

Research on the Integration of Life-long Sports Thought and School Sports Based on Sociology

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Abstract: The guiding ideology of school physical education is always closely related to the environment of the times and changes with the rhythm of social development. Through the analysis of the emergence, development and basic characteristics, practice of lifelong sports and the establishment of lifelong sports training mechanism, etc., the combination of sustainable sports ability, school sports and health education is the key to connecting school sports and lifelong sports, and is the key to achieving lifelong sports. Deepen the reform of school sports and open up people's sports ideas with life-long sports is the main line. The organic integration of lifelong sports thoughts and school sports is in response to the needs of social development and quality education, and has a positive impact on promoting the healthy development of school physical education.

1. Introduction

The tentacles of physical education reform are actively extending to mass sports, entertainment and leisure sports. The idea of lifelong sports is gradually recognized and accepted by people [1]. Applying the guiding ideology of strengthening students' physique, the body has become the same as other objects that follow the laws of natural movement, and can be trained by using the methods of natural science, which makes the achievements of modern sports leap forward, and makes school physical education a real subject [2]. Sports is a social activity closely related to human society, which originates from human social practice and develops with the progress of human society. For a long time, sports have become an important means for people to enhance their physique and pursue health [3]. Moreover, it plays a significant role in enriching the life and improving the quality of workers [4]. In the process of physical exercise, students should be truly aware of the level of physical and mental health, especially the use of a series of cognitive processes such as student memory, thinking, imagination, etc., to increase the mastery of sports science theory. Learn how to exercise physically. Therefore, the idea of lifelong sports thought plays an invaluable role in the reform and development of school sports in China [5].

The formation and development of lifelong sports thoughts are inevitably related to the development of material civilization and spiritual civilization of the present class in human society. It is the product of the high development of material civilization and spiritual civilization [6]. Schools are the basis of training students to become talents, and also the final stage of life-long physical education. The quality of students' physical fitness will directly affect the strength of national constitution and the long-term development of the country [7]. School physical education is an important aspect of training qualified personnel for all-round development and the basis for the smooth development of national fitness. The development of society has put forward new requirements for the quality of talents. The traditional standard of skilled talents has been replaced by the comprehensive standard of talents. This has led to the reorganization and new construction of the talent training system. In order to mobilize the enthusiasm of all sectors of society to care for and support mass sports, improve the awareness of sports for all, popularize mass sports, enhance the physical fitness of the people, and establish and improve a new system of group work adapted to the socialist market economy [8]. Secondly, human will action is always accompanied by emotion. In a sense, emotion is the driving force of will. Therefore, in the education of school sports, we must pay attention to mining and cultivating students' interests, hobbies and habits, and expand students' physical exercise. The field promotes the healthy development of sports emotions and

makes the quality of the will strong [9]. There is a new trend in school sports to serve lifelong sports and healthy leisure activities. Establishing a correct outlook on lifelong sports is directly related to many practical problems such as human health and quality of life. The law of human body function requires that people's physical exercise adheres to constant and constant. The lifestyle of modern society requires physical exercise to become an integral part of people's daily life. Lifelong sports has become the basic direction of school sports reform in various countries. School sports are not only focused on the present, but also on the future [10].

2. The Countermeasure of School Physical Education Reform and Development

With the development of society and the change of social production mode, the requirement of workers' physical and mental health is constantly changing and improving. Lifelong sports help people adapt to the challenges posed by high-speed, high-intensity, fast-paced social life and modern civilization. For students to achieve self-development has an important role in promoting. Based on this, the physical education students receive in schools can not only promote the healthy development of their physical fitness, but also promote the formation of their self-determination to participate in physical exercise. In school physical education, "speaking is important, doing is secondary, busy do not" phenomenon is still everywhere. Taking full account of the stage, continuity and integrity of school sports; from a horizontal perspective, school sports should be placed in the context of family sports and social sports, making school sports development and family sports, Social sports are closely coordinated, and the basic content weights of school sports goals are shown in Table 1.

Table 1 Weight of School Physical Education Objectives

	Factor	Coefficient
Physical and mental health of students	Improving the Function of Students	0.031
	Enhancing Students' Mental Health	0.025
Sports Cultural Literacy	Master the knowledge of sports health care	0.026
	Master Sports Skills	0.029
Lifelong Sports Elements	Sports Consciousness and Ability	0.031
	Cultivating Students' Interest and Hobbies in Physical Education	0.026

Lifelong physical education is the individual behavior of people in microcosm, and physical activity is the basic need of life. In modern society, due to the popularization of school education, the improvement of economic conditions, the increase of leisure time, the enrichment of life content and the improvement of quality of life. The development of human body itself needs the promotion and maintenance of physical exercise. In human life, we have to go through three different stages of development, namely, growth and development, maturity and decline. Because the development characteristics of each period are different, therefore, it is necessary to consistently carry out physical exercise to meet the different needs of the human body for physical exercise. It is precisely because of this two-way communication that sports have always maintained great value. Any sporting event is helping humanity to overcome loneliness and closure, and to connect each person's existence and spirit with its openness. It is in line with the principles of education to regard the awareness, habits and abilities of cultivating students to form lifelong sports as the fundamental goal of school sports. Cultivating students' awareness, habits and abilities to form lifelong sports is itself the realization of the goal of "health first", and the two are mutually reinforcing. The formation of students' interest, hobbies and habits in participating in school sports is a comprehensive expression of school sports performance and one of the important signs for laying a foundation for lifelong sports.

From the perspective of promoting students' personality development, we should attach importance to the evaluation of progress, that is, to pay attention to the progress of students on the

existing basis. A list of the weights of students' self-evaluation of sports literacy is shown in Table 2.

Table 2 A Survey of the Weights of Students' Sports Literacy Evaluation

	Evaluate	Weight
Ability of self-fitness management	2.30	3.16
Ability to self-evaluate health	2.17	2.60
Sports knowledge and skills	3.20	2.95

To strengthen the construction of organizational structure, the scope of physical education teaching is very wide. It is a social and cultural activity involving almost every member of society, infiltrating into every cell organization of society, so organizational management is carried out. School education should cultivate talents for the society, which is naturally the goal of school physical education. In this case, school physical education should not only meet the tasks during the school period, but also face the future social life, fully demonstrating the multi-function of school physical education in personnel training. School physical education is a basic work. Lifelong physical education is the product of modern scientific and technological progress and social development. It is a further extension and development on the basis of school physical education. It emphasizes that physical education should continue for a lifetime and must adapt to the lasting requirements of individuals and society. When sports ability is combined with lifelong sports, it seems to be very passive and unsuitable. Therefore, school sports should change teaching concepts, update teaching guiding ideology, and strengthen students' sustainable sports ability training. Cultivate students' awareness, interests, habits and abilities in sports, improve sports literacy, and lay a good foundation for lifelong sports. In order to pursue a healthy body and perfect psychology, people's health awareness is generally enhanced, and the demand for physical exercise is increasing, making physical exercise the main means for people to improve their quality of life, prevent diseases and improve their health.

3. The Way to Achieve the Organic Integration of School Physical Education and Lifelong Physical Education

School physical education should lay the necessary foundation for lifelong physical education. It should pay attention to cultivating students' interest, hobbies and habits of physical exercise, grasping the basic knowledge of physical education and scientific methods of physical exercise, as well as checking and evaluating methods. Let students benefit from fitness all their lives. Lifelong physical education emphasizes that physical education is not only the means of school education, but also the content of people's life. School physical education is in an important stage of development in life. We should focus on the overall development of human life and lay a solid foundation for lifelong physical education. Cultivate the needs of students' sports, sports motivation, sports interests, sentiment, and cultivate psychological aspects such as related will quality and temperament, and assess the content of physical education in schools, quantify the scores, and make the sports graduates created by the school become the implementation of lifelong sports. The new force of the plan. Students are encouraged to independently prepare and pre-train the content they are learning. They can also organize various sports teams and exercise groups according to their interests, hobbies and specialties. Students develop their own plans, arrange content, self-assess training and exercise effects, and gradually develop the ability to exercise independently.

According to the viewpoint of modern sociological education theory, school education should be "lifelong education". The significance of school education is to cultivate students' ability of self-learning and self-development independently in a limited educational stage. Emphasis should be laid on the promotion and development of students' comprehensive quality and ability, so as to form a good sense of sports participation, to acquire a strong physique and improve healthy psychology through physical exercise, so that students can maintain vigorous energy and self-confidence in the face of difficulties and competition in future social life and work. Appreciate

the beauty of sports from different angles, such as: will beauty, power beauty, difficulty beauty, curvaceous beauty, coordination beauty, rhythm beauty, etc., to cultivate people's positive and healthy sports appreciation ability, arouse people's strong sports pursue. It is the first goal of school sports to lay a good foundation for people to engage in lifelong sports, so that students have correct and scientific health concepts and sports concepts, and master the scientific theory of sports. School sports and lifelong sports must be vigorously revitalized and developed for family sports and social sports, so that they can develop simultaneously and promote the development of lifelong sports.

The core of lifelong physical education lies in making physical education run through people's life, making pre-school physical education, school physical education and social physical education closely linked, so as to maintain the unity, integrity, coherence and integration of physical education. School physical education, as the middle link of lifelong physical education, plays the role of "bridge" connecting the past and the future. In order to integrate school physical education with lifelong physical education, it is necessary to seriously study the characteristics of physical education in our society, actively organize and carry out physical exercise, strengthen supervision and guidance, persevere in choosing a civilized, healthy and scientific way of life, and establish a new idea of physical education. Therefore, we should strengthen the combination of school physical education and health education, integrate physical exercise, sports skills and health theory, and carry out physical health teaching. Through learning, students can master various knowledge and methods about health and fitness. Physical education and physical exercise are always used to make sports an indispensable part of life activities. Secondly, lifelong sports thoughts are the organic guide for sports activities. In the process of school sports, we should take "cultivating people" as the highest goal, "lifelong sports" as the main line, and close the "educational sports heart", "social needs and students' main needs", "enhancing physical fitness and lifelong benefits". Combine. "This fully reflects the nature and nature of physical education and the sociological characteristics of education and training. Physical exercise during the student period is a link in the lifelong sports chain. Personal fitness needs will gradually become social." Sports needs.

4. Conclusion

In this paper, based on the sociology of life-long sports ideas and school sports integration approach to carry out research. The integration of school physical education and lifelong physical education is not only the inevitable result of the development of school physical education itself, but also the historical demand of the rapid development of social productive forces. To cultivate students' sports ability, arrange the teaching contents in coordination with lifelong sports reasonably, and emphasize the cultivation of students' interest in sports, develop the habit of physical exercise, and adhere to lifelong sports. It is believed that the integration of school physical education and lifelong physical education will benefit more and more school students for life. Social sport is a sport activity under the control of self-consciousness, while school sport is located between pre-school sport and social sport, which is the key stage to promote the transformation of hazy consciousness into self-consciousness. In this stage, students learn the necessary physical fitness skills through the scientific study of physical education, and improve their understanding and cognition of sports connotation. To properly handle the educational connection between school sports and lifelong sports, we must improve the education of school sports in order to promote the healthy development of lifelong sports. From the dual needs of society and self, the original motivation of lifelong sports and the gradual and progressive entry into the state of lifelong sports are obtained, thus gaining deep accumulation in sports awareness, sports interests and habits, sports knowledge and skills.

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