

Original Research Article

On the New Era Significance of Children's Interesting Track and Field under the Background of "Double Reduction" Policy

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Abstract: The policy of "double reduction" clearly requires that primary and secondary schools should carry out a variety of popular science, style, art, labor, reading, interest groups and community activities. However, the present situation of extracurricular sports activities in primary and secondary schools in China is not optimistic. Through research, it is found that there is a common problem of "rigid content and form" in extracurricular sports activities in primary and secondary schools in China, and students feel boring and have low enthusiasm for participation. "Children's Fun Track and Field" is a track and field sport that integrates running, jumping and throwing according to students' physical and psychological characteristics. It integrates sports and entertainment, and the forms and contents of sports events are rich and more interesting. Therefore, under the background of "double reduction" policy, it is particularly important to vigorously develop children's interesting track and field events in extracurricular sports activities in primary and secondary schools in order to enrich the content and form of extracurricular sports activities in primary and secondary schools, stimulate students' interest in extracurricular sports activities and improve their enthusiasm for participating in activities. Research methods: By using the method of literature, we know the current difficulties and shortcomings of extracurricular sports activities in primary and secondary schools, as well as the origin and content of children's interesting track and field. Research conclusion: Extracurricular sports activities in primary and secondary schools in China are currently facing the dilemma of single content and form, which can be alleviated by developing children's interesting track and field in extracurricular sports activities in primary and secondary schools. The research suggests that the traditional track and field sports such as walking, running, jumping and throwing should be improved appropriately, so as to enrich its form and content and add interest, thus stimulating students' interest in extracurricular sports activities, improving students' enthusiasm for participating in activities, forming good physical exercise habits and promoting the healthy development of body and mind.

Keywords: Track and field sports, Children's interesting track and field, Extracurricular sports activities, Sports field equipment.

1. INTRODUCE

On July 24, 2021, the policy of "double reduction" was promulgated, which clearly stipulated that primary and secondary schools should make full use of after-school service hours and carry out a variety of popular science, culture, art, labor, reading, interest groups and community activities. However, the present situation of extracurricular sports activities in primary and secondary schools in China is not optimistic. It is found that [1] the problem of "rigid content and form" is common in extracurricular sports activities in primary and secondary schools in China, and students feel boring and have low enthusiasm for participation. "Children's Fun Track and Field" is a track and field sport that integrates running, jumping and throwing according to students' physical and psychological characteristics. It integrates sports and entertainment, and the forms and contents of sports events are rich and more interesting. Therefore, under the background of "double reduction" policy, it is particularly important to vigorously develop children's interesting track and field events in extracurricular sports activities in primary and secondary schools in order to enrich the content and

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form of extracurricular sports activities in primary and secondary schools, stimulate students' interest in extracurricular sports activities and improve their enthusiasm for participating in activities.

2. MATERIALS AND METHODS

Literature method: By consulting the literature about the current situation of extracurricular sports activities in primary and secondary schools in China, we can understand the current difficulties and shortcomings of extracurricular sports activities in primary and secondary schools; Secondly, consult books and related documents about children's interesting track and field to understand the origin and content of children's interesting track and field.

3. RESULTS

Traditional track and field events can be divided into four categories according to the basic ability of human activities: walking, running, jumping and throwing. "Walking" refers to the race walking, including the 20 km race walking and the 50 km race walking; "Running" is the largest category in track and field, covering the most minor events, including sprint, middle and long distance running, relay, marathon and hurdle. "Jump" includes four events: long jump, triple jump, high jump and pole vault. "Throwing" includes four events: shot put, discus throw, hammer throw and javelin throw. However, traditional track and field events are not suitable for extracurricular sports activities in primary schools. First of all, primary school students' bones and joints are in the period of growth and development, and cartilage components are mostly, and ossification has not yet been completed. However, the instruments of traditional sports in schools are almost all designed according to adult standards, which are inconsistent with the body shape of primary school students and are overweight, which may easily lead to bone deformation of primary school students and cause physical injury. Secondly, because the excitement process of primary school students' nervous system is obviously dominant, their attention is not easy to concentrate, and their neurons are easy to get tired. The monotonous sports form and boring content of traditional track and field events easily make primary school students feel bored, thus generating aversion to sports. Therefore, in order to meet the physical and mental characteristics of primary school students, traditional track and field events such as walking, running, jumping and throwing should be reformed to reduce the difficulty of sports and enrich the form and content of sports, so as to stimulate primary school students' interest in sports and improve their enthusiasm for participating in extracurricular sports activities.

Traditional track and field events can be transformed into a variety of interesting track and field events. For example, "race walking" can be changed into "fast relay walking". This project only needs to draw two parallel lines with a distance of 50m on any open space of the school, one for the starting line and the other for the finishing line, and insert a small red flag on the finishing line to prepare several baton. Divide the number of students into several equal groups, and each group stands behind the starting line in the form of a column, facing the small red flag at the finish line. At the beginning of the game, after the organizer gave the order, each group of players walked quickly with the baton, and quickly handed the baton to the next player after passing the small red flag. Each team takes the last player to reach the finish line first as the winning team.

In the running events, the starting mode of 100m sprint can be transformed into push-up starting. When the referee calls "ready", the students immediately go to the starting line to be ready for push-ups, and when they hear the "run" password, they quickly get up and do accelerated running. In addition, running can be changed into running and skipping, so that students can skip rope while running. On the basis of running and jumping, chasing is added. On the 400-meter circular runway, every 50 meters is a running position, and four people can chase according to this position to see who can pull the shortest distance between them.

We can use "jumping wooden horse" to replace the high jump and long jump in traditional track and field sports. Draw two straight lines 20 meters apart on any flat ground in the school, with two marker poles inserted in the end lines, and draw a middle line between the two straight lines. Divide the students into two teams. One student in each team stands on the middle line, with his upper body bent forward and his knees supported by his hands as a "wooden horse". Each team stands at the starting line. When the whistle sounded, the first person of each team quickly ran to the other side, and the team members leaped over and stood on the middle line as the second "Trojan horse". The first "Trojan horse" quickly ran to the end line, bypassed the sign post and ran back to the team to pat the second person's hand. Proceed in the same way in turn. All the players in each team do a "Trojan horse" jump, and the team that finishes first wins.

You can use "throwing the ball forward into the hole" to replace the original throwing event. Prepare several shot puts or solid balls and two waste tires. At the beginning, students stand behind the starting line in pairs, with the starting line 8-10 meters away from the two tires, throw the ball to the tire center according to the requirements of the forward throwing action, and each person throws a specified number of balls. Finally, the winner is the one who throws the ball into the tire center more times.

4. CONCLUSION AND RECOMMENDATION

To sum up, the extracurricular sports activities in primary and secondary schools in China are currently facing the dilemma of single content and form, and the above dilemma can be alleviated by developing children's interesting track and field in extracurricular sports activities in primary and secondary schools. The traditional track and field events, such as walking, running, jumping and throwing, will be improved appropriately, so as to enrich its form and content and add interest, thus stimulating students' interest in extracurricular sports activities, improving students' enthusiasm for participating in activities, forming good physical exercise habits and promoting the healthy development of body and mind!

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