school. For example, in addition to the students in Shengji Primary School, a considerable number of students have participated in sports training outside the school or have not participated in sports training but are willing to use spare time to participate in the corresponding sports training.

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