

Application of Outdoor Sports Activities in Class Management

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Abstract: This paper explains the application of outdoor sports activities in class management from the reasons of organizing outdoor sports activities, organizing outdoor sports activities, the recommended cases of outdoor sports activities, and the promotion of outdoor sports activities.

Outline Of National Medium And Long Term Education Reform And Development Plan (2010-2020) states that “strengthen physical education, firmly establish the idea of health first, ensure students physical education courses and extracurricular activities time, improve the quality of physical education, strengthen mental health education, and promote students' physical and mental health, physical fitness and strong will.”^[1] country needs physical and mental health of the successors of socialism, and students' heavy pressure and fierce competition between class tends always make outdoor sports neglected or fade, but found in authors' years of class management work, organized outdoor sports activities is good for class management, it not only achieves the goal of educating people, but also can improve the state of the class, and is simple and easy to operate, which is welcomed by both students and parents in the actual operation. Next, the author will explain the application of outdoor sports activities in class management from the following aspects: Why to organize outdoor sports activities, the principles to organize outdoor sports activities, the recommendation cases of outdoor sports activities, and the promotion methods of outdoor sports activities.

1. Why to organize outdoor sports activities

1.1 Release psychological pressure with laughter

The Mental Health Education Guidelines For Primary And Secondary Schools (revised in 2012) states :“The main tasks of mental health education are: Comprehensively promote quality education, strengthen the school moral education work of the pertinence, effectiveness and appeal, and develop the students' psychological potential, improve the students' mental health level and promote students to form healthy psychological quality, to reduce and avoid various unfavorable factors influence on students' psychological health, develop body and mind health, socially responsible, innovative spirit and practice ability of beauty, intelligence and physique full scale development of socialist builders and successors.”^[2] But now students often have too much psychological pressure, there is no good time and a good outlet in school, outdoor sports activities can be a good adjustment of students' mentality, to help them form a positive and healthy mentality. In particular, many activities are both competitive and interesting. Students release psychological pressure in the laughter and laughter of the activities. Meanwhile, they experience how to face setbacks in the activities and enhance the psychological adjustment ability of students.

1.2 Add hands and feet together to enhance health

One of the advantages of outdoor physical activity is to promote physical health. At present, the physical health condition of high school students is not very ideal. Tsinghua has a slogan of “working for the health of the motherland for fifty years”. In Talking About My Sports Career, John Ma, a famous sports educator in tsinghua, wrote that “everyone is required to be good at sports as well as studying. Be good in your lessons and be good in your health”.^[3] As an educator, of course, it is necessary to consider students' lifelong development. The body is the key. However, the

organization of outdoor activities is quite simple. Do not have many activities, an activity does not need a long time, let students activities, through outdoor sports activities to promote students' physical health.

1.3 Gather teachers and students to promote teamwork

Zhang Boling, a famous educator, said in his Review Of Nankai School In The Past 40 Years: "the Chinese people are too selfish and too weak in public morality. Both discretion and discretion are very short. All eyes are on the present and no eyes are on the future. There are only individuals, no groups. Its far-reaching impact has led to a lack of national thinking and a weak sense of the country. This is very emotional." Outdoor activities is a good opportunity to improve students' collective concept. Compared with the relatively small space in the classroom, outdoor space organizing sports activities can better promote the communication between children and promote teamwork. No matter which students are a group, they must learn to cooperate with others to win the final victory. This is the most intuitive education. Although some students are in a class, they have few opportunities to contact each other and give more opportunities to communicate with each other. In addition, it can promote the harmonious relationship between teachers and students. Usually, a teacher is more like an elder, so that students are likely to feel distant. In the process of activities, the contact with students can shorten the distance between teachers and students. At the same time, it is also beneficial for the normal communication between male and female students to organize some outdoor sports interaction that all male and female students in the class take part in, so that students can form a more healthy concept of sexual communication.

2. The principle of organizing outdoor sports activities

There may be various principles for organizing outdoor sports activities. Based on my years of work experience, the author summarizes the following:

2.1 Every student should participate in the class

When organizing outdoor sports activities in class, it should be different from individual sports or some individual sports, I emphasize the important principle that all students must participate in. After a period of observation, it can be found that some children who are "active" in the class are actively involved in all aspects. If you don't ask everyone to participate it's probably going to end up with only "active" children participate. On the contrary, some children have been "marginalized" for a long time, and they are not willing to take the initiative to participate in the activities of the class. In any way, these are very unfavorable to the healthy development of the class. Some head teachers may say that the organization of activities is good enough, It doesn't matter if individual students don't participate, according to the actual class work, problems in the class are often happen to those who do not usually participate in group activities at last. Therefore, the author has been adhering to the principle that everyone participates, every student should participate in the activities. If the physical reasons are confirmed, they should also participate. Even if they are cheering, they can definitely make the students feel the atmosphere of the collective sports.

2.2 Every mood is very happy

In the process of organizing outdoor sports activities, the author advocates that every activity must be happy as the main line. It can be improved from several aspects. One is to choose more interesting activities in the choice of activities. The language can be as relaxed and humorous as possible when the organizer organizes, or the punishment can be more interesting. It is the nature of the activity and it is good for students to release their academic pressure. Another advantage of the relaxed activity is that the captured photos are all happy. Although it is a short-lived moment, it has become an eternity that has always been worth retaining. In the future, it can be made into a photo album or video for permanent retention.

2.3 Every activity is education

In the course of the activity, we must not forget that the purpose of all the activities of the process is to educate, seemingly superficial "hahahaha", in fact, behind the deep meaning. As an organizer, we must pay attention to various situations in the whole activity in time, such as whether there are students who are unwilling to participate, whether there are individual students in the process of activities, whether the group is in harmony, whether the group is harmonious, the time control of the whole activity, and the expectation of the activity. Whether the purpose is reached and so on. Everywhere is an educational opportunity. It depends on how the teacher grasps it. Just the right guidance and summing up the sublimation always have positive promotion significance for the activity. If it is just simple play, it is not the original intention of the activity, it should be the most important criterion for success in achieving the educational goal. .

2.4 Every detail is safe

The most important thing in the process of activity is safety. Safety must be foolproof. Otherwise, it will be a simple understanding of the health of each classmate. Encourage every classmate to participate, but if there is a physical condition, let the student do some auxiliary work, such as taking photos with everyone on the mobile phone. At the same time, organize students to warm up before the event and a few minutes of warm-up is the guarantee of the safety of the activities. In addition, during the activity, attention is paid to the behavior of each group and avoiding situations such as fighting. In short, security is a matter that organizers have to pay close attention to during the organization of activities.

3. The way to improve outdoor sports activities

3.1 Small rewards promotion

In the course of each activity, students are always prepared to make some small rewards. These rewards may not be expensive, but they are also an incentive for the group that performs well. There is a great deal and beneficial for the summary of activities and the development of future activities. Small rewards can be awarded at the event site, or on other important occasions such as class meetings. Simple small rewards such as lollipops, refills, etc., prizes are not expensive, and more importantly, the students' efforts have been affirmed. The rewards for rewards are divided into individual rewards and overall rewards. Groups with better performance can give some rewards separately. If the whole class is better, you can prepare a small reward for each classmate, so as to take care of the overall emotions. Reflecting the performance of better students, play a role in overall promotion.

3.2 Happy punishment, Happy you and me

One aspect of the students' "expectation" in outdoor activities is punishment. Why is the punishment still so "expecting"? It is because we have made the punishment more interesting and vivid, and it has become an irresistible part of our outdoor activities. Part of the lack, giving the punished classmates a chance to showcase, and also to better activate the atmosphere of the whole event. Punish the general atmosphere of two kinds: "corporal punishment" and "criminal punishment". The so-called "corporal punishment" is to punish the classmates to do some interesting movements, such as pinching the nose or frog jumping, etc., "word punishment" is to show their talents and sing , jokes, dancing can be. In the process of implementation, remember to record the wonderful moments in time and become an eternal memory.

3.3 Random capture of classic pictures

The outdoor activity is the best time to take pictures, because there will be many classic moments in the course of the activity. At this time, the teacher can use the mobile phone or arrange the students to take the shot, and try to take a few photos for each classmate. From the feedback of students, these pictures are highly valued by both students and parents. In the intense study life,

some pictures may become a rare memory. In addition, the pictures can be divided into single, group and class when taking pictures. After all the activities are finished, you can organize a group photo and call a big "eggplant" to set the youthful beauty, which is also part of the class culture.

3.4 Summarize sublimation just right

As a class teacher, when organizing an event, just the right comments play a very good role in the development of the class. This effect is especially reflected in the low class of the class. Through our encouragement and encouragement, we extract the truth that we harvested during the activity. Bring the hearts of the entire class together. The class teacher's summary does not have to be long, and a few good comments can ignite the class's love class.

As a class teacher, in fact, there are a lot of wisdom that can be tapped in the usual work. Outdoor sports activities are a good way to promote class development. Through such activities, the students will be healthier, the teachers and students will be more harmonious and the class will be more harmonious. Parents are more satisfied, schools are more reassuring and society is more recognized. Why not do it? In April 1917, the young man of 24 years old, Mao Zedong, took the pseudonym of "28 painting students" and mentioned in the "New Youth" magazine the famous "Sports Research" that "Sports is the first place in our life." "Be Strong and then learn to study morality and gain results. In our research, it should be regarded as an important part." [6] Comrade Mao Zedong saw the importance of sports as an educator 100 years ago. The author is willing to promote outdoor sports in practical work.

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