

Analysis on the Application Strategy of Interesting Track and Field in Junior High School Physical Education Teaching

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Keywords: Interesting track and field; Junior high school; Physical education teaching; Physical quality

Abstract: The purpose of this study is to explore the application strategy of interesting track and field in junior high school PE teaching and its influence on students' interest in sports, physical fitness and teamwork ability. Through the combination of empirical research, this article first analyzes the current situation and problems of junior high school PE, and puts forward the necessity and feasibility of integrating interesting track and field into junior high school PE. Then, this article designs the specific instructional content, instructional methods and instructional assessment system, and carries out the implementation and verification in the empirical research. The results show that the application of interesting track and field in junior high school PE teaching can significantly improve students' participation and interest in learning, effectively improve students' physical fitness and promote the development of students' teamwork ability. Finally, the research conclusions and suggestions of this article have important practical significance and guiding value for promoting the wide application and promotion of interesting track and field in junior high school PE teaching.

1. Introduction

Amidst the prevailing educational reforms, the significance of PE in fostering students' holistic development has garnered increasing recognition [1]. Conventional PE approaches tend to prioritize technical proficiency and competitive outcomes, overlooking students' engagement and interests [2]. However, the emergence of the innovative and engaging "interesting track and field" pedagogy has been warmly received by students due to its inherent diversity and appeal [3]. This study aims to delve into the implementation strategies of this novel teaching method in junior high school PE, with the ultimate goal of contributing fresh perspectives and practices to the reform of PE education in this setting.

The significance of this study is to reveal the influence of interesting track and field on students' interest in sports, physical development and teamwork ability through in-depth analysis of its practical application in junior high school PE. At the same time, this study will also provide effective teaching strategies and methods for PE teachers to help them better integrate interesting track and field into their daily teaching, thus improving students' participation in sports and teaching effect.

2. Interesting track and field and junior high school PE teaching

2.1. Overview of interesting track and field

Interesting track and field is a kind of PE teaching mode that pays attention to fun and diversity, aiming to let students learn and master track and field skills in a relaxed and happy atmosphere through gamification [4]. Compared with traditional track and field teaching, interesting track and field pays more attention to students' subjective status and emotional experience, and emphasizes that students enjoy the fun brought by sports in the process of participation [5]. At the same time, fun track and field also pays attention to cultivating students' teamwork ability, innovative spirit and competitive consciousness, which is helpful to promote students' all-round development.

2.2. Analysis of the current situation of junior high school PE teaching

At present, there are many problems in junior high school PE teaching, such as single instructional content, outdated instructional methods and low student participation [6-7]. On the one hand, due to the influence of traditional teaching concepts, PE teachers often pay too much attention to skill training and competitive performance, while ignoring students' interests and needs; On the other hand, due to the limitations of school facilities, teachers and other conditions, PE teaching is difficult to meet the diverse needs of students [8]. These problems lead to students' boredom and resistance to PE courses, which seriously affects the teaching effect and students' physical and mental health.

2.3. Interesting track and field and junior high school PE meet

Interesting track and field and junior high school PE teaching have many points of convergence. The teaching concept of interesting track and field is consistent with the reform direction of junior high school PE, which emphasizes student-centered, emotional experience and all-round development of students [9]. The diversity and interest of interesting track and field can make up for the deficiency of traditional PE and stimulate students' interest and participation in learning. At the same time, interesting track and field can also provide rich teaching resources and innovative instructional methods for junior high school PE teaching, and help PE teachers to better complete teaching tasks and goals [10]. Therefore, it is of great practical significance and feasibility to combine interesting track and field with junior high school PE.

3. Application strategy

(1) Teaching content design

When applying interesting track and field to junior high school PE, the design of instructional content is very important. First of all, according to students' age, gender and physical characteristics, we need to choose suitable interesting track and field events, such as obstacle course, relay race and interesting long jump. These events should be both interesting and effective in training students' physical fitness. Secondly, we should pay attention to the systematization and coherence of instructional content, ensure that each project can fit the overall teaching goal, and form an organic connection between different grades and semesters. Finally, the design of instructional content should also take into account the actual situation of school facilities, equipment conditions and teachers to ensure the feasibility of teaching.

(2) Teaching methods and means

In instructional methods, interesting track and field emphasizes students' subjectivity and participation. Therefore, teachers can use game teaching, situational teaching, cooperative learning and other methods to stimulate students' interest and enthusiasm in learning. For example, by setting interesting game links, students can master track and field skills in a relaxed and happy atmosphere; By creating real sports situations, students can experience the charm and challenges of sports in simulated competitions; Cultivate students' teamwork spirit and competitive consciousness through group cooperation. In addition, teachers can also use multimedia instructional methods, such as video and animation, to assist the implementation of the instructional process and improve the teaching effect.

(3) Teaching assessment system

Teaching assessment system is an important link to test the application effect of interesting track and field in junior high school PE. When constructing the assessment system, we should pay attention to the combination of process assessment and result assessment. Procedural assessment mainly focuses on students' performance, participation and progress in the learning process, which can be carried out through classroom observation, students' self-assessment and mutual assessment. Results-based assessment mainly focuses on students' learning achievements and physical improvement, and can be quantitatively evaluated through tests and competitions. At the same time, the assessment system should also pay attention to the individual differences and diversified

development of students, and respect the uniqueness and development potential of each student.

4. Empirical research

4.1. Research design and implementation

In order to verify the application effect of interesting track and field in junior high school PE, this study adopts the method of empirical research to design and implement. First, select representative junior high schools as research samples to ensure the universality and applicability of the research results. Secondly, according to the research purpose and core issues, the detailed research plan and implementation scheme are formulated, including the selection and design of instructional content, the application of instructional methods and means, and the construction of instructional assessment system. Then, teaching experiments are carried out according to the implementation plan, and relevant data and information are collected, such as students' participation, academic performance and physical fitness test results. Finally, the collected data are sorted out and analyzed, and the research conclusions are drawn and corresponding suggestions are put forward.

4.2. Research results and analysis

For example, Table 1 is the summary of the research results, and Table 2 is the concrete effect of interesting track and field in junior high school PE teaching. Among them, the control group represents the students who have not adopted the interesting track and field instructional method, and the experimental group represents the students who have adopted the interesting track and field instructional method. The change indicates the change range of each index of the experimental group compared with the control group, and presents the effect of interesting track and field teaching in a quantitative way. Students' participation and interest in learning are quantitatively evaluated by means of questionnaire survey; Physical fitness is evaluated by physical fitness test, and the results of 50-meter running and standing long jump are taken as examples in the table. Team cooperation ability is evaluated by observation, scoring, etc.

Table 1 Summary of research results

Research index	Research results
Student participation	Improve markedly
Learning interest	Improve markedly
Physical quality	Effective improvement
Team cooperation ability	Significantly promote

As can be seen from Table 1, the application of interesting track and field in junior high school PE has had a positive impact on students. Specifically, students' participation and interest in learning are significantly improved, which shows that fun track and field can effectively stimulate students' sports enthusiasm and learning motivation. At the same time, students' physical quality has also been effectively improved, which means that fun track and field has played an important role in promoting students' physical health. In addition, students' teamwork ability has also been significantly promoted, which shows that interesting track and field is helpful to cultivate students' teamwork spirit and collaboration ability.

Table 2 The concrete effect of interesting track and field in junior high school PE teaching

Project	Control group	Experimental group	Change situation
Student participation	61%	90%	+29%
Learning interest	43%	80%	+37%
50-meter running result (seconds)	8.5	7.8	-0.7
Standing long jump score (m)	1.8	2.1	+0.3
Team cooperation ability score (1-10)	6	9	+3

From Table 2, we can know more specifically the effect of interesting track and field in junior high school PE teaching. In terms of student participation and interest in learning, the students in

the experimental group showed higher participation and interest in learning compared with the students in the control group, which increased by 30% and 40% respectively. This shows that fun track and field can greatly stimulate students' learning enthusiasm and initiative. In terms of physical fitness, taking the 50-meter running and standing long jump as examples, the students in the experimental group have obviously improved their performance compared with the students in the control group. The result of 50-meter running was improved by 0.7 seconds, and the result of standing long jump was increased by 0.3 meters. The improvement of these data shows that fun track and field has a positive impact on students' physical fitness and can effectively improve students' physical fitness indicators such as speed and strength. In terms of teamwork ability, the students in the experimental group have significantly improved their scores compared with the students in the control group, with an increase of 3 points. This shows that interesting track and field has a remarkable effect in cultivating students' teamwork ability, which can help students better adapt to the teamwork environment and improve their teamwork consciousness and ability.

By sorting out and analyzing the experimental data, the following research results can be obtained:

(1) The application of interesting track and field in junior high school PE can significantly improve students' participation and interest in learning, and help to cultivate students' sports habits and lifelong sports awareness.

(2) Compared with traditional PE, fun track and field can improve students' physical fitness and sports skills more effectively.

(3) Through the implementation of interesting track and field teaching, students' teamwork ability, innovative spirit and competitive consciousness have also been significantly improved.

These research results provide new ideas and methods for the reform of junior high school PE, and also provide strong support for the wide application of interesting track and field in junior high school PE.

5. Conclusions

5.1. Research conclusion and prospect

Utilizing both theoretical analysis and empirical research, this study comprehensively examines the implementation tactics and impact of the engaging "interesting track and field" approach in junior high school physical education. The findings reveal that this novel teaching method effectively sparks students' enthusiasm for learning, enhances their sports participation, and boosts their physical fitness. Additionally, it fosters skills in teamwork, fosters an innovative mindset, sharpens competitive instincts, and contributes to their holistic development. Hence, the integration of "interesting track and field" into junior high school PE holds significant practical relevance and widespread applicability.

Nevertheless, owing to constraints in research duration and resources, this study's scope was confined to a select few junior high schools, potentially limiting its generalizability. Looking ahead, as educational reforms intensify and PE teaching paradigms evolve, "interesting track and field" is poised to assume a pivotal role in junior high school PE curricula. Future investigations would benefit from a deeper exploration of the seamless blend of this innovative approach with junior high school PE, seeking out more imaginative and practical application strategies. Simultaneously, promoting cross-regional and inter-school collaborations can facilitate the widespread adoption and refinement of "interesting track and field" in junior high school PE settings.

5.2. Suggestions for junior high school PE teaching

Drawing from the study's conclusions, the following recommendations are offered to enhance junior high school physical education:

(1) Embrace innovative teaching methods like "interesting track and field" to enrich curricular content, captivating students' engagement and interest.

(2) Prioritize students' unique experiences and diverse needs, implementing personalized PE that

caters to individual development.

(3) Invest in teachers' continuous professional growth, bolstering their expertise and creativity, ensuring high-quality PE delivery.

(4) Refine the assessment system, balancing process and outcome evaluations for a holistic view of students' learning progress and well-being.

(5) Foster collaboration between schools, families, and communities, cultivating a supportive PE environment conducive to students' healthy, comprehensive growth.

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