

On the value of folk sports games in early childhood education

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Abstract: folk sports games are discovered and freely created by the working people themselves. They are popular in daily life and have distinctive national characteristics. They are also a reflection of traditional culture. It is not only interesting, but also highlights the internal factors of the game, inspires children to actively explore and create, and inspires children to love traditional culture. Therefore, folk sports games can be integrated with kindergarten sports activities, which can realize the diversification of kindergarten sports activities and make children develop in all aspects in the game. This paper mainly expounds the value of folk sports games in early childhood education from four aspects: the positive effect of folk sports games on children's health, the stimulation of children's cognitive ability, the development of children's sociality, and the methods of integrating folk sports games into early childhood education.

Key words: folk sports games; Early childhood education; value

The guidelines for Kindergarten Education (Trial) puts forward that "games are the basic activities and education is integrated into all activities." In kindergartens, all activities should focus on Teaching in fun, learning and growing in games. With the continuous development of science and technology, more and more new toys and mobile games are popularized, and the game items in kindergartens are constantly instrumented, people's attention to folk sports games is gradually declining. Folk games are one of the cultural heritages accumulated by Chinese culture for thousands of years. Because of its strong characteristics of interest and entertainment, it can better enlighten children and promote their comprehensive and healthy development. Today's equipment sports activities can't meet the needs of children in all aspects, while folk sports games have the characteristics of "life". Children can fly themselves and play happy games while singing songs. Scholars at all times and in all over the world have focused on studying the physiological function of folk sports games for children, while ignoring the improvement of psychological quality. For example, according to the national standard rating, lixiangyu tested the excellence rate and average value of various indicators of the physique test data of 3-6-year-old children in the folk sports game experimental group and the control group in the experimental study on the influence of folk sports games on the physical health of 3-6-year-old children, and concluded that the comprehensive score difference between the two groups was significant, Folk sports games are effective in improving children's physique.

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This paper is a research project on the development of Social Sciences in Chengde in 2022; Project Name: The phased achievement of the exploration of the integration of red medicine spirit into biochemistry and molecular biology teaching from the perspective of Ideological and Political Education (Project No.: 20223109).

This paper is a school level project of Chengde Medical University in 2023; Project Name: Strategic exploration of the red medicine spirit in the ideological and political construction of the curriculum from the perspective of new medical science -- a phased achievement of Biochemistry and Molecular Biology (Project No.: 202317).

This paper is a Hebei Education Department project of Teaching and research demonstration center in 2021; Project Name: Research and demonstration center for ideological and political teaching of basic medical courses for postgraduate students (Project No.: YSFZX2021026).

1. Definition of folk sports games

Folk sports games are produced in people's lives and are freely created by people in combination with folk songs. There are no specific venues and game materials, and the playing methods are diverse and the materials are simple. They play games with traditional folk songs. It is a game that guides children to experience the happiness brought by game activities while singing and dancing, actively display themselves, and participate voluntarily. It also enriches the content of sports activities, has a strong cultural heritage, is not affected by venues, activities tools, etc., and can carry out activities at any time. Children can easily learn and easily share game playing methods with others, and even create new playing methods by themselves. It is a game with distinctive national characteristics that integrates interest, entertainment, education and creativity, Including hide and seek, jumping house, running box, jumping rubber band and so on.

2. The positive effect of folk sports games on children's health

2.1 Enhance children's physical quality

Children's endurance, sense of balance, flexibility and coordination ability are constantly improved in practice, but boring movement practice is obviously boring for children and can't trigger their autonomous learning. Therefore, these movements can be developed through different folk sports games, and children can practice in the form of games. For example, in the game of "what time is the old wolf and the old wolf", one person plays the old wolf, and the others play the sheep. As they walk, they ask "what time is the old wolf and the old wolf". When they answer "twelve o'clock, it is dark", the children playing the sheep will immediately run home, and the children playing the wolf will start to catch the sheep. The children need to use the basic movements of walking, running, jumping and so on in the game to play, It plays a great role in improving children's comprehensive physical quality.

2.2 Improving children's psychological quality

1. exercise children's anti frustration ability

Some folk sports games are also full of certain competitive factors, and they will face success and failure in the game. For example, in games such as "stone scissors paper" and "running the box", children will inevitably encounter failure and have a sense of frustration in the game. However, children are competitive. They can accumulate game experience in continuous attempts and trial and error, and lay the foundation for succeeding in the next game. This also makes them understand that failure is inevitable. They should not be afraid of difficulties, face failure bravely, improve their ability to resist setbacks, and lay a good foundation for future study and life.

2. enhance children's willpower

Strong willpower is gradually formed in the game of life, which is a test of children's endurance and physical strength. For example, in the game "running the box", children need to distract other people's attention by means of probing. When they step on the line, they must step on four sides. Without any one, they can't do it. This requires children to interact with their peers in the box, which virtually improves children's perseverance, strengthens children's patience, and also requires children to take that step decisively and bravely, Cultivate children's decisive and brave willpower and good willpower to regulate their own behavior and abide by the rules. Children strive to overcome difficulties and achieve success in the game, which provides sufficient conditions for children to form strong willpower.

3. promote the development of children's positive emotions

Some troubles are inevitable in daily life. Games are the basic activities of kindergartens. In games, children are inspired to actively explore rather than passively absorb. Children are satisfied with the process of games, and their emotions are in a relaxed state. Therefore, games can well help children relieve bad emotions. For example, through folk sports games such as "throwing sandbags", "rolling tires" to vent their dissatisfaction, so as to convert into positive emotions.

3. Folk sports games can stimulate children's cognitive ability

3.1 Stimulate children's keen observation

In folk sports games, children need to judge what to do next by observing their peers' positions and actions. Children will consciously observe, accumulate relevant experience, and gradually improve their observation ability in the process. For example, in the game "Eagle catching chicken", the hen should always pay attention to observing the action posture of the eagle, make corresponding protective gestures and determine the direction of retreat. It can be seen that folk sports games can promote the improvement of children's observation.

3.2 Improve children's perception

Early childhood is an effective period to lay the foundation for intellectual development. Children know the world by perceiving all aspects of things, constantly touch and try, and mobilize all kinds of senses to participate in activities. In the folk sports games, children should use the abilities of touch, vision and space to participate in the games and carry out the next step. For example, in the "throwing

sandbags” sports game, children perceive the shape of sandbags through touch, and at the same time, they should sense the direction of their peers’ throwing sandbags and make corresponding evasion. In this process, it is necessary to mobilize all kinds of sensory cooperation to participate in the game, and children’s perception ability is also improved.

3.3 Enhance children's attention

The influence of folk sports games on children’s attention is very far-reaching. For example, children in the game “throw a handkerchief” sit down in a big circle. One of the children is the person who threw the handkerchief. We sing “throw a handkerchief, put it gently behind the child, and we will catch him together.” when we sing to put it gently behind the child, the child who threw the handkerchief will put it gently behind a child, so in the process, You must pay attention and feel the position of the handkerchief. At the same time, while singing, you should also pay attention to whether the handkerchief is behind you. This requires attention to the distribution. It can be seen that games are very useful for the development of children’s attention.

3.4 Promote children's language expression ability

3-6 years old is an important period for children to learn language and communicate with others. In folk sports games, children need to communicate with others about game playing methods and rules, and communicate and cooperate with peers, which greatly enhances children’s language expression and application ability. Especially in rubber band jumping, children recite songs while jumping. Every time they change a song, they need to change a dance method. Common songs include Malan Flower, pony crossing the river, small ball, etc. In the process of such a game, it virtually promotes the improvement of children’s language use ability, and enriches the language beauty of childlike innocence and childlike interest in singing and dancing. It is vivid, beautiful, rhythmic, and catchy, giving children the experience of feeling beauty, laying a good foundation for future language appreciation and expression.

4. The role of folk sports games in the development of children’s sociality

4.1 To promote the development of children's parent-child relationship and provide the premise for children's social development

Folk traditional games contain rich educational wisdom, are valuable educational resources for kindergartens, are spiritual food to promote children’s socialized growth, and contribute to the cultivation of children’s sound personality and innovative spirit. In folk sports games, parents and children can play together. Because folk sports games are not limited to places and tools, they can also be carried out at home. Parents and children can make game materials together, and they can also carry out some folk games of role playing. In this process, it not only promotes the coordinated development of children’s hands and brain, but also promotes the communication between parents and children, which is also the premise of children’s social development.

4.2 Enhance the communication between children and peers, and broaden the scope of children's communication

Good peer communication has a positive impact on children. Peer communication is an important way of children’s socialization. Children’s peer communication is a harmonious interpersonal relationship established by children living, learning and playing with others. For example, “jumping house” can implement the playing method of “big with small”. Big brother and sister take small brother and sister to play games together to stimulate their considerate feelings. The allocation of different roles in “Eagle catching chicken” also needs children’s joint consultation. In the game, children can understand the different tasks that different roles should undertake. At the same time, it also improves children’s ability of social communication and lays the foundation for children’s social development.

5. Methods of integrating folk sports games into early childhood education

5.1 Integration in materials

Most of the folk sports games use materials from life, with the characteristics of turning waste into treasure and using local materials. When carrying out activities, teachers can guide children to use waste materials for decoration and cultivate children’s awareness of environmental protection. For example, the game “ferrule” can guide children to use the abandoned milk box, draw their favorite animals, plants and other shapes on paper and paste them on the box as the ferrule target. Or in “Eagle catching chicken”, different headwear can be made and matched with different game playing methods. For example, the method of “drawing a new headdress can revive once” can have many new ways of playing, change the traditional game thinking form and innovate to stimulate children’s creative thinking.

5.2 Integration in teaching activities

Teachers can organically combine teaching activities with folk sports games according to the age characteristics and development stages of children in this class, set up reasonable games in a planned way, and adjust them in time according to children’s interests and activities. Teachers should clarify the rules and methods of the game before playing. Encourage children to propose different ways of playing in the game. Appropriate praise and encouragement after the game can stimulate children’s enthusiasm to participate in the game next

time. During the “morning activities”, teachers can put tabletop toys of various folk sports games in the science area and art work area, and children can choose by themselves. In the “outdoor teaching activities”, you can play games such as “tire rolling”, “rubber band jumping” and “shuttlecock kicking”, and transfer the moral education of win-win cooperation with peers in the game. For example, in the health goal of the middle class, it is mentioned that “you can run dispersedly within a certain range”, which can be achieved by using games such as “cat catching mouse for a few more days” of folk sports games. In the “centralized teaching activities”, simple folk sports games such as “blowing feathers”, “piling steamed buns” or “small ball” and “Malan Flower” can be used to warm up and lead in before class. With the help of ballads, children can not only enrich their knowledge and experience, but also guide them to feel the unique charm of folk culture and art.

5.3 Penetration in all aspects of daily life

In children’s daily activities, there will be a lot of spare time. Teachers can skillfully combine these times to avoid passive and useless waiting, and can do a good job in the connection between various links through some folk games. For example, after a meal, you can play games such as “looking for the East, West, North and South”, “stacking steamed buns” and so on when you wake up from nap, which are not limited by venues and materials, and can be carried out anytime, anywhere, and in groups of many people. This reduces the time for children to wait in line for other children. At the same time, with the addition of folk sports games, the principle of dynamic and static combination can also be reflected. It is a valuable educational resource.

epilogue

Generally speaking, folk sports games have a great impact on the development of children. It inherits folk culture, it can mobilize children’s subjective initiative to the greatest extent, and children can play independently. The author believes that the most ingenious and distinctive part of folk sports games is to combine folk songs with games. In the process of the game, we can feel the richness of folk culture and experience the beauty and long history of language and culture by singing songs and dancing, and continuing and imitating them. Feng Chaoqun pointed out that as an important part of China’s traditional culture, folk games, after thousands of years of precipitation and accumulation, contain rich excellent cultural and educational resources, which are unmatched by modern games. Folk sports games are the embodiment of our national characteristics and traditional culture, reflecting a strong historical and cultural heritage. Therefore, we should skillfully integrate it into children’s daily life, so that children can feel the charm of folk culture and art in play, and continue to inherit them.

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