

Research on the Intervention System and Implementation Strategies of Children's Physical Health in China

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Abstract: In recent years, many research practices have shown that the physical health of adolescents in my country is on a downward trend, and there are problems such as a decline in the pass rate of students' physical fitness tests, overweight, and an increasing number of myopias. Relevant scholars have suggested that this is due to the lack of physical activities for preschool children. In this paper, the literature and interview methods are used to study the development of children's physical health, aiming to strengthen people's understanding and attention to the fact that physical activities can effectively promote children's physical health, to further promote the development of children's physical health. Using the experimental research method to intervene the physical health of children in the middle class of Wu Kindergarten and their caregivers, to study the effect of physical health intervention on children, on the one hand, it provides a theoretical basis for the experimental research of enriching children's physical fitness, and on the other hand, it provides a basis for the physical health of kindergartens. Provide a certain basis and reference for activity teaching and the improvement of children's physical health.

Keywords: Intervention System, Implementation Strategies, Physical Health

1. INTRODUCTION

The development of the national economy, the progress of society, the continuation and innovation of national civilization, in the final analysis cannot be separated from the development and progress of people, and whether it is the development and sublimation of spiritual civilization, or the innovation and progress of knowledge brought by science and technology, all development the premise of all is based on the two-way basis of a sound personality and physique. The relevant principles of Marxism also enlighten us that productivity is the ultimate decisive force for all social development. The people-oriented concept of socialist development advocates that the development of socialism should be human the development of the national physique is the key factor affecting social progress and development, and the national physique has an important significance that cannot be underestimated in the socialist modernization drive.

Chapter 10 of the "Healthy China 2030" Planning Outline clearly proposes to strengthen health services for key populations, implement the Healthy Children Program, and strengthen early childhood development. Since the outline was issued, children's physical health has become a hot topic today. This article explores the development status of children's physical health under the background of "Healthy China", aiming to promote people's understanding and attention to children's physical health and promote the development of children's physical health. Movement system characteristics. Young children's bones are soft and easy to bend, and the large skeletal muscle group develops earlier, and the small muscle group begins to develop after the age of six, and the large muscle group dominates running, jumping and other movements. Because of the characteristics of joint development, there are certain requirements for children's straight-line acceleration running distance: about 5-8 meters

for children aged 3-4, 6-9 meters for children aged 4-5, and about 10 meters for children aged 5-6.

The nervous system of young children develops rapidly, and the brain weight of newborns is about 350 grams, and it is about 1200 grams at the age of 6. The nervous system can control the accuracy and speed of children's movements, which are closely related to agility and speed quality, so 3-6 years old is the critical period for the development of movements and the golden period for the development of physical fitness. Through the evaluation of children's physical fitness level, the analysis of morphological characteristics, and the analysis of the test results of various test indicators, combined with the comparative analysis of the results of children's physical fitness in Hubei Province in 2005 and 2010, the comprehensive evaluation of the children's 3.6-year-old children in current situation of physical fitness, in order to understand the physical fitness level of children aged 3-6, reveal the changing laws of physical fitness of children of different genders and age groups, so as to improve the attention of society, parents of children and kindergarten teachers to physical problems of children, and provide kindergarten sports activities. Teaching provides certain references, to achieve the purpose of improving children's physical condition to a certain extent and laying a certain foundation for them to have a relatively healthy body.

In 2018, Beijing Sport University, which clearly provided guidance for improving children's physical health for the first time opinions, scientific exercise recommendations and guidance, help young children develop positive exercise patterns, and make exercise an essential part of child rearing. The publication of the "exercise guidelines for preschool children (3-6 years old) (expert consensus edition)" has promoted the development of children's physical health and enthusiasm.

2. THE PROPOSED METHODOLOGY

2.1 The Design of Children's Physical Fitness Intervention

Based on previous studies, the design of physical fitness intervention in this study is as follows: the content of physical fitness exercises for children aged 3-4 is mainly based on basic movements, not focusing on the quality of movement development, but focusing on the development of children's basic activity ability. Focus on the cultivation of children's sports interests; 4-5 years old children's physical fitness exercises do not pay too much attention to the quality of movements, some sports skills are added to it, and a practice environment consistent with sports events is created; 5-6 years old the content of children's physical fitness exercises requires that the movements have a certain quality, learn the basic skills of common sports events, master more sports events, and lay a good foundation for children's sports skills in the transition to primary school, so as to facilitate the promotion of children's physical health.

Except for the average weight of 6-year-old children in Hubei Province in 2010, the average weight of male children in all age groups was significantly higher than the average weight of male children in Hubei Province in 2005 and 2010; the average weight of 4-5-year-old female children the value was significantly higher than that of children in Hubei Province in 2010, and the average weight of 3-6-year-old female children was higher than that of similar children in Hubei Province in 2005, and there was a very significant difference currently, most of the physical education teachers in kindergartens in China are preschool education majors, they generally lack professional guidance on the cultivation and improvement of children's physical health. In addition, the number of children has increased sharply after the opening of the two-child policy in China. In order to meet the current social needs, the following strategies are proposed: First, China's education department should establish the professional standards of preschool physical education teachers and the cultivation of professional ability should be clearly improved; the second is to increase the specialization of preschool physical education in normal colleges and universities, and cultivate physical education teachers who develop in humanities, psychology, pedagogy, and physical education. On-the-job preschool physical education teachers carry out continuing education to continuously improve teachers' professionalism and comprehensive ability.

Although there are certain problems in the measurement indicators, the "National Physique Measuring Standards" (infant children's part) still has relatively comprehensive feedback on the important factor affecting physical health - physical fitness, so this study chooses this item evaluation method. The "measurement standards for national physique" (infant children's part) is only a standard for testing physical health and cannot be used as all factors affecting physical health. If the strengths and weaknesses of the physical fitness level are not fed back to the kindergarten, let alone the next step of physical fitness intervention based on the physical fitness problems reflected by these indicators, the meaning of the test will be lost. Children's physical health is inseparable from the dual role of reasonable physical exercise and scientific nutrition and diet. The correct knowledge of physical education and nutrition for children's caregivers is the premise for them to scientifically grasp children's diet and nutrition in daily life and reasonably guide children to carry out physical exercise and foundation.

2.2 Children's Physical Health Intervention System and Implementation Strategies

The phenomenon of "specialization", "competitivities" and "primary chaotization" of children's sports prematurely is mainly due to the incomplete understanding of children's sports development, which is a manifestation of utilitarian education. The "Exercise Guidelines for Preschool Children" issued in 2018 clearly pointed out that children's sports should conform to their physical and mental development characteristics, with pleasant games as the main form, while ensuring activity time and activity intensity. Under the premise, the core goal is to develop basic movement skills, considering a variety of physical qualities that are rapidly developing at this stage. In the index of sitting and forward bending, which reflects the quality of flexibility, there is an extremely significant difference in the large class, a significant difference in the middle class, and no significant difference in the small class. The reason may be that the younger the child, the better the flexibility. They are not big, and at the same time, the younger the child, the more afraid of pain, and they will shrink back when they are slightly flexible and stretched, while the children in the big class already have a certain degree of self-control, and they will be patient and restrain themselves during practice.

In the physical fitness intervention, actions such as lying on the back and holding the legs, stepping back and squatting, stretching the shoulders with the head in the arms, and stretching the arms behind the neck have a certain relationship. To sum up, the relative lack of knowledge about physical education and nutrition among child caregivers will not only lead to the deviation of their related awareness, but also lead to their unscientific behavior, which is not good for effective and scientific guidance of children's fitness exercises. Most caregivers have a high degree of recognition for physical exercise and pay attention to the quality of children's nutrition and diet, but it is reflected in their behavior and prediction. It is not enough, mainly in the following aspects: first, child caregivers themselves participate in sports. The frequency of exercise is low, and most of them only occasionally participate in or even do not participate in exercise. The frequency of taking children to participate in exercise is also the same. Child caregivers have negative physical behaviors and cannot actively drive and guide children to participate in physical exercise.

Social support mainly includes the following aspects: first, the support of families, deeply influenced by traditional education in our country, many families lack the correct concept of health; The third is the support of the community. With dense population and crowded living environment in our country, many urban communities have not reserved sports venues for construction, and cannot provide sports venues for children. Fourth, the government's opening of sports venues and not ideal, so social organizations should ensure the quality while providing public sports services.

Through observation, it can be found that after the experiment, children in the experimental group have significantly improved in the development of movements such as standing long jump, tennis long throw, 10-meter turn-and-go running, continuous jumping with both feet, and walking balance. The content of physical intervention integrates mobility actions and object control actions into physical games. Although there is no test index for movement, according to the intervention effect in the classroom, the

quality of completed movement, the fluency of movement and the enthusiasm for participating in physical activities are significantly better in the experimental group than in the control group.

3. CONCLUSION

Blended teaching has fundamentally changed the status and relationship between teachers and students in traditional teaching and has shown great advantages in cultivating learners' basic skills, information literacy, and innovation ability. However, it is difficult to monitor teaching during the implementation of networked teaching, and due to the overemphasis on students' "learning" and the neglect of the leading role of teachers, when students have too much freedom of learning, learning will deviate from teaching goals. While giving full play to the advantages of traditional teaching, embody the advantages of multimedia technology, give full play to the leading role of teachers and the main role of students, so that students can master the basic theoretical knowledge of modern educational technology and improve their practical ability to adapt to the information society.

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