

The Development of Orienteering in Elementary School Physical Education Classroom in the Context of Ecological Physical Education Resources

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Abstract

With the development and implementation of the national policy of double reduction, for elementary school physical education, if we can effectively use the ecological physical education resource environment to carry out orienteering, it is a lifelong benefit to students' physical exercise, students can relax more happily in the ecological environment, the natural good ecological environment is more conducive to the healthy development of students' body and mind, and at the same time can effectively It can also effectively relieve the academic pressure of students in the cultural classroom, thus allowing students to learn more efficiently. The introduction of orienteering in the elementary school physical education classroom has greatly increased students' awareness of integrating into nature and protecting nature, as well as continuously improving students' physical fitness and athletic ability, effectively cultivating students' sports interests and specialties, and continuously using ecological physical education teaching concepts and teaching methods to guide students, so that students have sports skills in line with their own interests and hobbies, and improving students' sports ability.

Keywords: ecological sports, orienteering, resource development, physical education, environmental protection

With the development and implementation of the national policy of double reduction, the general policy of the country is to actively reduce the learning pressure of students in the nine-year compulsory education stage, making the physical education classroom time for elementary school students gradually increase, but also the standards and requirements of physical education classroom teaching at the elementary school level are also improving, teachers at all levels should explore new teaching methods and effective teaching methods, making it more important for teachers at all levels. The physical education curriculum at the primary level should also be developed and constructed to keep up with the times, laying a solid foundation for the cultivation of lifelong sports thinking in students, so that primary school students can actually feel the power of sportsmanship and actively participate in the physical education classroom wholeheartedly. Combined with the concept of ecological sports, we create a new physical education classroom environment and a new physical education classroom atmosphere, so that students can integrate "ecological sports" in the "ecosystem" and grow up healthily in a good ecological environment, so that students can establish the awareness of protecting the ecological environment and personal behavior from an early age. This will enable students to grow up in a good ecological environment, to develop a sense of protecting the ecological environment and to develop personal behavioral habits from an early age, and to lay a strong foundation for the effective implementation of physical exercise.

1. The Importance of Ecological Sports Resources

Ecological sports refers to the behavior of sports activities that are close to nature, into nature and into nature, in accordance with the law of life, based on the coordinated development of sports, culture and ecology. Human sports behavior is based on the natural environment. It can make people adhere to long-term scientific exercise, so as to improve people's ability to adapt to the natural environment for survival. In the natural environment, we constantly discover the laws and rules of natural survival. We cannot resist all the material basis that nature gives to human movement. People must learn the laws of natural survival and at the same time protect the natural environment. Humans are an advanced intelligent species living in groups. In the movement of human life, the relationships that are formed together form a complex network of social relationships. In order to survive,

humans must first learn motor skills and teamwork in order to hunt and survive. As lifestyles changed so did the laws of survival, and a new way of exercising for health gradually developed. Different sports have commonalities in terms of cohesion, striving, teamwork and the pursuit of equality. It also promotes the meeting of people of different races, countries and faiths to build harmonious and friendly ethnic relations; mutual respect and understanding among all ethnic groups for mutual benefit and a framework for human and social harmony and prosperity. The social environment is based on the premise of the natural environment, and the social environment and the natural environment are interdependent. The good or bad of the natural environment directly affects the development of ecological sports.

Eco-physical education is an organic combination of ecological natural environment and physical culture, thus achieving co-development. This form of physical education curriculum is in line with the theme of today's times, but also based on the innovation and development of the original sports, can better promote the development of elementary school physical culture and physical exercise of elementary school students. With the "double reduction" policy and the gradual advancement of education reform, it is especially important to help students release academic pressure in physical education, as they face the pressure of various subjects. Gradually promoting the implementation of ecological physical education can not only improve students' physical fitness but also improve their mental health. In order to improve students' physical fitness and athletic ability, the ecological physical education program should strengthen the physical exercise of students to improve their physical activity, so that they can acquire good adaptability and strong survival ability when they enter the society later, which is beneficial to their development. In the daily teaching process of ecological physical education, teachers should actively guide students to establish a correct view of sports, and along this path, they should constantly innovate the classroom and develop sports programs that suit students' interests. This can be done in terms of teaching content, curriculum organization and implementation, curriculum evaluation, and curriculum goals to provide reasonable teaching strategies for a healthy ecological physical education for students. In addition, when organizing classes for fitness activities for students, teachers should also teach students the basic awareness and concepts of ecology and environmental protection. If they stick to it for a long time, students will naturally develop a subconsciousness of ecological protection in a subtle way, which is especially important for the ecological environment we live in. The ecological environment is the basis for physical and mental relaxation, and the development of physical education classes is never a simple transfer of knowledge, much less a simple repetition of actions in the traditional concept. One of the most basic and important starting points is the issue of environmental construction. Through the integration of the natural environment, students can relax physically and mentally, and through the construction of equal relationships, students can better integrate into the development of physical activity, thus "liberating" them from the "closed" educational environment and allowing them to feel the sun and air. Flexibility and breath. Only by creating an ecological environment where students dare to run can teachers stimulate students' enthusiasm for sports and let them run in the sunshine.

2. The Current Situation of Physical Education Classes in Elementary School

Educational classification from the age level: the form of elementary school physical education classes mainly dominate the form of games, the intensity of the exercise load on students can not meet the requirements, forced by social pressure physical education teachers physical education classes are also mainly based on light loads, less dangerous movements to avoid student injuries in the classroom is responsible. The lack of physical education teachers in elementary school also affects the development of physical education activities in schools, especially in isolated places, where physical education replaces other classroom teachers. The lack of professional careers for physical education teachers, in terms of emphasis on physical education, and the data reported when faced with heavy physical education exams are necessarily divorced from the actual data. The current status of the survey of physical education training classes shows that the main participants of many sports training classes are elementary school students. This situation indicates that the current primary physical education is far from meeting the needs of elementary school students. Regarding the motor skills required for sports, school sports have gradually transferred this task to social sports training classes. The intensity of the load for exercise in sports training classes is much greater than the intensity of the school physical education program, and the content of the physical education curriculum program has been seamlessly extended to sports training classes. Few of the classroom teachers who serve as physical education training classes are full-time teachers in elementary schools, some borrowing equipment from school sites, some borrowing local equipment, and for those who already serve as full-time physical education teachers in elementary schools, offering physical education training classes outside of school, creating a vicious cycle.

3. The Value of Conducting Orienteering Classes for Elementary School Students

Orienteering has evolved from a military background in the natural world of armies to a civilian sport that can be played in natural environments such as mountains, jungles, forests, parks, cities, lakes and schools.

3.1 Mental Exercise

In the process of exercise to enjoy the body and mind, the appropriate exercise has the ability to relieve the excessive stress of life, in the process of fast running march to exercise the ability to think calmly and judge the direction. This allows students to fully develop physically and mentally.

3.2 The Value of Exercise

Orienteering has always been the main way of running: sports fields include fields, parks, campuses and other environments. Many athletic processes such as running, jumping and hopping are necessary in complex terrain. The full contact with the natural environment during orienteering.

3.3 Spiritual Form

The uniqueness of orienteering and the different modes of sport are becoming more and more popular among most sports fans. It has a human nature, i.e. the pleasure of finding shortcuts and pursuing success, the ultimate goal of ecological sports value notation. Innovation, health, tidiness and constant improvement of inner beauty. People seek freedom, relaxation, pleasure and a relaxed state of life. Participating in ecological sports can be a good way to relieve mental tension and promote the relief of students' stress in life and study. Orienteering is a relatively easy-to-learn sport that can be played in parks, outdoors and in nature so that participating students can get infinitely closer to nature to inspire and challenge their will to fight.

3.4 Improve Social Adaptability

Orienteering is a kind of movement to feel nature and integrate into nature, which transforms from the intuitive visualization of two-dimensional maps to the physical exercise of three-dimensional space in the brain as well as route planning, improves the imagination of vision and thinking, cultivates the organization of independence, solidarity and cooperation with the spirit of collectivism, improves the cultivation of students' innovation and creativity, and trains students' psychological tolerance for various natural risks.

4. Analysis of Developing Orienteering Classes in Elementary School

4.1 Orienteering Sports Have Lower Requirements for Places and Equipment

Campus orienteering can alleviate the situation that cannot be carried out due to the lack of sports equipment in physical education classes. Campus orienteering has very low requirements for the venue, and the school playground can be used as a place for orienteering on the whole campus, which can effectively solve the limitations of the playground. Orienteering is different from the traditional sports of the Big Three (basketball, volleyball, and soccer) in that orienteering only requires constant input of A4 paper to make maps of travel routes, while the Big Three have some outstanding problems of ball consumption and venue equipment replacement over the years. Regarding the purchase of equipment, the orienteering course to carry out the early stage, you can use some relatively simple card punching device, after the formation of a certain scale, and then upgrade the development into the purchase of electronic card punching tagger, etc..

4.2 Improve the Promotion of Orienteering

There are more and more competitions in outdoor sports, the expenditure on physical education is limited, and the funding required for orienteering is less than traditional programs. According to the characteristics of orienteering simply combined with the venue customized orienteering, let students actively participate in more orienteering competitions, if possible, so that students and parents can participate together, improve people's support for orienteering, improve the popularity of the orienteering program, and actively encourage students to be invited to participate in several competitions to obtain a ranking.

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