

# "Nurture" the mind with body—A study on the effect of fun sports on the improvement of mental health of primary and secondary school students

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**Abstract:** *Fun sports, as a newly emerging sports event, have a direct impact on the improvement of physical quality and mental health of primary and secondary school students. In order to obtain the improvement effect of the project on the mental health level of primary and secondary school students, under the current educational concept of integrating physical "education" and physical education, the advantages of fun sports in the mental health education of primary and secondary school students were analyzed, and on this basis, a comprehensive study of the improvement effect was carried out. It can be seen that interesting sports can cultivate students' good psychological state, stimulate students' interest in sports, enhance students' team awareness, improve students' learning anxiety, and improve students' ability to cope with emergencies, which is of great significance to improve the mental health level of primary and secondary school students.*

**Keywords:** *Interest; Primary and secondary school students; Level; Sports; Mental health; Promote; Project*

## 1. Introduction

Primary and secondary schools, as a key period for the healthy development of body and mind and the cultivation of a good psychological state, are of great importance to the growth of students. At this stage, schools should not only pay attention to the study of primary and secondary school students, but also pay attention to the dynamic changes of their mental health status [1]. Sports programs are of great significance in cultivating students' good mental state and improving their physical quality [2]. With the continuous improvement of the level of physical education, interesting sports gradually rise. Based on the analysis from a broad perspective, fun sports refer to the effective combination of sports, games, leisure and other activities to carry out physical exercise through leisure and entertainment [3]. Compared with traditional sports, fun sports take fun as the core goal. In this way, students can improve their sports skills and strengthen their physical exercises.

In order to understand more comprehensively the help of interesting sports items to the improvement of the mental health level of primary and secondary school students, this paper puts forward a comprehensive study of its improvement effect under the new concept of sports

## 2. Advantages of interesting sports in mental health education of primary and secondary school students

With the gradual increase of schoolwork pressure, some primary and secondary school students are in sub-health state, mainly manifested in problems such as inattention, frequent daze, depression and anxiety. Sub-health status affects the adaptability of primary and secondary school students to the surrounding living environment and learning environment. Sports can effectively improve this problem. Through various sports, such as track and field events, badminton events, high jump events, relay events, etc., we can strengthen students' physical exercise in an all-round and multi-dimensional way, improve their physical functions, optimize their physiological indicators, and accelerate the metabolism of their physical functions.

Fun sports relatively more styles and themes, the content is mainly interesting, can enable primary and secondary school students to fully enjoy the infinite fun of physical exercise. Fun sports can release

the great pressure produced in learning, and relieve the psychological and spiritual pressure while gaining happiness. The combination of cultural learning and sports training is very important in the current educational development, which can realize the value goal of education in primary and secondary schools in multiple dimensions, break the shackles of traditional sports on students, make students really enjoy sports fun, improve endurance quality. Fun sports can have many game rules and forms. Figure 1 illustrates one of them.



*Figure 1: Fun movement process*

### **3. Research on the effect of "cultivating" the mind with body-interest sports on the improvement of the mental health level of primary and secondary school students**

#### ***3.1. Cultivate students' good psychological state***

As a new concept in the current education development, "cultivating" the mind effectively integrates physical education and teaching, providing a more lively physical education class for primary and secondary students, and making students understand the spirit of hard work more deeply. With the continuous development of the concept of integration of sports and education, interesting sports have gradually emerged, which has brought earth-shaking changes to the mental health of primary and secondary school students [4]. First of all, interesting sports have a direct impact on cultivating students' psychological state.

Based on the analysis from a broad perspective, primary and secondary schools belong to the key stage of students' growth, and whether students can develop a good psychological state is very important. Fun sports can play a positive role in shaping students' psychology. Compared with traditional sports items, fun sports items are more targeted. After fully considering the psychological development characteristics of students of all ages, sports equipment with high fit degree is selected to control the difficulty of items. The fun and the project will be fully integrated, reduce the psychological burden of students, make students in a full state of physical energy, have a positive emotional state. In the process of sports, we should cultivate a positive attitude towards the surrounding things, build and regulate good mental quality and emotional state through abundant energy and strong body.

#### ***3.2. Stimulate students' interest in sports***

Interesting sports can stimulate the sports interest of primary and secondary school students in an all-round way. Some primary and secondary school students are obese due to sitting for a long time. Their interest in sports is lower than that of other students. Students with serious obesity may have some resistance to sports. The traditional sports can not only improve the sports interest of such students, but also increase the psychological pressure of students to some extent, which has a negative effect [5]. Sports that "nurture" the mind and interest can improve this problem. Interesting sports have reduced the competition links of traditional sports. Most of them are presented in the form of games, which are more entertaining and easier for primary and secondary school students to accept.

Through the unique interestingness and entertainment of sports items, it attracts students, and then

stimulates the interest of most students in sports, so that they take the initiative to participate in sports items. In the project activities, the difficulty can be increased appropriately and the level can be set. Only after the level is broken, can the students enter the next activity link, so as to stimulate the students' interest in exploring and develop the positive sportsmanship. After students break through the level through their own efforts, they can enhance their self-confidence and courage consciousness. If they fail to break through the level, teachers should timely guide students, improve their ability to cope with failures and setbacks, and establish healthy psychological awareness.

### ***3.3. Enhance students' team awareness***

Interesting sports can effectively enhance the team awareness of primary and secondary school students. Interesting sports projects require high cooperation and competitiveness. Most of the projects require close cooperation of primary and secondary school students. Through team cooperation, activities are carried out to help participating students establish a good cooperative relationship. Through interesting competitions, students' overall competitiveness can be improved in an all-round way, and collective consciousness and team consciousness can be formed. Some traditional sports projects only need to show students' personal ability and sports level, and lack of team cooperation links, leading to the majority of students who do not participate in the project are left out, and the sense of participation is not strong, and can not fully perceive the importance of individuals in sports. Fun sports can improve this problem well. Every student in the team can play their own role, which is of great significance to cultivate students' sense of responsibility and improve their adaptability in the team. In addition, the way of teamwork can also exercise the will quality of primary and secondary school students, cultivate students' good habits. Especially under the current educational trend of "cultivating" the mind with the body, fun sports projects can make primary and middle school students experience the real fun of physical exercise, and improve the psychological compatibility of students through activities. In the activities, I can get in touch with other students except my own class, establish a friendly relationship with more classmates, improve interpersonal skills, and develop a good sense of group and team.

### ***3.4. Improve students' learning anxiety***

Fun sports can deeply improve the learning anxiety of primary and secondary school students in the tense learning stage. With the continuous growth of primary and secondary school students, their learning pressure gradually increases, and the accompanying problems such as anxiety, mental pressure, depression, as well as abnormal physiological indicators and physical skills become increasingly serious. Interesting sports have a good relaxation effect, which can improve the above problems, especially the learning anxiety of most primary and middle school students.

Primary and middle school students insist on proper sports, on the one hand can improve the body immunity, on the other hand can relieve anxiety, through sports activities to release learning pressure, relax the mood. Especially for fun sports, the amount of exercise is relatively small, mainly collective entertainment activities, which can effectively distract students' attention and accelerate their metabolism [6]. Through a variety of sports activities, students can relieve their physical and mental exhaustion, reduce their negative emotions, and enjoy their body and mind, so as to improve their mental health, enhance their sense of self-identity, and then give full play to their subjective initiative in the subsequent stage of learning, promote the coordinated development of sports and education and teaching, and realize the goal of "cultivating" the heart with physical.

Different types of sports have different functions. For example, interesting long-distance running can improve students' endurance and fully reduce learning pressure; Interesting basketball sports can improve the paranoid psychological status of primary and secondary school students and improve their mental and physical agility. In short, fun sports can make primary and secondary school students feel happy, adjust the bad emotions generated in the process of learning, interpersonal communication and life, fully release all kinds of pressure, and then achieve the goal of promoting the mental health development of primary and secondary school students.

### ***3.5. Improve students' adaptability***

Interesting sports can improve the resilience of primary and secondary school students in multiple dimensions. The resilience of primary and secondary school students is mainly based on endurance, sensitivity and flexibility. Next, we will explain them one by one. First of all, based on the endurance of

primary and secondary school students, it mainly refers to the ability to resist fatigue. The exercise intensity of interesting sports is relatively low, including aerobic exercise and anaerobic exercise. After comprehensive consideration of the basic functions of the cardiovascular system of primary and secondary school students, the indicators for endurance tests of sports events are set based on interest, and the endurance of students is improved by continuously completing the test indicators.

Based on the sensitivity, mainly refers to the students according to the response, quickly make the corresponding action and the ability to adapt to the strain, the strain ability needs a variety of qualities, high requirements. Fun sports can improve the physical quality of primary and middle school students, including body balance ability, speed coordination ability and so on. After the integration of various physical qualities, they can make rapid changes in response to external stimuli.

Based on flexibility, it refers to the performance of various physical performances of primary and secondary school students during relevant sports activities. Interesting sports are less difficult. During the activity, the overall flexibility is strong, which can show the various physical qualities of primary and secondary school students in an all-round way, and significantly improve the flexibility and flexibility of the body.

Fun sports have a strong ingenious, will run, jump, throw and other activities together, break the limitations of sports form, so that sports activities are no longer monotonous. With a variety of sports activities, primary and middle school students can exercise their flexibility in all aspects and multiple dimensions, stimulate their athletic potential, make them more confident, able to respond to various unknown problems in activities, and improve their mental health level.

#### 4. Conclusion

To sum up, fun sports, as a newly emerging sports event, are widely carried out in primary and secondary schools. In the current trend of the development of the new situation of education, this paper has made a comprehensive exploration of fun sports, mainly aimed at improving the effect of mental health of primary and secondary school students. Through the research in this paper, we can see that interesting sports are quite different from traditional sports, which is of great significance to promote the coordinated development of physical and mental health of primary and secondary school students and to achieve the curriculum goal of sports core literacy.

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