

Cultivation of aesthetic feeling in juvenile gymnastics teaching and training under the background of new curriculum standard

Li YANG

North Sichuan College Of Preschool Teacher Education, Guangyuan, Sichuan 628017, China

Keywords: Teenagers; Gymnastics teaching; Training methods; Aesthetic feeling

Abstract: Aesthetic feeling is a kind of emotion when people come into contact with beautiful things, a pleasing psychological state, and an understanding, appreciation and evaluation of beauty. Aesthetic feeling is the essential feature of all arts. Different from other arts, it is embodied in the beauty of body and posture, music and dance, overall coordination, imagination and innovation, smooth rhythm and artistic expression in juvenile gymnastics. The continuous development of juvenile gymnastics just meets the quality education advocated by our country, and juvenile gymnastics can also cultivate juvenile body shape. Gymnastics teaching for teenagers under the background of new curriculum standard is an important aspect of modern physical education, and it is an indispensable content to cultivate teenagers' ability to feel and express beauty. In order to improve the aesthetic expression of teenagers, combine teaching theory and practice, and improve the teaching quality of teenagers' gymnastics, this paper discusses the strategies of improving the aesthetic expression of teenagers in teenagers' gymnastics teaching.

1. Introduction

Gymnastics for teenagers is a sport integrating gymnastics, music and dance. Beauty is the soul of juvenile gymnastics, and it is a powerful vitality to support juvenile gymnastics. Juvenile gymnastics shows the maximum beauty of human body with its beautiful movements, beautiful posture and beautiful melody, and gives people beautiful enjoyment [1]. Its purpose is to increase the difficulty of movement, combine the form, content and emotion of movement organically, make it more perfect, and give people more emotional enjoyment and pursuit of beautiful things. It can not only improve physical fitness in an all-round way, but also has graceful and smooth movements, elegant and stretching, healthy and full of vitality. As a unity of health and beauty, it shows people the image of youth and vitality of this sport [2]. It can not only promote the all-round development of teenagers' physical quality, but also have unique creativity and distinct sense of rhythm, which is the organic combination of sports and bodybuilding. Under the background of the new curriculum standard, this requires teachers to pay more attention to the improvement of aesthetic expression of teenagers in gymnastics teaching for teenagers.

Because rhythmic gymnastics has the above factors and characteristics, it is more and more popular among people. Here, according to the characteristics of aesthetic reaction form, we will talk about how to cultivate students' aesthetic feeling in rhythmic gymnastics teaching. Implementing aesthetic education in teaching, cultivating students' correct aesthetics and improving students' ability to know, feel and express beauty is an important aspect that can not be ignored in rhythmic gymnastics teaching. Combining with teaching practice, this paper discusses how to improve the aesthetic expression of college students.

2. Good physical quality is the basis of showing gymnastics consciousness and sports beauty

Strength is the ability of muscle expansion and contraction in gymnastics. It shows a kind of beauty full of vitality, giving people a feeling of grandeur and strength, that is, the feeling of "health, strength and beauty". Many teenagers are living in seats, and their physical quality is inevitably declining day by day. Even some teenagers have huge problems in form and posture, and

their development is very poor. Fat accumulation in the waist and abdomen is a frequent symptom of obesity in adolescents, and the thickness of skin folds in the waist and abdomen directly affects the body shape of adolescents [3]. This pursuit of beauty refers to the unity of internal meaning and external image, that is, the pursuit of expressing the fullness, fullness, clarity and romance of people's inner world through beautiful body movements. Aesthetic feeling is the reflection of various aesthetic objects in people's minds, and it is a complex psychological activity caused by aesthetic objects.

Aesthetic feeling is the subjective reflection, feeling, appreciation and evaluation of beauty in aesthetic activities, which is the foundation and core of aesthetic consciousness. Although some teenagers' parents supplement nutrition to promote their healthy growth, these nutrition are basically used to increase teenagers' weight, and their body muscles still lack the opportunity to exercise. Teenagers' parents often realize the problem only after teenagers' physical development is basically finalized. Flexibility makes the exerciser have graceful and gentle charm, and endows the movements with special charm of lightness, stretch, elasticity and smooth ups and downs. Flexibility is beneficial to increase the range of movements, showing generous spatial characteristics. While grasping the accuracy and proficiency of movements, we should make their meaning and form develop harmoniously and improve their aesthetic ability and expressive force.

Chinese sports are making the world want to take off. Chinese music art has a long history and is colorful. Students' ability to express beauty in aerobics teaching is reflected in their understanding of the basic knowledge, techniques and skills of aerobics. Although aesthetic perception can not be separated from feeling and perception, it is different from general perceptual knowledge. It includes the content of rational cognition. Many students can't express the artistic conception of aerobics, their exercise effect is not good, and they can't reflect the value of aerobics well. Therefore, strengthening aesthetic training in aerobics teaching and fully exploiting the beautiful resources of aerobics can not only satisfy the pursuit of beautiful body and posture of college students, but also improve their aesthetic quality. Therefore, most universities and middle schools in China offer rhythmic gymnastics courses one after another, hoping that teenagers can form a good body shape in the promotion of gymnastics and make up for the lack of sports in the last stage of teenagers' development.

3. Aesthetic factors of juvenile gymnastics

3.1. Beauty of body and posture

Aesthetic perception is based on perceptual knowledge. It always starts with the perception or representation of the perceptual appearance, color, lines and sounds of certain objects. The aesthetic feeling in teenagers' gymnastics aesthetic activities has a characteristic, which can be felt by both bystanders and athletes themselves, and can be called the overlap of aesthetic subject and object. Sometimes a little joke in teaching can affect teenagers' mood, so that they can't play well because of their face, let alone talk about expressiveness. In gymnastics teaching and training for teenagers, teenagers must have a correct aesthetic attitude if they want to feel these beauties. There are a lot of contents to cultivate players' body posture. For example, in the dance, players are required to be tall and straight, with stretching movements and graceful manners. Teenagers' long-term study and practice in juvenile gymnastics during the critical period of physical and mental development will play a good role in promoting their body posture.

3.2. Beauty of music and dance

"Music is the soul of juvenile gymnastics" [4]. Since the birth of juvenile gymnastics, the development of music and dance is in the dialectical unity of complementing each other. They develop and restrict each other. Perfect movements will have vitality only under the accompaniment of music consistent with the movement style. The development of teenagers' gymnastics must be based on healthy body. The obstacle and termination of people's healthy development means the interruption and end of individual material and spiritual development. Because juvenile gymnastics

is a warm and unrestrained sport, there are more teenagers in class. For introverted teenagers, their emotional changes are not easy to leak, and they don't like to express themselves and suppress themselves. They have great obstacles to show their movements. In the wonderful music, teenagers actively engage in various dance steps, waves, balance and other human body movements with bare hands or light instruments, creating the beauty of female body, posture and tolerance [5].

3.3. Imagine the beauty of innovation

Gymnastics teaching for teenagers consists of a set of complete training movements with many basic knowledge contents, which requires teenagers gymnastics teachers to pay attention to training teenagers' basic movements, such as changing the pace, not making waltzes and so on. Those striking gymnastic movements and postures which are chic, high-floating, breathtaking and beautiful, as well as elegant, chic and straight performance styles, are not achieved by everyone, but formed due to different temperament characteristics of personality. For example, some people are enthusiastic, lively and dare to express themselves, while others are shy and not good at expressing themselves. Combined with the requirements of teenagers' body energy supply system and the characteristics of aerobic metabolism, the waist and abdomen skin fold thickness of teenagers has been reduced, and with the increase of practice density and intensity and the adaptability of teenagers' body to teenagers' gymnastics. In this way, teenagers' experience can be gradually deepened and aesthetic standards can be gradually formed. Then cultivate their pursuit of the ideal life of truth, goodness and beauty.

4. Cultivation of aesthetic feeling in juvenile gymnastics teaching and training

4.1. Strengthening the sense of aesthetic feeling in the training of basic gymnastics skills for teenagers

When training basic skills, on the one hand, we should pay attention to cultivating teenagers' good habits of hard work and perseverance. In the aesthetic education of teenagers' gymnastics, we should pay attention to the cultivation of "creating beauty", and we should organically integrate the teaching and training process with teenagers' aesthetic activities. In the basic teaching course of juvenile gymnastics, teachers should also pay attention to improving teenagers' ability of combining movements, so that teenagers can form coherent movements after combining movements. We should train them to pay attention to thinking and complete their actions according to the correct action essentials; For depressed teenagers, we should encourage them to have confidence and courage [6]. Avoid abnormal changes in body bones caused by heavy weight. In strength training, static exercises are the main ones, and breath-holding exercises are avoided; At this stage, the flexibility of teenagers' bones is relatively strong, and they can bear certain load of stretching exercises.

4.2. Cultivate flexibility

Youth gymnastics has strict requirements on the physical flexibility of trainers. Moreover, the explosiveness, speed, sensitivity and patience of trainers have an impact on the effect of youth gymnastics. Language plays a strengthening role in the formation and development of motor imagery. Teachers should use accurate and concise language to help teenagers distinguish the specific appearances of technical movements. The body combing method refers to the holding posture when boys are required to support with toes, with their backs close to the wall and their arms in a frame shape, while female students stick to the wall with their waist and abdomen, bend their knees, lower their backs, bear their body weight with one toe, and hold their arms with their other foot stretched straight behind. It's actually very simple to make them feel juvenile gymnastics, and it's not as difficult as imagined to arouse their enthusiasm and redeem their interest, so that they can fully devote themselves to the fun of learning juvenile gymnastics, participate in sports and actively express themselves.

The beauty of teenagers' gymnastics is manifested in rhythm, strength and amplitude, that is, the

exerciser is required to complete the exercise with a certain physical load with the maximum amplitude, rapid and powerful muscle contraction under a certain rhythm. In teaching methods, we should choose some beautiful, easy-to-understand and rhythm-based music at first. Standing posture is the basic premise of posture beauty, and the quality of posture directly affects the quality of completed movements. Holding the pole can help teenagers maintain their physical balance. At the same time, teenagers can form a beautiful and flexible body posture through juvenile gymnastics, so teachers can guide teenagers to practice with joints, effectively prevent teenagers from getting hurt when performing juvenile gymnastics, and solve the problem of rigid body when performing juvenile gymnastics, so as to promote teenagers' gymnastics movements to meet people's aesthetic needs.

4.3. Cooperate with music art

Music can stimulate people's emotions best. In gymnastics teaching, it has a direct impact on improving the coordination of movements and enhancing the expressive force of movements. By practicing in such a good environment and atmosphere, teenagers can strengthen their pleasant experience and gradually enter the free realm of "self-realization", which is the sign of teenagers' creativity [7-8]. Deepen teenagers' emotional experience, broaden their knowledge horizon, and improve their aesthetic taste and ability to express beauty. You can choose some music that teenagers like to listen to and have rich ideological content, and practice with a complete set of actions that are consistent with the music content. Under the guidance of teachers, the actions and music can go from shallow to deep, while feeling and understanding, from sensibility to rationality, and make the aesthetic feeling develop continuously [9]. Make them realize what beauty is and how to achieve beauty, so as to stimulate teenagers' enthusiasm in learning juvenile gymnastics, broaden their horizons and improve their aesthetic taste and aesthetic expression.

Rhythmic gymnastics itself is a sports event integrating music and dance, which requires rhythmic gymnastics teachers to play music for students in the teaching process and train students' body shape with the cooperation of dance and music. At the same time, rhythmic gymnastics teachers also need to pay attention to choosing music, which can make teenagers exercise more flexibly, thus stimulating teenagers to have more sports enthusiasm under the influence of music rhythm. Rhythmic music can set off the atmosphere, embody actions and express emotions. It increases the rhythmic beauty of aerobics, and the music with different rhythms in aerobics reflects different styles of aerobics, including Latin style, street dance style and jazz style. Moreover, rhythmic gymnastics can promote students' ability of cooperation in sports by organically combining music art with gymnastics teaching, thus enhancing the effect of teenagers' learning rhythmic gymnastics and laying a solid foundation for teenagers' body shape training.

4.4. Make full use of stage performance teaching methods to show beauty

Stage performance is a kind of teaching means to put the juvenile gymnastics movements on the stage as a performance program and teach them through the juvenile performances. We should focus on the cultivation of aesthetic expression of teenagers, infiltrate them into every physical operation class, guide teenagers to establish correct aesthetic standards, improve teenagers' emotional accomplishment, enrich teenagers' life fun and develop teenagers' personality charm. Teachers are required to have high artistic accomplishment and pioneering spirit, and respect teenagers' personality and care for teenagers' enthusiasm in teaching and training. We should pay attention to cultivating teenagers' ability to appreciate music, so that they can fully display their sports ability and performance ability and show the artistic charm of gymnastics in the beautiful music rhythm [10].

For teenagers' gymnastics, it is necessary to form beautiful body posture, static state, spirit, shape and dynamic state based on teenagers' self-expression, dance movements and human body movements, so as to form aesthetic body shape. The strength, speed and amplitude of the human body in sports directly affect people's emotions and emotions, and the juvenile gymnastics rhythm training strives to coincide with the whole set of gymnastics performance effects. The transitional connection of teenagers' gymnastics movement combination runs through all parts of the body, thus

producing a feeling of beauty. The teacher's demonstration movement directly affects teenagers' learning effect and the formation of teenagers' aesthetic sense. In addition, in the opening and closing ceremonies of the annual school sports meeting and the group gymnastics performance of hundreds of people in the large-scale activities of the school, it consists of various formations and patterns with beautiful juvenile gymnastics and dance movements, and is matched with different costumes, props and backgrounds, showing specific meaning and flowing patterns, giving people novel and vivid. In particular, we should be good at discovering the individual temperament movements created by teenagers, and encourage teenagers to perform on large-scale occasions, so as to let teenagers know their potential creativity and expressiveness.

5. Conclusions

The skill training of single movement in juvenile gymnastics teaching is an important tool and means of artistic expression, which is indispensable to the creation of aesthetic feeling of juvenile gymnastics. In the process of cultivating sports beauty and gymnastics consciousness, it can develop the physical qualities of teenagers, such as strength, flexibility and coordination, improve their sports skills, and enhance their expressive force, aesthetic accomplishment and good aesthetics. At the same time, it plays a good role in promoting the development of young people's psychological qualities such as imagination and thinking; It not only strengthens the beauty of teenagers' movements, but also improves the expressive force of teenagers' movements, and at the same time achieves the ideal teaching effect. For teenagers, juvenile gymnastics can not only create beautiful body shape, but also improve the speed, explosive force, flexibility and sensitivity of body movement, which is loved by teenagers. However, due to the difficulty in gymnastics training for teenagers, it is necessary for teenagers to complete the training under the correct guidance of teachers.

References

- [1] Li jietao. on the basic techniques and teaching methods of aerobics. youth sports, vol. 000, no. 005, pp. 117-118, 2017.
- [2] Li Kai. Discussion on the core strength training methods of young gymnasts. Sports Time and Space, vol. 000, no. 018, pp. 112,114, 2018.
- [3] Zhao Chengyong. Research on Effective Training Methods in Aerobics Teaching. Youth Sports, vol. 70, no. 02, pp. 68-69, 2019.
- [4] Deng Dengliang. Investigation and Research on the Cultivation of Balance Ability of Young Students in Gymnastics Training. Selected Works of Little Writers (Teaching Exchange), vol. 000, no. 021, pp. 16, 2017.
- [5] Zhang Xiaona. aesthetic training in dance teaching. scientific research, no. 2, pp. 00185-00185, 2017.
- [6] Song Jiamin. Research on the Development of Aerobics under the Theory of Event Group Training. Sports Supplies and Technology, vol. 436, no. 03, pp. 222-223, 2020.
- [7] Shi Xiaoyun. Research on the expression form of rhythmic gymnastics space art from the perspective of space aesthetics. Contemporary Sports Science and Technology, no. 7, pp. 185, 2017.
- [8] Chen yazhi. aesthetic education in gymnastics teaching [J]. sports science research, 1995(2):69-71.
- [9] Hou Ling. Cultivation of aesthetic feeling in gymnastics teaching reform [J]. Journal of Dalian University, 1997(04):43-46.
- [10] You Liping, Sun Ximei. Cultivating students' aesthetic feeling by aerobics teaching [J]. Journal of Heihe, 2002(4):87-87.