

Analysis of Present Situation and Influencing Factors of Extracurricular Sports Activities in Primary Schools in Xihu District of Nanchang City

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ABSTRACT. The ministry of education has issued the opinions of the ministry of education on the implementation of guaranteeing the daily physical activity time of primary and secondary school students and the notice on carrying out sunshine sports for hundreds of millions of students nationwide, which has established the guiding ideology of health first and lifelong physical education. Physical activities include physical education, large class break and extracurricular physical activities. Compared with large class break and physical education, extracurricular physical activities have more flexibility, which is in line with the actual situation of students and allows students to make their own choices. At the same time, the number of activities can be increased. Therefore, appropriate increase of extracurricular sports activities can increase students' activity time, actively promote students' physical and mental health, enhance students' sports awareness, improve students' sports level, and cultivate students' good sports habits.

KEYWORDS: Nanchang city; Extracurricular sports activities; Primary schools; The status quo; Factors

1. Introduction

The primary school stage is the development and formation of many physical qualities, and the primary school physical education can not only play the role of exercising the body of the students and strengthening the physique of the students, but also have a good effect on the students' thinking and the students' extra-curricular life. The State Council has made clear demands on how to deepen the teaching reform, strengthen, optimize and improve the physical and physical education of primary and secondary schools, and put forward the ultimate goal to promote the physical and mental health of the students and strengthen the physique and make it the habit of lifelong physical exercise. Establish a system of out-of-class physical training for students who are in and out of the school.

2. Research Object and Method

Taking the extracurricular sports activities of Xihu District Primary School in Nanchang City as the research object, 10 representative schools in Xihu District of Nanchang City were selected, such as Jinpan Road Primary School, Zhanqian Primary School, Xianmen School, Flower picking School, Flower picking Primary School, Railway third Primary School, Guangnan School, Chaoyang Primary School, Railway No. 1 Primary School, Tuanjie Road Primary School, mainly taking physical education teachers and physical education team leaders as the object of investigation, and sent out 10 questionnaires each. Ten valid questionnaires were collected and the effective recovery rate was 100%.

2.1 Documentation Method

Through the library of JiangXi Normal University, the relevant periodical papers and the relevant books and other materials are read, and the Chinese database such as China's knowledge network, Vipu and Wanfang is searched through the network, and a large number of periodicals, conference papers and other documents related to the extracurricular sports activities are consulted. This paper studies the present situation, further finds the problem, and lays a theoretical foundation for solving the problem.

2.2 Questionnaire Survey Method

The questionnaire comes from the National students' physique Health Standard (revised in 2014) and the

questionnaire of physical fitness for children and adolescents (questionnaire for physical fitness of children and adolescents).

2.3 Method of Mathematical Statistics

The data is sorted, retrieved, analyzed and summarized by excel2017, and the statistical principle is used to analyze the whole individual cases and sum, and the arithmetic mean is obtained, and the line chart display data is drawn for analysis and processing.

3. Research Results and Analysis

3.1 Present Situation of Extracurricular Sports Activities in Primary Schools in Xihu District

(1) Implementation of Extracurricular Sports Activities

Table 1 shows that among the 11 sports activities listed in the questionnaire, the choice is quite different. Basketball is the most frequently carried out in the school, followed by football, running, table tennis, volleyball, aerobics, badminton, martial arts, gymnastics, high jump and long jump. Xihu District primary school extracurricular activities are rich and diverse, Nanchang primary school actively promote football, basketball, table tennis and other basic sports, track and field, gymnastics and other basic sports, volleyball, badminton, martial arts and other dominant sports should also be widely carried out.

Table 1 Contents of Extracurricular Sports Activities in Primary Schools (n / 10)

basketball	10	33
gymnastics	1	3
soccer	5	17
aerobics	1	3
Sprint	5	17
badminton	1	3
high jump	1	3
table tennis	4	13
volleyball	1	3
wushu	1	3

(2) Distribution of Organization Activity Frequency

The frequency of extracurricular sports activities reflects the development of extracurricular sports activities in schools. Table 2 shows that 20 per cent of schools organize recess exercises four times a week and 80 per cent five times a week. 70% of the schools organize more than three extracurricular sports activities a week, and 30% of them organize more than three extracurricular sports activities a week. 20% of the schools organize 0 morning exercises a week, and 70% of them 5 times a week. 6 schools arrange large classes every day.

Table 2 Form of Extracurricular Sports Activities of the School Organization

	0 times perweek		1 times perweek		2 times perweek		3 times perweek		4 times perweek		5 times perweek	
	n	%	n	%	n	%	n	%	n	%	n	%
after-class sports activities	1	10	1	10	1	10	0	0	3	30	4	40
class-breaksetting-up exercise	0	0	0	0	0	0	0	0	2	20	8	80
morningexercises	2	20	0	0	0	0	0	0	1	10	7	70
Large class	1	10	1	10	0	0	0	0	2	20	6	60

3.2 Causes Affecting Extracurricular Sports Activities in Primary Schools

(1) The School Has the Sports Field

The school sports venue is mainly for the development of school physical education teaching, after-school training and competition and other extracurricular sports activities, is a part of the basic teaching conditions of the school, and is also the material basis for the implementation of the guiding ideology of "one hour a day". Table 3 shows that only the basketball court has reached an average of one in the school sports ground, most schools have built track and field, badminton court, volleyball court, equipment gymnastics area and so on, while the number of tennis courts, swimming pools, roller skating fields and other venues is 0, most schools have built table tennis courts and gyms, a small number of schools have built track and field halls, gymnastics rooms, badminton courts, however, comprehensive stadiums, basketball courts, The number of dance rooms and other venues is zero. The Beijing Standard of running conditions for Primary and Middle Schools clearly stipulates that the average active area of students is not less than 8 square meters as the auxiliary index of sports venues. The survey shows that only track and field, football field, wind and rain playground reach the average area of 0.1 per square meter per student, while basketball court, volleyball court, badminton court and other venues have less than 0.1 per square meter per student, tennis court, swimming pool, roller skating and other venues have no students, while only the track and field hall has an average area of 0.1 per square meter per student, gymnastics room, gym, etc. Badminton courts and other venues are below 0.1 per square meter per student, comprehensive stadium, basketball venue, dance room and other venues without students. It can be seen that the average area of sports venues in Xihu District of Nanchang City is not up to standard.

Table 3 Distribution of School Sports Grounds

Outdoor site	No. of school (block/school)	Average school area(M2 /chool)	Life-average area (m2/ raw)	Indoor site	No. of school (block/school)	Average school area (M2 / school)	Life-average area (m2/ raw)
ground track field	0.7	1330	0.16	Track and field training hall	0.1	135	0.11
basketball court	1.6	480	0.03	gymnastics room	0.2	56	0.02
football court	0.4	700	0.15	Complex breeding field	0	0	0
volleyball court	0.6	97	0.01	basketball court	0	0	0
badminton court	0.7	58	0.01	Table tennis court	0.6	64	0.01
tennis court	0	0	0	badminton court	0.2	17	0.01
swimming pool	0	0	0	gymnasium	0.7	342	0.04
Roller Skating Rink	0	0	0	Dance studio	0	0	0
mechanoagymnastics	0.8 piece	116	0.01				
Wind and rain playground	0.6 piece	870	0.12				

(2) The School Has Sports Equipment

The level of school sports equipment has a direct impact on the overall quality of extracurricular physical exercise. Table 4 shows that in the 16 categories of sports equipment listed, a large number of shot put, solid ball, gymnastics pad, rope skipping, tug rope, followed by basketball, football, knife, gun, sword stick, volleyball and other equipment, individual schools have jump viaduct, horizontal and parallel bars, jump box, goat and other track and field equipment.

Table 4 School Sports Equipment.

Equipment Name	No. of school (s)	Average number of students (per student)	Equipment Name	No. of school (s)	Average number of students (per student)
basketball	40.8	0.03	baton	21	0.02
soccer	39.5	0.03	sword and sword stick	46	0.04
volleyball	29.8	0.03	lead ball	90.5	0.08
battledore	28.8	0.02	high jump stand	1.9	0.002
racket	29.5	0.02	Goat, jump box	3.2	0.003
exercise mat	54.5	0.05	Straddle frame	19.4	0.02
horizontal bar	2.2	0.001	stopwatch	6.8	0.01
parallel bars	1.7	0.001	Jump rope	51	0.04

(3) Provision of Physical Education Teachers

Physical education teachers play an important role in organizing school physical activities. According to the questionnaire 5, there are 62 physical education teachers in 10 primary schools and 678 teachers in 10 primary schools, accounting for 9.1% of the total. The excellent coaches were 2.2%, the social instructors were 3.1%, the provincial backbone teachers and the national backbone teachers were zero, most of the physical education teachers were undergraduate, and the number of special teachers and senior teachers was small.

Table 5 Basic Situation of Physical Education Teachers in Schools

Name	No. of the school (name)	Equipment Name	No. of the school (name)	Special items Skills	Average number of schools (first name)
Number of physical education teachers	6.2	university degree	4.3	basketball	1.1
special trainer	2.2	postgraduate	0.1	soccer	0.8
Retired athletes	0.3	a special-grade teacher	0	volleyball	0.7
social instructor	3.1	a senior teacher	0.7	table tennis	0.6
Key teachers (school level)	1.8	First-class teacher	1.8	badminton	0.7
Backbone teachers (municipal)	0.2	Secondary teacher	1.5	Martial arts, gymnastics	0.6
Key teachers (provincial)	0	Age under 25 years	0.5	athletic rehabilitation	0.1
Key teachers (national)	0	26-35years	3.1	else	0.5
high school education	0	36 - 45 years	0.9		
Technical secondary school degree	0	46-55 years	0.4		
college degree	0.5	Over 56 years of age	0		

(4) Facilities at School Stadiums and Gymnasiums

In the survey on the fullness of physical facilities in schools, Table 6 shows that the schools filled with “fullysatisfied” were zero, only 4 schools selected the option of “basicallysatisfied”, while 4 schools selected “notsatisfied” and 2 schools selected the “notsatisfied” option.

Table 6 Statistics of School Physical Education Satisfaction.

Question	Full satisfaction	Basic satisfaction	Not very satisfied.	dissatisfaction
Whether the school and stadium facilities meet the needs	0%	40%	40%	20%
School sports equipment and equipment to meet the needs.	10%	50%	30%	10%
Whether the physical education teachers of the school meet the needs	0%	60%	30%	10%
Whether the investment of school physical education funds meets the needs	20%	50%	20%	10%

4. Conclusions

Some schools in the West Lake District of Nanchang City have set up sports “special education leading groups” to give full play to the advantages of traditional and special sports so as to promote the development of extracurricular sports activities.

The frequency of extracurricular sports activities in Xihu District Primary School is very different, and the frequency of extracurricular sports activities is higher and the number of extracurricular sports activities is less when organizing extracurricular sports activities.

The main factors that affect the development of the extra-curricular sports activities of the primary school in the West Lake of Nanchang are as follows: the lack of physical equipment and the uneven distribution of physical education, the imbalance of the physical education teachers, and so on, restricts the development of the extracurricular sports activities of the students

When organizing and instructing students to participate in extracurricular sports activities, schools should fully improve the utilization rate of school sports venues and equipment, develop the resources of school sports venues, the school should invest some funds to buy sports equipment and equipment, improve the infrastructure of stadiums and gymnasiums, meet the needs of students for physical education and extracurricular sports activities, and promote the positive development of school sports activities.

According to the specific conditions of each school to carry out new sports projects, enrich the content of extracurricular sports activities for students. At the same time, improve the organization and management of extracurricular sports activities, timely organization of inter-school, school individual sports competitions, improve students' interest in exercise, put extracurricular sports activities into practice.

Schools should actively introduce all kinds of physical education teachers, at the same time let the existing physical education teachers actively learn professional knowledge and skills, broaden what they have learned, at the same time establish a physical education teacher assessment system, improve individual physical education skills and physical education teaching level.

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