

The Influence of Preschool Physical Activity on Children's Psychological Development

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Abstract: Changes in roles and the reasonable collisions in sports activities make children experience a kind of fun that they cannot feel in real life. Preschool physical education can enhance children's competitive consciousness, independent performance consciousness and group consciousness, and help to promote their physical and mental development. Based on the author's learning and practical experience, this paper first analyzes the positive effect of preschool sports activities on the growth of children's physical and mental health, and then puts forward the strategies of infiltrating mental health education in kindergarten sports games.

1. Introduction

The stage of young children is the key period of their physical and mental development, so that their physical quality is in the period of growth and development, their psychological quality is relatively immature, whether psychological knowledge or psychological tolerance, are almost blank period[1]. The penetration of mental health education in kindergarten sports games can not only promote the development of children's physical quality, but also benefit the improvement of children's psychological quality. Therefore, in kindergarten sports games, teachers should based on the cognitive characteristics of young children, constantly explore and innovate the new method of penetration of mental health education in sports games. Teachers should be good at infiltrating mental health education in the teaching of games, stimulate children's positive emotional experience, expand the efficacy of kindergarten sports games, and make children develop their physical and mental health while carrying out sports activities[2].

2. The Positive Effect of Preschool Sports on Children's Physical and Mental Health

2.1 It helps to develop children's cognitive ability

Physical exercise is an active and positive form of activity in which teachers guide children to participate in different sports, and in the process of participating in these sports, children are able to respond to objects from the outside. After thinking and judging by the brain's neural system, they react quickly. Of course, the activities that teachers give to young children must be scientific and reasonable, otherwise it will cause half the consequences. By participating in these sports, children's perceptions and feelings of the outside world will be improved over time, which will improve the judgment speed and responsiveness of young children, and children will become more flexible and sharp. Therefore, preschool physical education raises the children's attention, thinking ability, observation ability, imagination and memory, and greatly improves the children's cognitive ability. Taking part in physical activities at the same time can also strengthen physical fitness, so preschool physical education is beneficial to children's physical and mental health growth.

2.2 It helps to stimulate the intelligence of young children

Participation in sports is conducive to the development of children's brain potential and the development of children's intelligence. The mental development of young children is closely related to the development of cerebral nerve. The brain with good function has a positive effect on the

development of intelligence. On the one hand, when children play sports, they react and perform a series of actions in a relatively short period of time. Muscle and nerve activities transmit feedback information to the brain, thus improving the balance and flexibility of the brain, and the ability to analyze and synthesize of the brain is cultivated, so the function of the brain is greatly enhanced. On the other hand, different sports events have different technical movements. If children want to complete these technical actions, they must carefully observe and think about them in teachers' demonstrations[3]. Therefore, it is beneficial to cultivate students' ability to observe, adapt, think and imagine, which are all important components of intelligence, and thus enhance these abilities. Therefore, in preschool physical education, teachers should always remember to train these abilities of children, so that children can grow up physically and mentally.

2.3 Facilitate the development of children's interpersonal skills

It is particularly important to cultivate interpersonal skills in an information society, especially among children. The first step in developing children's interpersonal skills is teamwork. In sports, the completion of some activities requires solidarity with others, such as relay races, in the course of the relay, the child understood, no matter how hard a person works, how fast they run, do not cooperate with the other members of the team can not achieve success, and thus understand the importance of teamwork. In these team sports activities, gradually cultivate the children's interpersonal skills. In addition, it is inevitable to communicate with other people in the process of participating in sports activities, so preschool physical education gives children a platform to communicate with others, so that children can not only enjoy the process of sports activities, but also can raise the ability of communication, which is beneficial to the cultivation of children's psychological quality, and is of great significance to the development of children's social ability and emotional quotient.

2.4 It helps to the cultivation of children's good spirit of unity and cooperation

There are more and more only children, so the education of the only child is paid more and more attention by the society. Some children often show timidity, isolation, lack of cooperation of the spirit, and it is easy to form an introverted personality. Therefore, preschool education for children should take these situations into account and focus on creating a collective and cooperative environment in which they can grow healthily. The sports games of preschool children, such as the relay race, the rope jumping, the children's football, and other sports activities combine the children together, the children both exercised the body and built team spirit gradually again in this kind of intense and happy atmosphere. It can be said that often in this mode of education, children can gradually learn to play different roles, gradually accumulate the experience of collective life and learn the rules of life, so as to learn to care about each other, be modest and cooperate with each other. To be sure, children's preschool sports activities will have a profound impact on their physical and mental health.

3. Strategies to Infiltrate Education of Mental Health into Kindergarten Sports Games

3.1 Make good use of situational method to strengthen psychological experience

Child image thinking is more developed, and is often more interested in perceptual things. Kindergarten teachers should be good at using the "situation method", through the creation of sports game situation, mobilize children's positive psychological emotions, eliminate the boring sports game activities, so that children get rich psychological experience under the role of the situation. For example, in the traditional game "Eagle catching Chicken", before the implementation of the game, the teacher can guide the children to make the game props and choose the background music according to the role they participate in with the cooperation of the parents. In the game activities, children wear their own props, listen to music of their own choice, which is not only interesting, but also can create a situation for children's game activities, so that children will participate in the games with positive emotions, and actively participate in teacher-child interaction and child-child

interaction, learn to cooperate, practice, overcome the psychological discomfort and psychological obstacles, thus organically infiltrate the psychological health education in sports games[4].

3.2 Use the exercise method to cultivate the quality of will

Sports game is a learning activity implemented by game form, which requires repeated training in order to achieve the expected purpose of the activities. Therefore, kindergarten teachers should borrow the exercise method, through a variety of forms of drill, so as to cultivate children's will quality. However, the simple exercise lacks interest and monotony, which requires teachers to stimulate children's enthusiasm to participate in the exercise with the help of story, video, demonstration, competition and other forms, so as to make the monotonous exercise more interesting and promote the development of children's will quality. For example, the sport game of "two-person three-legged" aims at promoting the development of children's lower limb strength and improving their physical coordination and balance. To achieve this goal, we need to practice repeatedly. When teachers and students play sports games, we can use the form of games to divide children into several groups. Sports games can also be set as a "pass through" form, turning monotonous training into fun to make a pass: In the first level, the partners are free to divide into two groups to see which group walks faster. In the second level, we will increase the difficulty, from low to high placed balance stool, so that let the children one foot step on it and one foot under the balance stool; In the third level, tires will be placed, each group put eight tires, one foot is inside the tire and one foot which is outside the tire have to go over the tire; In the fourth level, it is required to negotiate with children well that one foot is inside the tire and one foot which is outside the tire have to skip the tire together. Due to the adoption of the practice method of passing through, children's enthusiasm and collective sense of honor are aroused, which can overcome various psychological barriers in the practice of passing through, release their potential, comprehensively promote the development of children's psychological quality, and organically infiltrate mental health education in the seamless.

3.3 Skillfully use the difficulty setting method to practice psychological quality

The development of children's psychological quality needs to experience failure and success. Only after repeated failures and successful experience, can effectively enhance the psychological quality of children, continue to mature, become strong, and learn self-adjustment and self-correction. This requires kindergarten teachers to consciously "create suffering" in sports games, skillfully use the difficult method, effectively exercise children's psychology. For example, the game of "walking in big shoes", because many children are more interested in adult life, also have the experience that wears the big shoe of father and mother to kick, so teacher can design this sports game so as to develop the spirit of child balance ability and mutual collaboration. To enhance the difficulty of sports game, the teacher can also optimize the game activities, intentionally set hard, let the children try to play the transit the "big shoes" in the group of two or three people[5]. Constantly improve the difficulty of sports games, exchange the feelings of game activities, so as to make children's psychological quality get a better temper, hone their will, and promote the development of children's sense of cooperation.

3.4 Active use of hinting method method and carry out psychological guidance

Due to the lack of self-evaluation ability, children cannot independently evaluate themselves, and their understanding of themselves comes from outside to a large extent, which creates conditions for teachers to guide the development of children's psychological quality by means of hinting method. In the process of children's play, teachers can clarify the development direction of psychological quality through different hinting methods, such as language hinting, action hinting, role model hint and so on, so as to promote the development of children's psychological quality.

4. Summary

The recreational and competitive nature of sports is consistent with children's lively and lovely,

positive psychological personality. Therefore, it can be said that sports is a good partner for the growth and development of children, children love sports, so children need preschool sports. The penetration of mental health education in kindergarten physical education is feasible. It is conducive to stimulating children's positive emotional experience, cultivating children's willpower to overcome difficulties, adjusting children's psychological problems, and correcting children's psychological discomfort and obstacles. Kindergarten teachers should be based on the perspective of the integration of sports game teaching and mental health education, strengthen the practice exploration, reasonably use the situational method, exercise method, difficulty setting method and hitting method, etc. Based on children's cognitive characteristics, new methods of psychological health education infiltration in sports games are constantly explored and innovated to stimulate children's positive emotional experience, expand the effect of kindergarten sports games, promote children's physical and mental health development, create a clear sky for them, in order to lay a solid foundation for their lifelong development.

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