

# The Application of Sports Game in Junior Middle School Teaching

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**Abstract:** In recent years, due to the positive role of sports games in the middle school physical education classroom, sports games have become the favorite in the physical education classroom teaching mode. In this paper, the function of sports games in junior high school physical education, the application strategy and the points for attention are expounded in order to provide some reference for the later researchers.

## 1. Introduction

As a teaching method, sports games play an important role in improving students' learning efficiency and interest. The rational use of sports games is of great significance to promote the overall improvement of junior high school students' comprehensive quality.

### 1.1 To cultivate students' spirit of cooperation

In general, sports games need students to be divided into groups, so students need to be fully integrated in the group, in cooperation to complete the various tasks, so as to achieve the role of the students team spirit of cooperation training, To promote students to understand the importance of teamwork in sports activities. Therefore, when developing sports games, junior middle school PE teachers should emphasize this kind of collectivity more. [1] this can better help students to learn the spirit of team cooperation in physical education class, so as to cultivate students' collective consciousness.

### 1.2 Promote students' social skills

Scientific research shows that people who love sports can easily get in touch with others and maintain good relationships with friends and classmates. Therefore, in the process of innovating the physical education of junior high school, we should make rational use of sports games, combine the game with the teaching content, and realize the perfect docking between "play" and "learn". So as to stimulate students' interest in learning, improve students' ability to cooperate and explore, improve students' comprehensive quality, help students adapt to social development and promote students' social ability. [2]

### 1.3 Regulating students' negative emotions

In the process of participating in sports events, the function of human body is regulated, and then people feel happy and relaxed in the process of sports. Therefore, the rational application of sports games to the classroom teaching of junior high school can effectively regulate the negative emotions of students and relieve the pressure in their daily life. At the same time, sports games have a certain degree of competition, can make students constantly surpass themselves in the process of the game. In the process of group cooperation, the team division of work and cooperation has strengthened the students' sense of responsibility, which is helpful to enhance the students' self-confidence and self-discipline.

### 1.4 To give full play to the educational function of the classroom

In physical education, the teacher guides the sports technical action through the way of game. The students' movements in the game activities are consistent. The integration of the sports technical actions can make the technical movements more coherent, and can also improve the

students' acceptance of sports training, as well as the acceptance of the rules of the game.

Physical education teachers can explain the key points and difficulties in physical training by means of technical demonstration. In order to win in the game, students will pay attention to the technology emphasized by the teacher and participate in the game according to the rules of the game. Students are bound to feel happy in the game, in the game gradually master the sports technology, and sports norms will also be memorized in mind. [3]

For example, in middle and long-distance sports training, the training method is not running, but also a variety of running-related games. For junior middle school students, running itself is very boring. During the event, the PE teacher made the students stand in a vertical row, with each student's hands holding the front student's waist. The rule of the game is that the student team must not be disconnected, and the content of the game is the first student to catch up with the last student. Students chase each other and follow the team to keep them from falling behind, in order not to break the rules. Science Students will also find out the rules of the game in the process of playing, and will use some skills through mutual communication and cooperation in the activities, not only to get running training, but also more active classroom atmosphere. Student participation in physical education also increases, and similar games can be organized spontaneously after class. In the middle school physical education teaching, the game runs through, the sports class entertainment nature enhances, to the student grasps the sports technique, the participation sports interest promotion has the very big help.

## **2. The Application of Sports Game in Junior Middle School physical Education Classroom**

### **2.1 Clarifying the content and rules of the game**

In the process of combining sports games with physical education, each game interaction needs to have certain rules, so that students can carry out activities according to the rules of the game, so as to maintain the good order of the physical education classroom. Students can feel the charm of sports in the game and learn important knowledge in the process. In the middle school physical education teaching scheme, teachers need to cultivate the collective spirit of students through various interactive links, and in this process let students know the importance of following the rules, so that students can improve their quality in all aspects of the game.

For example, in order to cultivate students' awareness of following the rules, in the relay run game in the teaching class, the students form teams to conduct relay races, and they can place all kinds of obstacles on the track. If students do not follow the rules to bypass obstacles, they need to go back to the starting point and run again.

In addition, in order to enable students to fully understand the spirit of collectivism, some students need to play cheerleading to cheer students on the field. In the baton settings can also be modified, for example, the same group of students in the handover run. Even in the actual game activities, some students taste the taste of failure, but the whole process is happy, and quite fruitful.

Many seemingly simple parts of the game tend to change the details to achieve a different effect. At the same time, sports games can also make teachers quickly discover the defects of students' individual, and make students understand how to treat things correctly, treat people and improve students' comprehensive quality through the rules of the game.

### **2.2 Establishing a scientific evaluation mechanism and a mature game model**

In general, teachers often develop sports games in warm-up links, which can effectively activate the classroom atmosphere of physical education. However, due to the lack of scientific evaluation system, it is difficult to fully show the role and connotation of sports games, which is an important problem in sports game mode.

The organization of sports games should have scientific rationality. In physical training, the physical quality of students should be fully considered. After the games are organized in sports games, students will be able to act within their means, without compulsion. Students differ in gender, age, physical fitness and performance in the game. For students' performance in sports

games, teachers should observe carefully, in order to carry out systematic physical training to teach people. Sports games to "step by step" game action from simple to complex. According to the students' comprehensive quality of sports, the students are divided into groups, and the rules of the game are as follows. Different requirements can make sports games play a role in physical education. [4]

It is very necessary to do a good job in judging sports games. At the end of the sports game, the students express their opinions on the result of the game, and the teacher, after summing up, scores the sports game according to the prescribed standard, and at the same time, records the student's performance as the reference item of the score. If the students' physical health is poor and their psychological tolerance is not enough, the PE teachers should give them special care to guide them to participate in the game from the collective consciousness. In order to improve the students' awareness of physical education, we can make students have the cognition to participate in sports activities and realize the promoting effect of physical education on health.

### **2.3 Standardizing the game system and protecting mechanism**

Most of the fun of sports games comes from the competition between students. The more competitive the activities or games, the higher the participation of students. In order to arouse students' enthusiasm to participate in sports, teachers often add a large number of competitive factors in sports games, but the enhancement of competition will increase the risk of students playing sports games. The students of this age are not mature physically and psychologically. Their psychological bearing ability is often weaker than that of adults, and they have a strong competitive heart. In sports games, they often hurt each other because they pay too much attention to the winning or losing of the game. Teachers should give adequate attention to this characteristic of middle school students. Pay attention to and take the corresponding safety protection measures in the sports game, in order to ensure the personal safety of the students in the sports game.

In order to create a harmonious game environment, it is necessary to emphasize the organizational discipline of the game. The game is competitive. Students play according to the rules of the game, compete against each other to win the game. Only by obeying the rules of the game can students continue to participate in the game, which requires students to have organizational discipline in the game, to restrain their own behavior, to avoid injury accidents in physical education class and to ensure the quality of physical education class.

## **3. Problems to Be Paid Attention to in the Application of Sports Games in Junior Middle School Physical Education Class**

### **3.1 To be able to achieve the aims and contents of education**

The game teaching mode is adopted in the teaching, which requires the content of the game to conform to the physical education content. Teachers can not only ensure the smooth development of the game, but also achieve the goal of physical training. Sports games should be carried out in accordance with the rules, and all the game actions should be obeyed so as to make the students compete in a fair game environment. The game is open, as long as students within the rules of the game, students can freely play their potential. The rules of the game should be related to the rules of sports training. Therefore, the content and rules of the game should be made according to the teaching contents. In order to bring the function of sports games into full play and achieve the purpose of physical education, the students should have a fresh sense of the game.

### **3.2 The teaching methods and the rules of the game should be continuously improved.**

Sports games are a new type of teaching methods. Most PE teachers lack a comprehensive understanding of this, coupled with the impact of traditional sports teaching methods, resulting in a lot of obstacles in the application of sports game law. Can not give full play to the role of sports games in improving the interest of sports teaching. Because teachers are unable to understand sports games from the ideological level, and do not want to spend time and energy to study sports games,

it is not only impossible to improve the quality of physical education teaching but also to apply single and repeated sports games on a regular basis. And let students have the inner resistance and antipathy. In addition, due to teachers' neglect of scientific integration of sports games, Rational organization and arrangement make it difficult to guarantee the effectiveness of sports games. In addition, some teachers lack the experience of physical education teaching, often hope to increase sports games to activate the classroom atmosphere, but this not only did not achieve good results, but also easily lead to the dominant issue. It is difficult to guarantee the quality of PE classroom teaching. [5]

### **3.3 Encourage and comfort students**

Because sports games are competitive, they must win or lose, and students who do not win tend to feel uncomfortable. At this time, the teacher is very important, not only to praise the winning students, but also to comfort and encourage the lost students. After all, the main purpose of sports games is to strengthen their health, competition is only a carrier. This new teaching method enables students to change passive acceptance into active participation and study, and mobilize students' enthusiasm for physical exercise to the maximum extent. So that students can unconsciously strengthen their health, and gradually cultivate a stable interest, physical exercise into daily life habits to carry out, To promote the all-round development of students.

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