

Analysis of the Relationship Between School Sports and Sunshine Sports Development

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Abstract—School physical education is a powerful guarantee for the sustainable development of sunshine sports. But in the current school sports, there are still some factors that are not conducive to the development of sunshine sports. For example, there are still some problems in the understanding of the relationship between sunshine sports and school sports, the theoretical understanding of school sports itself in promoting the healthy development of young students, and the isolation between school sports and other factors affecting young students' sports behavior. This paper analyses these problems and puts forward some suggestions. A long-term mechanism for the sustainable development of sunshine sports has been put forward.

Keywords—School sports, Community, Sunshine sports, Young students

I. INTRODUCTION

Sunshine sports is a major event for the benefit of the country and the people. The state has promoted the improvement of national physical fitness to a strategic level, which determines the national and social significance of sunshine sports. However, in the process of school sports promoting the development of sunshine sports, some schools still have some problems in this process, such as the relationship between sunshine sports and school sports, the development concept of school sports and the lack of long-term mechanism to promote the sustainable development of sunshine sports. It can be seen from this that school physical education mainly relies on the school education environment to achieve the purpose of education for the educated by means of physical exercise, health care and other means. Therefore, in this process, the goal of school physical education is to "effectively improve students' health; enable students to master and exercise the basic knowledge and skills of physical education and health; form interest in sports, hobbies and habits of persistent exercise; cultivate and form good psychological quality, and improve the ability of communication." In view of the above problems, this paper analyses and puts forward some suggestions on the development and promotion of sunshine sports in school sports.

II. ANALYSIS OF RESEARCH RESULTS

The object of sunshine sports development is for teenagers, and teenagers are the main object of school physical education, thus forming a high degree of unity between the object of school physical education and sunshine sports. This should be a good thing in terms of consistency of objectives. However, in the development of Sunshine Sports, we find that many school sports managers, leaders or physical education teachers working in the front line have some doubts, such as: what is the relationship between school sports and Sunshine Sports, and how to open schools. Promotion and promotion of sunshine sports, Sunshine Sports in schools should be advocated and valued, then how to carry out and carry out school physical education, how to coordinate the two and so on. To understand these problems well, we mainly proceed from the following aspects.

A. Comparison of school sports objectives and sunshine sports goals

School physical education is a purposeful, planned and organized educational activity in which physical exercise and health care are used to exert influence on the educated and promote their physical and mental health development in an environment dominated by school education. It can be seen from this that school physical education mainly relies on the school education environment to achieve the purpose of education for the educated by means of physical exercise, health care and other means. Therefore, in this process, the goal of school physical education is to "effectively improve students' health; enable students to master and exercise the basic knowledge and skills of physical education and health; form interest in sports, hobbies and habits of persistent exercise; cultivate and form good psychological quality, and improve the ability of communication." The spirit of cooperation, the sense of responsibility for individual health and group health, the formation of a healthy lifestyle, the formation of a positive and enterprising, optimistic and cheerful attitude to life, and the improvement of sports skills of a few students. As a result, the content and richness of school physical education goals are mainly related to the acquisition of sports and health knowledge and skills, physical health, mental health and social health.

The state carries out sunshine sports, which requires that in three years, "more than 85% of schools can fully implement the 'Students' Physical Health Standards', so that more than 85% of students can exercise one hour per person, reach the 'Students' Physical Health Standards' and pass the grade above, and master at least two daily exercise sports skills. A good habit of physical exercise should be formed to raise the level of physical health. From this, we can see that compared with the goal of school physical education, the requirement of sunshine sports emphasizes more practical operation, mainly lies in guaranteeing the time for teenagers to participate in exercise, the acquisition of skills in the process of participation and the improvement of their health level. The specific evaluation content is the time guarantee of participating in activities and the

standard of students' physical health. Besides the acquisition of sports and health knowledge, the content of school physical education goals includes two dimensions: mental health and social health. Compared with the two, the school sports goal tends to promote the all-round development of the educated, while sunshine sports focuses on the healthy development of young students. Therefore, from the perspective of the development of the two goals, there is no contradiction, but the unity of the target objects.

B. School Sports and Sunshine Sports Work Content Arrangement

The realization of sunshine sports needs specific work to complete. However, in the process of implementation, there is a problem of how to coordinate the arrangement of school physical education and Sunshine Physical education. In terms of realizing the specific work situation of sunshine sports, the arrangement of sunshine sports work content is consistent with that of school sports work in many aspects. For example, the comprehensive implementation of the work scope of National Physical Health Standard requires that students' physical health be tested and a report of students' quality be established, which is in line with school sports. The content of physical education learning evaluation is consistent.

In the evaluation system of physical education learning for school students, process evaluation and portfolio evaluation are also actively advocated. It provides reference for teachers to arrange teaching contents reasonably and to develop students' Physique in the future. In addition, in order to ensure the success of sunshine sports, it is required to "strictly implement the relevant regulations of the state on physical education class hours, fully attend physical education classes, not for any reason to occupy physical education class hours, through physical education, to educate and guide students to actively participate in sunshine sports, and to combine with extracurricular sports activities". It's the same. To a certain extent, this has attached importance to the development of school physical education teaching process and extracurricular sports activities. From the above analysis, school sports and sunshine sports are mutually developed and complementary in their work content. Sunshine Sports relies on school sports and provides policy support for school sports development. School sports provide protection for the development of sunshine sports.

In short, the advocacy and active development of Sunshine Sports and School Sports are mutually developing and mutually promoting relations, but in terms of different emphasis, School Sports focuses on promoting the all-round development of the physical, psychological and social health of the educated, while Sunshine Sports focuses on the physical health of young students. In terms of health. To this end, from this point of view, the development of sunshine sports is the improvement and supplement to school sports.

C. It Affects and Restricts the Development of School Physical Education and its Important Role in the Development of Sunshine Sports.

The controversy about "technology theory" and "physique theory" in school physical education is bound to affect the development of school physical education and the whole link of the actual operation of school physical education. In theory, it is more important to supplement and perfect the theory of school physical education from the perspective of educational theory. But in the actual operation process, school physical education is regarded as an absolutely important part of school physical education. Thus, although there are rules and regulations for extracurricular sports activities, there are only physical education in the evaluation of schools, teachers and students. All of these totally ignore the characteristics of sports itself. The participation of sports activities is mainly based on the characteristics of a sports event. The vast majority of sports have strong technical, since sports is operational knowledge, then this knowledge can only be improved through long-term practice, so as to reach a certain level. Only in this way can participation in sports experience its charm. For the youth students, the main reason for attracting their participation is the competitive, interesting and entertaining charm of sports. However, the current situation is that the disputes about the theory of technology and physique in the school sports circle are all in the air. In the above disputes, the sports skills and physique of teenager students have not been improved and strengthened in the process of sports learning, but have aroused the social doubts about the function of school sports.

Therefore, in the process of realizing the goal of school physical education, we should really bring family physical education and extracurricular physical activities into the scope of school physical education. And this is also advocated and necessary for the development of sunshine sports activities. From the above analysis, we know that the realization of sunshine sports needs the cooperation of public opinion environment, extracurricular sports activities and various groups and units in society. Therefore, as the main force to promote the development of sunshine sports, school sports should broaden its vision, not only confine to the classroom teaching of school sports, but also combine the advocacy of sunshine sports, make full use of all resources, promote and promote sunshine while achieving its own goals. Sports continue to develop. Only in this way can participation in sports experience its charm. For the youth students, the main reason for attracting their participation is the competitive, interesting and entertaining charm of sports. This requires making full use of its own advantages, giving full play to social resources, and building a long-term mechanism to promote the sustainable development of school sports and sunshine sports, so as to ensure the common realization of school sports goals and sunshine sports goals.

III. THINKING OF DEVELOPMENT

A. Change the Inherent Concept of School Sports and Expand the Contents of School Sports.

The way to achieve the goal of school physical education should not be confined to the classroom teaching of school

physical education, but should be implemented in the form of large class exercises, extracurricular sports activities, health education, etc. to carry out school physical education work from a holistic point of view, strengthen the construction of physical education teachers, strengthen leadership and implement scientific management. So as to lay the foundation for achieving the goal of sunshine sports.

B. Correctly Understand and Deal with the Relationship Between School Sports and Sunshine Sports.

In the process of promoting the development of sunshine sports, school sports should correctly understand and deal with the relationship between them, rely on sunshine sports, adolescent sports development as a whole, actively incorporate family sports education and community sports education into the organizational system, and build a long-term mechanism for the development of sunshine sports. To build a long-term mechanism for the development of sunshine sports, the key lies in that school sports should fully recognize its own advantages, take school sports as the main body, take family sports as the basis, and rely on community sports as the basis of an all-round physical education network. In this network system, school leaders should fully realize the important role of school in the development of sunshine sports. They should take school sports as the center, expand their vision and influence, and radiate to the surrounding areas, so as to create a good sports culture environment. The positive sports culture environment influences the young students' sports learning and sports consciousness from different levels and angles. Stimulate their interest in sports activities and form a resultant force to cultivate their participation in sports activities. In this way, through their own advantages in age and sports resources, adolescent students continue to supplement nutrition for the sports culture environment, thus forming a virtuous circle of interaction between the two.

C. Constructing the Organization and Management Model of the Long-term Mechanism with School Sports as the Main Body and Promoting the Sustainable Development of Sunshine Sports

In the current social environment, the local government must take the lead in building a long-term mechanism to promote the sustainable development of sunshine sports, with school sports as the main body. Sunshine sports is an administrative way to promote the development and enhancement of physical health of young students. In the current situation of socialization in China, when the non-governmental sports organizations have not formed a trend or have no ability to accomplish this task, they must be put forward by the state and local governments, supplemented and supported by administrative regulations and funds, to form a top-down way to build up the development of sunshine sports from the social environment. Build a platform. In this platform system, School Physical Education in human resources, we should make full use of the school's own appeal, mobilize the human resources of parents to provide help for the development of youth group sports.

Secondly, in terms of human resources of youth groups, we should give full play to their advantages, often carry out community service activities or create comprehensive or individual sports clubs for community sports, and carry out propaganda and construction of sports culture in various forms. Establishing the school sports facilities management office mainly solves the following problems: making full use of the physical conditions of the school itself and the facilities of the community sports venues, providing material guarantee for the development of physical education curriculum, coordinating the facilities of the school sports venues and the facilities of the social school sports venues. In the current situation of the lack of community sports facilities in China, the full development and utilization of school sports facilities resources is a good way to solve the lack of social sports facilities. To organize and mobilize parents to cooperate with the development of sports activities among schools, communities and families, so that students' sports habits, attitudes and abilities can be formed and developed under the favorable sports environment and conditions formed by communities, families and schools. In this way, the social sports culture atmosphere conducive to the development of sports will be formed, and the sustainable, healthy and efficient development of sunshine sports will be promoted.

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