

Thoughts and Countermeasures on developing interesting track and field in primary school physical education

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Abstract: track and field is one of the important teaching items of primary school physical education and one of the important ways to develop students' physical quality. Interesting track and field itself has the characteristics of strong interest and flexibility. The flexible insertion of interesting track and field in the process of physical education teaching can truly enable children to enjoy the happiness of sports and effectively cultivate their courage to struggle and perseverance in track and field spirit, and finally lay a solid foundation for inheriting track and field culture, which is conducive to the healthy development of children's body and mind in all aspects. Based on this, this paper takes the interesting track and field teaching in primary school physical education as an example, and on the basis of briefly describing the concept and significance of interesting track and field teaching, focuses on the in-depth exploration of the development countermeasures, in order to gradually improve the teaching effect of physical education and promote the interesting track and field teaching to play a good role in promoting the growth and development of teenagers in China.

Key words: primary school sports; Interesting track and field; Thinking; Effective countermeasures

Introduction

Different from the traditional track and field teaching in physical education, the core purpose of interesting track and field teaching is to guide students to feel the fun of sports while learning, and to create a relaxed and pleasant teaching atmosphere for them, so that students can master the skills and methods of track and field sports, but also sharpen their minds, and cultivate students' spirit of self-improvement, strong and independent. The reasonable integration of interesting track and field into primary school physical education teaching is not only conducive to fully mobilize students' learning interest and initiative, but also conducive to making the physical education classroom more colorful, full of vitality and vigor, so as to improve the teaching level of primary school physical education and track and field to the greatest extent.

1 Definition of interesting track and field

The word "interesting track and field" first appeared in Germany, a foreign country. Later, IAAF and Germany jointly put forward the concept of children's interesting track and field. This concept is based on the basic characteristics of traditional track and field. At the same time, according to the characteristics of children's physical and mental development, combined with their necessary basic abilities of walking, jumping and running in life, Some track and field rules and forms have been appropriately changed, and finally an interesting sports form more suitable for children's sports characteristics and overall development has been developed. Although interesting track and field originated from traditional track and field, they have many differences in nature. What interesting track and field advocates is to make children happy by participating in track and field sports, and fully feel and experience the charm of track and field sports, stimulate students' interest in participating in sports, and finally significantly improve their comprehensive physical quality. Based on the characteristics of children's physical and mental development at each stage and at each level, interesting track and field sports have developed a set of special sports suitable for children's development at each level. These sports are both interesting and professional. Fundamentally, these sports reduce the requirements for sports technology and equipment, and also reduce the competitiveness of the competition. On this basis, they improve the entertainment and interest of track and field sports. This practice is conducive to attracting students to actively participate in track and field events, and fully stimulate their interest in learning. By promoting students' active participation in interesting track and field sports, we can comprehensively improve their physical quality and promote students' healthy growth and long-term development.

2 The significance of developing interesting track and field in primary school physical education

1. Conducive to classroom teaching tasks

In the traditional sports track and field teaching classroom, the teaching method commonly used by teachers is to directly explain the technical points. Most of the time, students are doing repetitive exercise. Maybe the teacher just blindly wants to complete the teaching task, and students are passively accepting knowledge and passive practice from beginning to end. Sometimes even some students feel that physical education is boring and will directly return to the classroom to learn the knowledge of other courses. Obviously, this single and boring teaching mode has been unable to meet the learning needs of students in the new era. In this context, as a new teaching method that fundamentally changes the teaching mode, the application of interesting track and field to the process of physical education teaching is conducive to enhancing the interest of the physical education classroom and making the classroom more vivid. On the other hand, students will no longer have nothing to do in the physical education class. They will rush to join the classroom. In the end, it may change students' inherent views on physical education, and they will also fall in love with physical education. In general, after talking about the movement skills, teachers can start to arrange interesting track and field events, such as two person three legged race, flat relay race, obstacle relay race, interesting running, etc.

2. Conducive to the development of students' physical and mental health

Primary school is the most critical period for students to exercise their physical functions and develop their physical and mental health. If teachers blindly follow the traditional single and boring teaching mode, the development of students' thinking and behavior will be limited, which is not conducive to their long-term development. At this time, adding interesting track and field activities in the process of primary school physical education teaching is not only conducive to fully stimulating students' interest in participating in track and field sports, but also more importantly, it can inspire students' wisdom through sports, develop their intelligence system systematically, and guide students' physical and mental health and rapid development from the perspective of comprehensive development of morality, intelligence, sports, art and labor, And guide them to exercise their physical functions effectively in the process of participating in sports, so as to enhance the level of teaching activities as a whole.

3. Conducive to strengthening students' moral sentiment

As we all know, with the extensive deepening and continuous implementation of quality education, the teaching goal of physical education is no longer simply focused on teaching students basic sports skills and skills, but on this basis, teachers are also required to pay attention to the strengthening and development of students' ideological quality and moral sentiment in time. The addition of interesting track and field has really provided new ideas and useful references for the realization of quality education objectives in physical education courses. When organizing interesting track and field sports, teachers need to focus on the design and development of training projects. Most of the interesting track and field sports are carried out in the form of groups or groups. Slowly, it is conducive to comprehensively enhancing the students' sense of teamwork, and can also well stimulate their collective sense of honor. It also plays a positive role in cultivating the students' indomitable quality and the core quality of being brave in taking responsibility. In the long run, the comprehensive quality of students will be highly efficient exercise, and ultimately the important value and significance of interesting track and field in physical education teaching will also be revealed incisively and vividly.

3 Effective countermeasures of developing interesting track and field in primary school physical education

1. Pay more attention to interesting track and field events

If we want to add interesting track and field sports to the whole process of primary school physical education and teaching and achieve satisfactory results, we must get the support of relevant government departments, school leaders and students, especially the relevant government departments and school leaders should actively help and guide. In order to improve teenagers' physique from multiple perspectives and strengthen the attention of schools and physical education teachers to interesting track and field events, the relevant education departments should play a good role as an example and guide, and deepen the understanding of interesting track and field into physical education teaching from the system and publicity level to the management level and physical education teachers, In order to promote the deep integration of interesting track and field and primary school physical education curriculum.

First of all, the education department should give the work the necessary policy support and planning in terms of policy and funds, so as to help the popularization and promotion of interesting track and field sports in primary school sports, and help the future development of primary school sports curriculum more standardized and specific. For example, we should strengthen the investment of relevant education departments in primary school sports equipment, support schools to purchase corresponding interesting track and field equipment, and then create convenient conditions for the integration of interesting track and field into primary school physical education. In addition, to improve the school's attention to interesting track and field events, in addition to starting from the school's leaders, we should also strengthen the popularization and publicity efforts in the parents and other social groups, and then improve the values of valuing culture over martial arts from the overall level of society, so as to truly achieve the balanced coexistence and harmonious development of physical education and cultural teaching in the whole education system.

Secondly, the vigorous development of computers and the Internet has created favorable conditions for the dissemination of information related to the inclusion of interesting track and field sports in primary school physical education courses. Schools and relevant departments should make full use of this information dissemination channel, give full play to the interconnection and instantaneity of network information, seize the hot spots of current events, and better establish their own we media platforms, such as wechat public accounts, Microblog or short video, etc., regularly update the teaching situation of interesting track and field in the school, let more people know about interesting track and field sports, and strengthen the communication between the school and parents and all sectors of society. In addition, the school can roll over the promotional videos of interesting track and field activities. It is best for students to share their feelings after contacting interesting track and field teaching with the public, so that students, teachers and parents can be more familiar with the sport, increase students' interest in understanding and learning, and set off a boom in interesting track and field learning from top to bottom, To promote its popularization in the process of primary school physical education teaching to the greatest extent.

2. Reform and improve the primary school physical education teachers

The deep integration of interesting track and field and primary school physical education teaching should not only do a good job in hardware equipment and financial security, but also promote the professionalization of interesting track and field physical education teachers, which is the key to promote the popularization of interesting track and field events.

First of all, schools should take this opportunity to create more opportunities for physical education teachers to study and further study, and guide teachers to actively change the teaching philosophy and methods of physical education courses. It is best to reasonably integrate

interesting track and field into the design of sports activities. For example, schools and education departments should strengthen the initiative of in-depth cooperation with IAAF. Through long-term cooperation, communication and exchange, they should regularly arrange backbone physical education teachers to study in schools that have successfully implemented other interesting track and field events, and invite experts to schools to conduct special teaching and training guidance on the in-depth integration of interesting track and field and physical education courses, Help front-line teachers accumulate more valuable teaching experience, cultivate more sports talents for the society and schools, gradually expand the sports teaching staff, and enrich the sports teaching force.

Secondly, children's physical education teaching is essentially different from professional physical education teaching. As a primary school physical education teacher, their teaching object is primary school students. Therefore, teachers should not only teach them professional sports knowledge and skills in the process of teaching, but also actively change the teaching concept and teach according to the implementation standards of interesting track and field teaching. At the same time, teachers should also innovate teaching methods. While maintaining students' enthusiasm for learning interesting track and field sports, they should also actively mobilize their initiative to participate in the classroom. On the one hand, they should let students firmly master the rules and skills of track and field sports, and on the other hand, they should cultivate students' excellent personality and values through interesting track and field sports training, so as to promote their comprehensive physical and mental development.

3. Pay attention to improving the utilization rate of interesting track and field resources

In order to better carry out interesting track and field teaching and fully improve the utilization rate of resources, teachers and schools can improve interesting track and field equipment and adopt reasonable interesting track and field teaching materials

First, improve interesting track and field equipment. Compared with other ordinary sports equipment, generally speaking, the price of special equipment for interesting track and field sports is relatively high. If the school fund is not sufficient, it may face difficulties in purchasing equipment, which will lead to the inability of interesting track and field sports to be carried out in primary school physical education. Therefore, in order to effectively reduce costs, teachers can give full play to students' subjective initiative and make some soft sports equipment with teachers to meet the needs of daily teaching. When making equipment, teachers must start from the perspective of ensuring students' safety, and then fully develop and reasonably use these soft sports equipment to carry out teaching. Take the production of cross springboard as an example. In the first step, the teacher needs to provide five pieces of foam plastic pads and splice them together. The second step is to write a number from 0 to 5 on each floor mat in turn, which completes the production of a simple cross springboard. In the process of teaching, students can be guided to complete the "jump back" jump action, which is conducive to training students' leg strength on the one hand, and to improve their practical ability and maximize their interest in interesting track and field sports on the other hand.

Secondly, use reasonable and interesting track and field teaching materials. Because the current interesting track and field sports have the attributes of semi commercialization and semi public welfare, some teaching materials related to interesting track and field are less, especially the professional interesting track and field teaching materials are not open to the public, which has brought obstacles to education and teaching to a certain extent. In order to deeply implement the introduction of interesting track and field in the process of primary school physical education teaching, schools and teachers should reach a consensus with relevant education departments, and with the help of professionals, develop and design local interesting track and field teaching materials with school characteristics based on the IAAF project rules. In addition, the textbook should be applied reasonably after it is compiled. For example, we can optimize the teaching methods of track and field skills on the basis of the original teaching plan, and integrate the teaching of jump shot projects such as triple jump, rope jump and cross jump, so as to comprehensively improve the teaching efficiency. At the same time, we should share the compilation cost of teaching materials through coordination and cooperation, and appropriately reduce the distribution price of interesting track and field teaching materials, so that the teaching materials can be popularized and popularized in every primary school physical education teaching in urban and rural areas.

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To sum up, in the process of reform and innovation of primary school physical education and teaching activities, each subject should pay attention to the design and development of interesting track and field activities from the perspectives of improving the importance of interesting track and field events, reforming and improving the team of primary school physical education teachers, and improving the utilization rate of interesting track and field resources, which is conducive to building a more perfect teaching organization system, And guide students to learn and understand track and field knowledge and skills more comprehensively, which plays a positive role in strengthening the teaching effect of physical education course and bringing more unique learning experience to students. Of course, the research on the effective countermeasures of carrying out interesting track and field in primary school physical education is not in-depth, and more and more experts and scholars are needed to join in, so as to provide theoretical and practical references for the popularization and promotion of interesting track and field in physical education teaching.

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Research on cultivating entrepreneurial and innovative talents in Business Administration Major

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Abstract: with the deepening of higher education reform, business administration teachers in Colleges and universities have gradually realized the important value of cultivating students' entrepreneurial and innovative ability. In this context, in the teaching practice of business administration courses, teachers should recognize the needs and standards of enterprises and industries for entrepreneurial and innovative talents, understand the learning needs of students, reform the teaching mode, and promote their all-round development. Based on this, this paper will focus on the cultivation of entrepreneurial and innovative talents in business administration.

Key words: Business Administration;Innovation and entrepreneurship;Talents; Teaching;colleges and universities

The cultivation of entrepreneurial and innovative talents in business administration requires teachers to have strong practical teaching ability, focus on cultivating students' practical operation ability and innovative and entrepreneurial consciousness, so that students can obtain innovative skills through practical teaching and targeted training, and ensure the improvement of students' comprehensive quality.

1.The significance of cultivating entrepreneurial and innovative talents in Business Administration Major

The teaching of business administration has common characteristics with other majors. The teaching of basic knowledge is an indispensable project in the process of talent cultivation, which requires teachers' attention and lays a solid foundation for the cultivation of students. At present, colleges and universities should focus on Cultivating Innovative Talents Majoring in business administration. First, colleges and universities should fully understand the needs of enterprises in the business administration industry. As a constituent unit of social economy, enterprises play an important role. In the information age, all aspects of society have changed, and the structure and operation mode of enterprises have also changed. Under the influence of the times, colleges and universities, as the main base for transporting talents for enterprises, need to comprehensively consider the changes of enterprises' demand for talents in the information age,

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