

Problems and Countermeasures of Cultivating Pupils' Sports Interest

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Abstract: Sports interest is a psychological tendency for people to actively understand, explore and participate in sports activities. It is an intentional activity related to the needs of participating in sports activities. If a person is interested in sports activities, he will actively participate and devote himself to them. The result of the activities will be the satisfaction of needs and thus get positive emotional experience. At this stage of primary school, pupils' sports interest is changeable. In order to solve the problems in the process of cultivating pupils' sports interest, this paper analyzes the internal and external factors from the problems in the process of cultivating pupils' sports interest, and puts forward how to solve them.

Keywords: sports interest; psychological tendency; pupil

1. Viewing Interest from the Perspective of Psychology

Interest is the psychological tendency of people to explore something or engage in certain activities. It is based on the need to know or explore the outside world and is an important motivation to promote people to know things and seek truth. People will show great enthusiasm for things they are interested in, and have some positive emotional experience. If students are interested in a certain subject, they will be encouraged to study hard, extensively dabble in relevant knowledge, and affect their choice of future careers. If students are deeply interested in learning, they will be encouraged to study the truth of knowledge hard and forget to eat and sleep. When interest does not point to the object of knowledge, but to certain activities, this motivation is called hobby, such as sports, painting, calligraphy, etc. Interests and hobbies are associated with people's positive emotional experience. When people are interested in certain activities and knowledge, they often experience positive emotions such as comfort and satisfaction. People's cognitive interest appeared very early in the individual development, and it was initially manifested as an individual's exploration of the environment. After the baby is born, he or she will be surprised and excited by the new things in the environment. Older children tend to look at, touch, shake, break or even destroy new toys. It is on the basis of directional inquiry activities in the early stage of individual life that people gradually formed their interests and hobbies in things and activities. According to the content of interest, interest can be divided into material interest and spiritual interest. Material interest mainly refers to people's interest and pursuit of comfortable material life (such as clothing, food, housing, transportation, etc.); Spiritual interest mainly refers to people's interest and pursuit of spiritual life (such as learning, research, literature and art, knowledge, etc.). Children are more interested in material things. When they are young, their spiritual interests develop and they begin to be interested in literature and art. The outlook on life and the world outlook of primary and secondary school students have not been fully formed, and teachers are required to actively guide both material and spiritual interests to prevent abnormal development in material interests and negative development and pursuit in spiritual interests[1-3].

2. Characteristics of interest

2.1 The breadth of interest

This refers to the size of the scope of interest; Some people are very sensitive to new things and interested in everything; Some people confine themselves to a small world, and the scope of their interests is extremely narrow.

2.2 *The center of interest*

This refers to a central interest based on a wide range of interests; A multifaceted interest is a precious quality only when it is combined with a central interest.

2.3 *The stability of interest*

A person must have a lasting and stable interest in order to obtain systematic and profound knowledge through long-term research; For example, some students have a lasting and stable interest in learning, while some students' interest varies from time to time, and there is no dominant and lasting interest.

2.4 *Efficiency of interest*

It refers to the effect of interest on activities. If students are interested in sports activities, they can improve their physique; Being too interested in playing video games will affect the learning effect (score).

3. The significance of cultivating pupils' interest in sports

3.1 *Cultivate the potential of long-term sports ability*

According to the physiological characteristics of primary school students, their total number of cells and brain weight are basically similar to those of adults. The cerebellar function is also improving. Primary school students have a good control over their own muscles, speed and body balance. Therefore, from the physiological characteristics, primary school students have the potential of sports ability. In this period, we should properly cultivate and stimulate their sports interest. This is conducive to the physical growth of primary school students, but also helps primary school students in the growing process to constantly stimulate their sports potential.

3.2 *Promote the all-round development of primary school students*

The core quality of Chinese students' development is to cultivate "all-round development people" as the core, which is divided into three aspects: cultural foundation, independent development and social participation. It is comprehensively manifested in six major qualities, namely, cultural heritage, scientific spirit, learning to learn, healthy life, responsibility, practice and innovation, and specifically refined into 18 basic points, such as national identity. All qualities are interrelated, complementary and mutually reinforcing, and play an integral role in different situations. Physical education is an indispensable part of the all-round development of students' morality, intelligence, physique, beauty and labor as well as the promotion of quality education. Most of the requirements in the core quality are directly related to physical education, such as criticism and questioning, courage to explore, love learning and good learning, cherish life, sound personality, social responsibility, problem solving, technology application, aesthetic taste, etc., can run through physical education. Therefore, in the primary school stage, we should actively integrate these core qualities into sports, which is conducive to the comprehensive development of primary school students and becomes a true socialist successor[4-6].

4. Problems in the process of cultivating pupils' sports interest from the perspective of school internal factors

4.1 *Some schools do not attach importance to physical education and the function of physical education cannot be effectively implemented*

The educational function of physical education is to improve physical health, improve mental health, enhance social adaptability, and acquire sports and health knowledge and skills. The most direct and significant value of physical education course learning for students' growth is to promote the normal development of the body and improve the level of physical health. Gao Shouqiang, a scholar, pointed out that some sixth grade physical education classes in primary schools have become appendages of cultural courses, which is due to the influence of traditional higher education. This is one of the problems in the development of physical education curriculum in primary schools, and it is also the crux that the function of physical education cannot be implemented.

4.2 Some schools lack teaching venues and sports equipment

Different from other disciplines, sports teaching can only be completed in the playground through the use of sports equipment. Students need to do a lot of exercises in the process of sports teaching to promote the physical and mental health of students through sports training. To ensure the normal conduct of physical education teaching, special venues and sports equipment are indispensable. For example, the scholar Yu Manhua showed in his research that the physical education in rural primary schools is relatively backward and the education funds are insufficient, so that pupils cannot be given a good sports venue and sports equipment.

4.3 Some schools are seriously short of teachers and professional teachers

Whether students are learning sports or other cultural courses, they need to have sufficient teachers as a powerful driving force to support, and at the same time, they need qualified professional teachers to provide more professional learning guidance to pupils. The scholar Zhang Xiaohua pointed out through research that some primary schools do not attach importance to physical education and lack clear assessment objectives for physical education assessment. He believed that physical education can only take students to play for a while and relax. Therefore, many PE teachers are not PE majors, but teachers of other courses, which leads to the low professional level of PE teachers. At the same time, due to the lack of attention from leaders of all parties, physical education teachers have no opportunity to participate in training and further education. They have not mastered the new teaching concepts and teaching methods enough, and the teaching concepts have not been updated in time. The teaching content is monotonous, which makes it difficult to effectively mobilize the enthusiasm of students to participate. The teaching results are even more predictable.

4.4 The teaching content and model of some schools are backward and students lack interest

As one of the main extracurricular activities, physical education teaching should be rich and colorful in content and mode, which can inspire pupils' interest in sports. Scholar Schlossy pointed out that the current physical education teaching content in some primary schools is backward and can't keep up with the times. The physical education class is only handed over to students' physical skills. The traditional "spoon feeding" teaching mode has greatly hit the enthusiasm and interest of students to participate. Under this backward teaching content and teaching mode, it is very difficult to obtain good teaching results[7-8].

5. The Methods of Training Pupils' Sports Interest in Schools

5.1 Renew the concept of education and implement the function of physical education

The educational function of physical education is embodied through the promotion and development of physical education on human body and mind to promote the realization of educational purposes. Even in the Olympic Games, sports are still considered as a way of education, that is, to promote people's physical and mental health under the principles of moral scope and fair competition. The educational function of sports is mainly embodied in: sports can promote the formation of good living habits; Promote human socialization by providing social norm education and social role attempts; Through promoting the formation of personality, restricting the development of personality and cultivating the enterprising spirit, we can play the role of sports in promoting the formation and development of personality. School leaders at all levels should change their educational concepts, fully recognize the importance of physical education for the physical and mental health development of primary school students, and carry out targeted physical education teaching in combination with the actual situation of primary school physical education. At the same time, when evaluating the comprehensive quality of students, we should pay attention to the proportion of physical education. When evaluating the "three good students", we should increase the proportion of physical education achievements in the comprehensive evaluation, and give full play to the important role of physical education in primary school teaching.

5.2 Increase capital investment and improve infrastructure

Schools should not only attach importance to physical education teaching, but also invest corresponding funds, improve sports equipment, improve sports teaching venues, and change the

contradiction between insufficient capital investment and sports implementation needs. When budgeting for the activities in the coming year, the school should include the budget of sports venues and equipment, increase the investment in sports teaching facilities, promote the smooth development of sports teaching activities, enable students to participate in colorful sports activities, cultivate their interest and enthusiasm, improve their physical quality, and promote their physical and mental health. In addition, the school should also set up a special sports equipment management department to manage and maintain sports facilities and prevent the random use and stacking of sports equipment.

5.3 Improve the quality of teachers and introduce professional talents

With the continuous expansion of higher education, more and more sports professionals graduate from sports colleges and universities. On the one hand, primary schools can inject new vitality and vitality into school sports teaching by increasing the posts of sports teachers and recruiting professional sports teachers; On the other hand, primary schools can cooperate with other colleges and universities to establish corresponding training, continuing education and other projects to improve the professional skills and level of primary school physical education teachers, so that physical education teachers can timely update the teaching concept, accept advanced teaching theories and subject knowledge, and apply them to the process of physical education teaching, and constantly carry out sports innovation.

5.4 Innovate teaching content and mode and improve students' enthusiasm for participation

The content setting and teaching mode of physical education curriculum are the key to ensure the quality of physical education teaching. Physical education teachers should constantly enrich the teaching content in the teaching process, change the traditional teaching mode, adhere to the teaching mode of "teacher led, student centered", pay attention to all students' participation in the teaching process, increase the opportunities for mutual assistance and cooperation between students, and improve the enthusiasm of students' participation, Under the condition of ensuring students' enthusiasm, we will try to strengthen students' sports tendency, so as to improve students' interest in sports and thus enhance students' physical fitness level and the teaching quality of physical education[9].

6. The Problems in the Process of Cultivating Sports Interest from the Internal Factors of Pupils

6.1 It is difficult for pupils to maintain their continuous interest in the same thing

Pupils are a special group, and their participation in any activity is based on interest. Similarly, according to the psychological characteristics of primary school students, it is difficult for them to maintain their sustained interest in the same thing, but they have a higher interest in different and changing new things. The scholar Xu Jin found that a primary school student showed a very strong interest in basketball that day through research, but due to the influence of his partners' interests, he may like football or other ball games the next day. This is closely related to the nature of pupils. If we want to cultivate pupils' interest in sports, we must start from the stability of pupils' interest.

6.2 Pupils of different ages show different sports interests

According to the research of the scholar Zhang Zuqiang on the choice orientation of primary school students' sports interest, most primary school students in grades one to two focus on "playing", fighting, chasing, etc., such as hawks catching chickens. Pupils in grades 3 to 4 begin to show a strong interest in ball games, which are mostly related to the development of children's body muscles and cardiovascular development, and also tend to have "puberty hypertension" in psychological aspects. Therefore, basketball, football, table tennis and other sports have become their main choices. Pupils in the fifth to sixth grades mostly choose the educational type, and there are also many students who can adhere to ball games and other sports.

6.3 Introverted students have low interest and are unwilling to participate in collective sports

Introverted students are not used to having extracurricular activities with their partners. They prefer to be alone, and they are also unwilling to share their interests and hobbies with others and tell their inner thoughts. In the actual school physical education teaching activities, some students will show their unwillingness to participate in collective sports, which is mainly related to their introverted personality,

which leads to the lack of sports interest of this type of students. This kind of situation should be corrected in a more positive way. The problems exposed from sports will also affect the learning in class. All subjects are similar in teaching, introverted students should be able to open their hearts and integrate into collective activities in a reasonable way, so that they can adapt to higher levels of education and better integrate into society in the future.

6.4 Field dependent students have vague interests and lack guidance

Field dependent students habitually or preferentially focus on searching information from the external environment (the so-called "field"). Because this search process is often unconscious, it is manifested as a behavior mode "affected by the external environment". In sports activities, field dependent students show uncertain attention, do not know where their interests lie, and more adopt a herd mentality. They are more willing to try other people or sports with a large number of participants in a certain sport, which will lead to students being unable to correctly understand their interests, so teachers need active guidance.

7. Methods of cultivating pupils' interest in sports

7.1 Encourage pupils to choose more and try different sports

Pupils are in a critical period of growth and development, and their interest retention is poor. Before there is a specific interest in sports, parents and teachers should actively encourage children to participate in sports and choose the sports they are interested in. When a sport maintains a long interest cycle, parents and teachers should actively encourage pupils to adhere to it, no matter what difficulties they encounter on the way to adhere to their interest in sports. All children should be encouraged to face difficulties and not be afraid of suffering. This will not only help stimulate and strengthen pupils' interest in sports, but also strengthen pupils' confidence in overcoming difficulties, and can also cultivate pupils' quality of endurance and perseverance.

7.2 Formulate different sports programs according to children of different ages

Pupils at different ages have different sports interest choices. As teachers and parents, we should formulate appropriate and reasonable sports programs based on the development law of children's physical and mental health. It is not allowed to deprive children of their right to choose when they are in the first to second grades, and let them carry out sports contrary to their physical and mental development laws, such as high-intensity basketball training and football training. Any high-intensity training will lead to the stagnation of children's growth and development, and will also affect the learning in class. At the same time, it is not allowed to let children play games of chasing and fighting in the senior grade, which is not only bad for the physical and mental health of primary school students, but also leads to the decline of children's mind and physique.

7.3 Encourage and guide pupils to participate in collective sports activities

As a teacher, we should not miss every student. We should know every student's character and habits well and cultivate them as our own children. We should actively encourage and enlighten students who do not want to integrate into the collective, are introverted and do not fit in with the group, and conduct psychological counseling. After they are willing to integrate into the collective, when they get some achievements, such as shooting the basket in basketball training, we can applaud for them, so that they can find self-confidence and give encouragement. Over time, introverted pupils will be willing to integrate into the learning and activities in and out of class, and their physical and mental development will return to the normal, which is more conducive to the development and cultivation of their sports interest.

7.4 Cooperation between parents and teachers to let children be their own masters

Parents and teachers are the most trustworthy role models for children, and children are more willing to believe the opinions and suggestions of parents and teachers. But we should let children be their own masters, especially those pupils who are uncertain about their attention and easily conform to others psychologically. Parents and teachers should actively guide them, have a pair of eyes that are good at discovering the advantages and characteristics of children, and encourage them to be their own masters,

All sports that are beneficial to children's physical and mental health will be supported. This will not only enable children to have a clear understanding of themselves in their future study and life, but also let children know that only what they choose is the best.

8. Conclusion

Physical education is an important part of modern education, and also an important part of quality education. It is the basis for realizing the development strategy of lifelong physical education in China. Primary school is the initial stage of students' education. Primary school physical education is also the initial stage of students' physical education learning. The effect of primary school physical education directly affects students' future physical education achievements. Therefore, the development of physical education in primary schools in China needs to combine the psychological and physiological characteristics of primary school students, adopt effective teaching methods, cultivate students' interest in physical education, help to cultivate students' physical quality, and enhance students' physique. Primary school is the stage when primary school students first contact and systematically learn sports. Therefore, the quality of physical education teaching in primary school has an important impact on the future physical education learning of primary school students. Therefore, primary school physical education teaching should pay attention to its own teaching effect and actively cultivate the students' interest in sports. Interest is the driving force of learning. Only by improving pupils' interest in sports learning, can they give play to their subjective initiative, participate in sports learning independently, and improve the efficiency of sports teaching.

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