

Experimental Study on the Creation and Application of Interesting Track and Field Teaching

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Abstract: Track and field sports is one of the most near life sports, as long as the composition of the movement is to life is the most common jump or throwing. Therefore, it can develop a set of complete fun games for students after the allocation and extraction of the included projects. This skill can increase children's interest in sports and exercise students' physique while playing games. Therefore, this paper will analyze its editing and creation and practical application effects respectively.

Keywords: Interest; Track and field teaching; Creative; Application effect.

1. COMPILATION AND CREATION OF INTERESTING TRACK AND FIELD EVENTS

In order to add some interest to track and field events and to ensure that they can arouse students' interest, it is necessary to make some changes to the details of traditional track and field events. The second project of interesting track and field program is designed to increase students' interest in track and field program, so as to increase their participation in track and field program. Combined with the above two purposes, the compilation and creation of interesting track and field events should abide by the following principles. First, the sports rules and methods should be easy enough to learn, and the difficulty of movements should be increased step by step, based on sufficient acceptance time of students. Secondly, its project form should be as colorful as possible, so that it can be set up in the form of competitions [1]. By absorbing the merits of competitive sports, the tension in competitive sports can enhance the tension of students participating in the project. Thirdly, when the equipment is involved in the project, on the premise of ensuring the safety of the equipment used, the variety of the equipment should be increased as far as possible to keep the freshness with the diversity of the equipment. Finally, the judges in the competition can choose from among the students to increase the freedom of the students. For this reason, the following paragraphs will respectively list several interests derived from common track and field events as a reference.

Fun track and field events based on running can organize students to run in the direction (students keep changing directions to run in accordance with the established routes), relay run

(students hand over to each other for team competition), obstacle run (set reasonable obstacles on the track).

Fun track and field events based on jumping can organize students to do animal jumping (students can imitate the gestures of various animals to jump) and jumping houses (students can jump according to the patterns of houses on the surface).

Fun track and field events based on throwing can be done by students themselves (students try to throw the solid ball to the farthest position), shooting competition (students put the basketball into the basket), sandbag game (throwing sandbag to shoot down the designed objects).

2. EXPERIMENTAL DATA OF APPLICATION EFFECT OF INTERESTING TRACK AND FIELD PROJECTS

2.1 Experimental objects and methods

In order to ensure that the experiment involved in this paper has a real and reliable effect, all the teenagers involved in the experiment in this paper are school students, and all of them are in the same grade. In order to present the experimental results clearly and concretely, this paper will set up two groups, the control group and the experimental group, for the experiment. The number of people in the control group and the experimental group is 100. Before the experiment on the students' physical condition, in ensuring that all students physical condition allowed to participate in the experiment after experiment, and the students' factors such as age, sports ability, a comprehensive evaluation based on the analysis of the specific data to ensure it does not have bigger difference, so the result of the experiment is practical [2].

2.2 Experimental methods

In terms of experimental method, respectively with the control group and experimental group students with different education method, take interest in track and field teaching in the experimental group, while the control group still use the traditional teaching method of track and field, and in the control variable, the control group and experimental group of the same teacher, using the same venue, cycle for the same twice a week.

2.3 Comparison method of experimental results

Before the start of the experiment, respectively, to participate in the experiment of students physical condition and results of related records, after 2 months of different teaching ways, respectively for the pass rate and summary on the degree of interest in athletics, pass in a reverse layup is composed of three movement respectively is 100 m, standing long jump, solid ball throwing.

3. SUMMARY OF EXPERIMENTAL RESULTS

3.1 Practice density comparison

Based on the statistics of the actual situation in class, it is concluded that the experimental group has a longer contact time than the control group in terms of the practice time in class, and the average amount of contact time is 8.74% more than the control group. Through this data, it

can be proved that interesting track and field teaching will not cause the reduction of practice time, but can improve the density of contact.

3.2 Comparison of student load

After the statistics of the actual situation in class, the results showed that the heart rate of students in the experimental group was between 120 and 140 times in class. Such heart rate could achieve the best effect in practice, but it would not have any health impact due to the students' excessive heart rate.

3.3 Comparison of students' physical quality

In order to clearly show the specific situation of students' physical quality, the following paragraphs will show them in the form of charts. For details, please refer to the charts.

Pass rate of experimental group	Pass rate of control group	project
87%	79%	A reverse layup 100 m
78%	70%	Standing long jump
89%	80%	A solid ball is thrown

As can be seen from the figure, the experimental group that adopted interesting track and field teaching in the three events of 100m round-about run, standing long jump and solid ball throwing all had a higher passing rate. Therefore, it can be seen that its function is not only inferior to the traditional track and field teaching method, but also has certain advantages in setting.

3.4 Comparison of students' interests

In order to clearly show the interest of students in track and field sports, the following paragraphs will also be presented in the form of charts. For details, please refer to the charts.

Proportion of the experimental group before the experiment	The proportion of control group before the experiment	The proportion of the experimental group after the experiment	The proportion of the experimental control group
55:45	54:46	78:22	48:52

As can be seen from the figure, the number of participants in both the experimental group and the control group was 100, and the proportion of people interested in track and field sports in the experimental group was 55% before the experiment, and 78% after the experiment. The control group showed 54% interest in track and field before the experiment and 48% after the experiment. Therefore, it can be seen that the interesting track and field teaching method plays a beneficial role in improving students' interest in track and field sports.

4. RESULTS SUMMARY AND FUTURE PROSPECT

4.1 Results summary

Through the summary of the results above, it can be found that because the teaching process of interesting track and field is more interesting than traditional teaching and has a stronger playfulness, students will have a stronger enthusiasm in the process of learning, and the enthusiasm of learning is the basis of students' active learning. In the teaching of interesting track and field, students can really experience the fun of track and field. In the traditional teaching of track and field, there is a relatively rigid teaching process, which only teaches students technical actions, but does not consider the psychological activities of students learning technical actions. Finally, there are many game projects in interesting track and field teaching that need students to cooperate to complete, so these projects are also very helpful for cultivating students' writing ability and communication ability.

4.2 Future prospect

The interesting track and field teaching mentioned in this paper is a general term after the interesting improvement of a variety of track and field projects. On the one hand, such improvement is to make students' acceptance of track and field further; on the other hand, it is to improve students' physique in this process. At present, its development still has a certain lag, the following will be its future prospects.

When compiling and creating interesting track and field teaching, future teachers should make practical arrangements according to the grade and age of students, and the difficulty of games should be consistent with that of the students involved [3]. Second, the interest of the track and field teaching though should learn the spirit of competitive sports, in which add the element of competitive sports, but it is, after all, a strong student body for the purpose of, some of the students in the curriculum is likely to be caused by excessive investment in competitive action is not standard, recognition of teachers in the future for the correct to also want to pay enough attention to, at the same time to prevent due to the serious game competition means, caused the contradiction between the students. Finally, the idea of interesting track and field teaching has not been proposed for a long time, so it lacks a complete system to support it. In the future work, the establishment of a complete work system will play a crucial role in the teaching of interesting track and field [4].

5. CONCLUSION

Through this article, this paper enumerates the interest in the creative process of track and field teaching should pay attention to the key issues, at the same time, through specific experiments and the experimental results summarized its application effect is analysed, and finally put forward for its future outlook, hope that through this article can help to interest the plait of track and field teaching, this paper, the application of the results can also be used as a reference for future work.

ACKNOWLEDGEMENTS

Fund program:

1. Heilongjiang Bayi Agricultural University Talents Supporting Program (RRCPY201818).
2. Heilongjiang province philosophy and social sciences planning supporting co-construction projects (18TYE558).

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