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Some Methods to Encourage Environmental Practice to Students for Students

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Abstract:

On March 27, 1946, Uncle Ho called on the people to exercise: 'Preserving democracy, building a new country, creating a new life, and everything needs health to succeed. A weak people make the country weak, a healthy people make the whole country ... 'and thus:' Exercise, health improvement is the duty of the patriot people '

Uncle Ho has affirmed the purpose of health training under the new regime, to build a civilized society. The purpose of physical education is to comprehensively develop the young generation of Vietnam, that young generation must be intentionally developed physically to realize the Party's and the State's comprehensive educational goals.

Physical education in general and school physical education subjects in particular, physical play an important role in comprehensive education. Physical education is a positive measure, which greatly affects student health, in order to provide students with basic motor skills and knowledge, as a basis for students and physical fitness new manners.

In high school students in general and middle school students in particular, the playfulness, innocence and hyperactivity are indispensable in them. Especially the physiological side of the children has many big changes. Therefore, in gymnastics, we should not follow the tendency of physical and mechanical exercise, causing children to be tired, stressed and bored, leading to counterproductive effects that must stimulate and affect activities. They work comprehensively mentally and psychologically in them, creating excitement, helping them to enjoy and practice better.

On the other hand, in fact, there are many different types of students in gymnastics, some of them have good health, some are of weak health, and some are born with disabilities. So what to do with those children who do not have to stand by and watch their practice but crave sadness. Must be like? What measures must be taken? A question is posed. So on the basis of physical education, with well-used methods that have important effects on the object of stimulating exercise, or encouragement, many other methods for children to practice. High health, good service for learning.

With the above urgent requirements, we decided to choose the topic:

'Using a number of methods to stimulate interest in learning, help students become interested in learning good exercise.'

Keywords: Sport, Physical education, health, students

1. Introduction

In gymnastics, in order to have a high-quality lesson, make them passionate, interested in learning, practicing, mastering the content of the lesson, without writing the theory or performing the movement. Correctly, perfectly, there is no sign of fatigue, boredom training for yes, for it, to ensure good subject quality. In order to achieve the above requirements, it is necessary to have methods suitable for students.

1.1. Alternative Solution

- Use pictures, learning tools: Paintings of all kinds, balls (types of balls), Stone Bridge (types of bridges), jumping rope ... are attractive.
- Method of using 'games'.
- Method of emulation and commendation of achievements in physical training and sports ...

2. Research Methods

2.1. Research Object

Grade 2/1 TH Phú Điền 3 school because there are a number of students whose behaviors and attitudes are not positive, lack of attention during physical education.

2.2. Research Design

Choose AB basic design / AB multi-facility design.

2.3. Research Process

2.3.1. Base Phase A

Investigate the causes of 'individual' behaviors based on which impact measures are taken to change students' attitudes, behaviors and bad habits. Then conduct a record of the status quo (the process takes place within a certain time) before impacting.

2.3.2. Phase Impact B

Implement the impact and document the progress of the results. When cessation of impact, based on the record results to determine the changes that impact brought. It is possible to continue to repeat phase A and phase B and phase B which we call the ABAB design.

3. Data Analysis and Discussion Of Results

First, the teacher needs to carefully study the content of the lesson. Teachers must practice modeling each move, manipulating smoothly, clearly analyzing every detail, weak gesture techniques before class so students understand and grasp immediately.

Called modeling, the movement must meet the requirements of accuracy, beauty, and technique. Because the initial movements are easy to make a deep impression in their memory. Combine with students to carefully observe pictures, watch movies or can foster staff, choose students with good aptitude in this regard as models instead of teachers when teaching new movements.

When explaining and analyzing techniques, movements should be short, accurate and concise. Outdoors can use pictures, charts to illustrate to increase attention among the children.

Due to the characteristics of students in high school age, they are hyperactive, less focused, less attention, especially when going to class outdoors or being influenced by outside factors. Therefore, in the beginning, teachers should use some of their favorite games to get focus and interest before starting the basic part. Or let the class clap together to sing a song to create a pleasant initial excitement for the practice.

In physical education classes, it is not necessary to follow the framework rules, but it is always necessary to change some new details that are interesting for students. Like through some game measures, emulation and rewards, increasing the difficulty.

3.1. Illustrative Example

- Practice throwing the ball: It is possible for students to throw the ball on the target or whoever threw it further.
- Practice Jump and Jump: can organize games to turn on the relay
- Practice run fast: Can run competitions, running relay between the two teams in the form of games.

With the above changes, students will not feel depressed.

In the process of teaching, if children show signs of fatigue, the teacher needs to change the content to re-create interest, regain a playful mood, can play some small games or tell a sentence. A short story about the spirit of sport practice, Uncle Ho's call for physical exercise ...

Learning tools are very important, so they should be applied thoroughly because they are easy to create excitement. So every content, every lesson, teachers should change tools like: Football, volleyball, badminton ... or other colorful items applied in lessons and games, will affect the eyes. They create interesting interest in practice.

During the lesson, teachers should also use the emulation and reward method to motivate them, each content for the teams compete with each other, the teacher commented that the reward will create competition, try hard to practice. Training. Strictly speaking, students just need to encourage them to praise something and they will enjoy it immediately.

In order to understand the situation of students in a comprehensive way, in each class, learn about their mobility, good health, weak health, or illness ... For other forms of training and fostering together.

For students who are weak or disabled, do not let them take a break, but the teacher must organize them separately for them to practice with light intensity or for those with good health to help the weak, the teacher should encourage This rate of children. Create conditions for them, such as for them to be referees in games, emulation activities or apply training methods by 'rehabilitation' with gentle form, suitable content. Suitable for these children to be active, giving them a relaxed spirit, cheerfully excited to improve health with you.

In general, the curriculum of physical education in elementary schools is diverse and plentiful but varies according to different degrees. We study in every lesson to create conditions, use methods appropriate to their age, ensure fit, attractiveness, create excitement, stimulate students to practice and improve. High health guaranteed learning.

4. Conclusion

After applying the above method, we found it very convenient to prepare the lecture as well as the actual content of the lesson, most of the students made much progress in the subject, namely students of all grades were very eager. Like to practice, often looking at physical education classes, the quality increases markedly through each stage, including students with weak health and disabilities, they have mastered the content of the program, although it is not demanding High levels in the children, but also good enough in terms of health, mental awareness, discipline, is the basis for the children to enter the next class with more confidence and progress.

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