Investigation and research on the development of sports activities after school in Shenxian First High School

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ABSTRACT:

Extracurricular physical education is the important content of school physical education, it and school physical education together constitute the main body of school physical education. After-school sports include after-school sports in school and after-school sports in school. After-school sports in school play a very important role in enhancing students' physical quality and health level, developing good sports habits and lifelong sports consciousness, and also play a very important role in the realization of school sports goals. After-school sports refers to various physical exercises and methods that students use their spare time to exercise their body, enhance their physique, activate their body and mind, improve their sports skills and enrich their leisure cultural life. Taking the First Middle School of Shenxian County of Liaocheng City as the object of investigation, the development of high school extracurricular sports activities were investigated to promote the development of school extracurricular sports. In addition, the first middle school of Shenxian County and other local high school sports development is similar, there are many similarities in the development of after-school sports activities, can provide reference for other middle schools to promote the development of after-school sports. Using the method of literature, interview, logic analysis, questionnaire and other research methods, this paper investigates the development of after-school sports in Shenxian No. 1 Middle School of Liaocheng City. It is concluded that the overall development of after-school sports activities in Shenxian No. 1 Middle School is better, but there are still some shortcomings; Students who meet the requirements of the Regulations on Physical Education Work of the School for the duration of after-school physical exercise do 1 hour of exercise every day, among which morning exercises and recess exercises are the best, and the number of participants accounts for more than 90% of the students in the school. However, there are not enough activities during recess and students do not have enough time for independent sports activities. After school sports training has been carried out in an orderly manner, including track and field, basketball, volleyball, martial arts and gymnastics. The main purpose of after-school sports training is to participate in the sports examination and competitions, among which the largest number of participants is track and field, and the training content and time...
arrangement are reasonable; In the aspect of extracurricular sports competitions, only some events have the opportunity to participate in the competition, mainly basketball, track and field, volleyball, martial arts, free combat, table tennis, badminton and other small ball events, no students participate in, fewer events every year; The development of extracurricular sports activities in Shenxian No. 1 Middle School is affected by a variety of factors. There are mainly five factors: field equipment, physical education teachers, students' schoolwork pressure, students' interest in sports, and school leaders' attention.

Key words: After-school sports; After-school physical exercise; After-school physical training; After-school physical competition;