

Exploration of the Development Path of Preschool Physical Education

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Abstract

This article takes some representative kindergartens in Xi'an as the research object, and deeply explores the development path of preschool physical education. By investigating and analyzing the current development status of preschool physical education in Xi'an, and combining relevant research results at home and abroad, a series of feasible paths and strategies to promote the development of preschool physical education are proposed. The purpose of the study is to provide strong theoretical support and practical guidance for preschool physical education in Xi'an and other regions.

Keywords

Preschool physical education, development, path, research.

1. Introduction

Early childhood is a crucial period for the development of children's physical fitness and motor skills, which is of great significance for cultivating healthy and positive personality traits. Xi'an is a famous historical and cultural city in China. With the continuous development of the social economy, people's attention to preschool sports is gradually increasing. However, there are currently a series of problems, such as insufficient sports resources and a single educational model. The aim of this study is to provide a basis for formulating a scientific and reasonable development path through an in-depth investigation of preschool physical education in Xi'an city.

2. Literature Review

Early childhood is the golden period for children's physical development, and good physical exercise helps cultivate children's coordination, endurance, and teamwork abilities. Related studies have shown that physical activities in early childhood also have a positive impact on children's cognitive, emotional, and social development[1]. Domestic and foreign scholars mainly focus on research on early childhood physical education, including education models, allocation of sports resources, and family participation. Some regions in our country have achieved some positive experiences in early childhood sports, but there are still urgent problems to be solved overall.

3. Investigation Methods

Based on the research content and purpose, consult journals and relevant courses, combine academic papers and degree theses related to physical education courses, and articles related to collaborative education, to provide theoretical basis for the research of this topic. By conducting on-site inspections and delving into relevant kindergartens, collecting relevant data and conducting statistical analysis. By conducting face-to-face interviews with relevant experts through visits, first-hand information is obtained, and the interview content is recorded and

organized. Using methods such as classification and analogy to derive more objective results and conclusions[2].

This study adopts the above methods to comprehensively and deeply understand the physical education status of various kindergartens in Xi'an city. By analyzing the sample, obtaining data support and interpreting it in conjunction with relevant theories

4. Analysis of the Current Situation of Preschool Physical Education in Xi'an City

Through investigation, it was found that the distribution of sports resources in various regions of Xi'an is uneven, and some areas have relatively scarce sports facilities for young children. Suggest increasing investment in areas with relatively scarce resources and improving the level of balanced allocation of sports resources. At present, preschool physical education in Xi'an mainly focuses on traditional sports activities, lacking diverse and interesting professional physical education courses. It is proposed to adopt diversified educational models and introduce gamified teaching to enhance children's interest and participation in sports.

5. Suggestions for the Development Path of Preschool Physical Education and Implementation Strategies and Specific Plans

Strengthen the construction of the teaching staff, improve the training level of teachers, introduce professional physical education talents, and ensure that every young child can receive high-quality physical education; Promote family participation, encourage parents to participate in early childhood sports activities, establish a physical education system that integrates schools, families, and communities, and form a joint force for childcare; Promote the integration of sports resources, through government guidance, promote resource sharing among all sectors of society, achieve the integration and co construction of sports resources, and improve resource utilization efficiency.

Policy support at the government level is crucial. At the government level, it is recommended to strengthen policy support for early childhood sports, clarify corresponding financial investment, and formulate relevant regulations and standards[3]. Firstly, the government can increase financial funding for early childhood sports to ensure that each school district has access to sufficient resources, including the construction of sports facilities and the purchase of sports equipment. Secondly, clear regulations and standards can be established to regulate the curriculum, teaching quality, and safety management of early childhood physical education, in order to improve the overall level.

Through policy guidance, promote kindergartens at all levels to increase investment in physical education, ensuring that every child can enjoy equal access to sports resources. In the process of developing preschool physical education, it is necessary to build some exemplary parks. Taking Xi'an as an example, demonstration parks can be built in the urban and suburban areas respectively, aiming to explore the best practices through practice. Demonstration parks in urban areas can emphasize resource integration in high-density population areas, while demonstration parks in suburban areas can focus on the utilization of natural environment. These parks should become innovative testing grounds for physical education, providing reference and promotion models for other regions. These demonstration parks should not only have complete sports facilities, but also focus on innovation in educational models, forming a set of scientific and effective educational methods for other kindergartens to learn from.

The success of preschool physical education cannot be separated from the active participation of families. In order to promote family participation, it is possible to establish a preschool sports parent school and regularly hold training and exchange activities for parents to participate in

sports activities. Regularly organize parent-child sports days and invite parents and children to participate in various sports activities, such as parent-child long-distance running, parent-child swimming, etc. Such activities not only enhance parent-child relationships, but also enable parents to better understand the development of young children in sports, promoting common growth.

By doing so, not only can parents increase their understanding of young children's sports, but they can also increase their participation in their children's sports activities. In addition to establishing parent schools, it can also promote the establishment of closer communication mechanisms between schools and families. Regularly hold parent teacher meetings and symposiums to introduce the significance and methods of physical education to parents, encourage them to create a positive sports atmosphere in the family, and jointly cultivate children's interest in sports[4]. To encourage families to actively participate in early childhood sports, a family sports activity manual can be designed. The manual contains simple and practical sports activities aimed at involving parents and children together. This not only promotes parent-child relationships, but also enables the formation of healthy exercise habits in the family.

Introducing the concept of gamified teaching, through the combination of education and entertainment, enables young children to learn more sports knowledge and skills in a relaxed and enjoyable atmosphere. Gamified teaching is a teaching method based on game elements and design. By designing interesting sports games, young children can learn various sports skills unconsciously while participating in sports activities. This teaching method can stimulate young children's learning enthusiasm, cultivate their teamwork and competitive awareness. Designing fun sports games not only satisfies children's curiosity, but also cultivates their hands-on ability and teamwork spirit. Integrating sports with other disciplines to form a multidisciplinary teaching model. For example, mathematical elements can be introduced into sports activities to cultivate young children's mathematical abilities through measurement, calculation, and other methods. This interdisciplinary integration helps to broaden the cognitive field of young children and improve their comprehensive disciplinary abilities. Interdisciplinary integration helps to break down barriers between disciplines and promote the cross transfer of knowledge between different fields. By introducing subject elements such as mathematics and language into physical education, young children can better understand abstract concepts and improve their overall academic abilities. This comprehensive education not only benefits the comprehensive development of young children, but also lays the foundation for future learning.

To ensure the sustainable development of physical education, it is necessary to establish a mechanism for regular evaluation and adjustment of policies. The government can establish specialized institutions to monitor the implementation effect of physical education, and adjust policies and measures in a timely manner based on the evaluation results. Establish a sound monitoring and evaluation system to comprehensively understand the physical development status of young children through regular physical education assessments, comprehensive subject evaluations, and other methods. Establishing a regular sports evaluation system not only helps to evaluate the physical fitness and motor skills of young children, but also enables the identification of problems and timely adoption of adjustment measures. Standardized evaluation tools can be used, such as sports skills tests, physical fitness tests, etc., to ensure the objectivity and comparability of evaluation results. In addition to sports evaluation, comprehensive subject evaluation should also be considered. This includes regular evaluations of young children's performance in subjects such as mathematics and language. Through comprehensive evaluation, we can gain a more comprehensive understanding of young children's academic level and provide data support for adjusting education direction. At the same time, with the collaboration of families, schools, and communities, an evaluation system

for the comprehensive growth of young children is formed, so as to adjust the direction and methods of education in a timely manner[5].

Encourage social organizations, enterprises and institutions to participate in early childhood sports. By establishing cooperative relationships with these organizations, professional physical education resources can be introduced to improve the level of physical education. Strengthen media promotion, promote the importance of early childhood sports through channels such as television, newspapers, and the internet, and advocate for attention and support from all sectors of society for early childhood sports. Create a strong atmosphere of social concern for young children's physical education. To ensure the sustainable development of preschool physical education, it is recommended to establish a sound long-term mechanism. This includes regular evaluation and adjustment of policies, construction of more sports facilities, cultivation of more professional early childhood physical education talents, and continuous strengthening of family and social participation.

Social organizations play an important role in early childhood sports. The government can encourage social organizations such as enterprises, sports clubs, and non-governmental organizations to participate in early childhood sports. This not only enriches sports resources, but also provides children with a wider range of sports experiences. The media is an important channel for disseminating information. By using media such as television, newspapers, and the internet for extensive promotion, it can increase society's attention to preschool sports. Special reports, interactive activities, and other forms can be used to stimulate the enthusiasm of parents and society, forming a common recognition of preschool sports.

In order to improve the quality of physical education, it is necessary to establish a mechanism for continuously cultivating professional talents. The government can formulate relevant policies to encourage universities to establish majors in preschool physical education and cultivate more preschool physical education teachers with professional knowledge and practical experience. At the same time, through incentive measures such as scholarships and generous salaries, more outstanding professional talents are attracted to join the early childhood physical education industry, forming a talent reserve and training mechanism. Long term sports facility planning is the key to ensuring the continuous enrichment of sports resources. The government can cooperate with professional planning agencies to develop long-term plans for sports facility construction, and reasonably allocate various sports venues and venues according to urban development needs and population distribution. This kind of planning should focus on sustainability to ensure that the future needs of young children's physical education are met.

Encourage community residents with sports backgrounds to serve as sports volunteers, and provide more opportunities for young children to exercise by regularly organizing community sports activities. This can not only fully utilize community resources, but also strengthen community cohesion. Establish a community sports resource sharing center to gather sports facilities, equipment, and other resources within the community. Through reasonable management and allocation, ensure that every community resident can conveniently enjoy high-quality sports services, and promote the vigorous development of community sports. Carry out international academic exchanges and experience sharing, invite foreign professionals to China to exchange advanced concepts and teaching methods of early childhood sports. By learning from international experience, we can better understand the latest development trends in early childhood sports worldwide, providing reference and inspiration for China's early childhood sports. Encourage young children to participate in international sports activities, such as international children's gymnastics competitions, international children's football friendly matches, etc. Such activities can not only promote international exchanges, but also enhance the international influence of China's preschool sports[6]. Conduct in-depth research on the psychology of preschool physical education and explore the impact of

preschool physical education on mental health. By analyzing the emotional and motivational psychological factors of young children in physical activities, more scientific physical education teaching strategies can be formulated to promote their comprehensive and healthy development. Research how to integrate technological means into preschool physical education teaching, develop interactive educational software related to preschool physical education, virtual reality sports venues, and other tools. This helps to improve teaching effectiveness and enable young children to engage in physical exercise in a more interesting environment.

6. Conclusion and Outlook

Firstly, reflect on the development path of preschool physical education proposed in this article, summarize experiences and lessons, and continuously improve the physical education system. In the future, the depth and breadth of research on preschool physical education can be further enhanced by continuously improving research methods and expanding research scope.

Meanwhile, these suggestions are not only applicable to Xi'an city, but also provide reference and inspiration for the development of preschool sports in other regions. Early childhood is an important stage of children's development, and comprehensive physical education has a positive impact on children's physical health, cognitive abilities, social skills, and other aspects. In summary, this article proposes a series of development paths and strategies through in-depth research on the current situation of preschool sports development in Xi'an city. These suggestions include policy support at the government level, construction of demonstration parks, introduction of innovative education models, interaction between families and society, monitoring and evaluating the effectiveness of physical education, and other aspects, aiming to comprehensively promote the progress of early childhood physical education.

In the process of implementing these suggestions, active participation and joint efforts from all parties are required. The government, schools, families, and all sectors of society should play their respective roles and form a joint force. Especially, it is necessary to establish a long-term and sustainable mechanism for the development of physical education to ensure that every child can enjoy high-quality physical education resources.

Through continuous efforts and practice, we hope to make certain contributions to the sustainable development of preschool sports in China, so that more children can thrive in a happy and healthy sports environment. This will also have a positive and far-reaching impact on China's future talent cultivation and social health.

7. Project

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