

Effective Application of Game Teaching Method in Track and Field Teaching and Training

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Abstracts:

In the track and field teaching and training, physical education teachers can use the sports game teaching method more than often in such processes as students' warm-up preparation, basic skill teaching, physical quality training, running, jumping and throwing sports. Integrating games into track and field teaching can meet the requirements of the new curriculum reform and reflect the meaning of quality education. Besides, it can inspire students' interest and initiative in participating in physical activities. By doing so, teachers can enhance students' physical quality, improve the teaching and training effect of track and field and the level of students' track and field sports.

Key Words: *track and field teaching; track and field training; game teaching method; effective application*

1. INTRODUCTION

Track and field sports contain a relatively rich type of movements, which are the foundation for other types of sports. Training with relatively scientific and reasonable track and field sports can enhance the flexibility and coordination of human sports motion. However, the traditional track and field teaching and training method is relatively backward, and it has been difficult to meet students' learning needs. As it is carried out only through teachers' explanation, action demonstration and students' imitation, this way is not conducive to mobilize students' learning enthusiasm. If the PE teachers adopt innovative teaching methods and integrate sports games into the lesson based on the spirit of the new curriculum reform, students' interest in learning track and field will be cultivated, their physique will be built up, and intelligence will also be promoted. In addition, it also plays a part in developing students' healthy personality. The interesting and competitive sports games are helpful to stimulate and cultivate students' strong will. When teachers apply games to track and field teaching and training, not only should they fully consider the sports characteristics and sports ability of different students, but also understand the students' interest in learning, so as to achieve the purpose of combining teaching with entertainment. At the same time, teachers have to retain creativity and fun of the created activities in order to reflect the principle that teaching students should take their aptitude into account. By doing so, they can meet the students' needs in this lesson.

2. Basic Connotations and Characteristics of Sports Games

Obviously, sports game method means that teachers combine relatively interesting and competitive games with the sports training process, so as to optimize sports teaching and training mode. Sports games can effectively reduce the dullness and monotony in training process, playing important roles in attracting students' attention. Besides that, it also enables students to learn and master certain sports skills during their participation, which can help to meet their training needs. Training by playing sports games can not only develop students' interest in learning, but also create a livelier teaching environment, which is conducive to guiding students explore sports events independently. As for sports games designing, PE teachers need to consider that the corresponding training goals to some extent should be achieved through the efforts of students themselves or their teams. This requires students to constantly enhance their sports ability and take the training goals they can achieve as the focus of attracting students to participate in sports games. Students' psychological and physical quality can be adjusted through their participation in sports games, to keep students in the best state of participating in the lesson. Meanwhile, these activities should be educational, because it requires a number of students to form a team and complete sports games through cooperation, thus students' sense of teamwork and collective competition can be cultivated. By doing so, students' healthy growth will be facilitated. What's more, since it is a sports game activity, certain rules must be set down. Students' compliance with these rules also promotes their awareness of self-discipline.^[1]

3. Strategies of Effectively Applying the Game Teaching Method to Track and Field Teaching and Training

3.1 The Application of Sports Game Teaching Method in the Preparatory Stage

Warm-up preparation in track and field teaching and training is of great importance. It can not only activate students' joints, but also effectively prevent students from muscle or joint injury in training process. It can also help students effectively develop their sports potential and skills, and make the teaching and training more smoothy. If PE teachers can use game teaching method in this stage, students can be quickly attracted and integrate themselves into the teaching atmosphere, because games can effectively break the loneliness, dullness and boredom in warm-up preparation activities. The traditional teaching modes including barehanded running and marching exercise are often used by PE teachers in warm-up stage. However, these modes are boring and monotonous sometimes, which are not conducive to inspiring students to actively participate in warm-up exercise. During the activity, students are too lazy to try their best to exercise themselves. If PE teachers can organize some sports games according to students' physical and psychological characteristics, students' psychology of participating in physical education teaching and training can be effectively adjusted and their interests can be greatly enhanced.^[2] For example, PE teachers can use sports game activities like "Penguin step" and "Donald Duck step" to replace the boring running exercise, and create an interesting atmosphere for students, which is easily to arouse students' interest in participation, and can effectively exercise students' ligaments and joints. All these serve as the preparation for formal physical education teaching and training. Of course, PE teachers can also use other games to carry out the warm-up, such as "s-shaped running" or "spiral running". But the ultimate purpose of using game teaching method is to help students warm up.^[3]

3.2 The Application of Sports Game Teaching Method in Basic Technology Teaching

The basic skills in track and field sports has higher requirements for students' physical and psychological quality, which creates the complexity of basic technology teaching in sports track and field. Therefore, it is necessary for PE teachers to focus on the specific teaching content of track and field, and take sports games as an auxiliary tool of teaching to improve students' basic skills, and reduce the boredom in teaching. For example, in the shot-put teaching, teachers can use sports games to adjust students fear psychology, to improve their shot-put skills. Another example is that to make students master the step rule of their strides in "on-the-way running", PE teachers can put

empty plastic bottles at both sides of the runway. By regarding these bottles as visual reference, students could adjust their strides. Therefore, using sports game teaching methods can help students understand the basic skills of relatively complex movements and cultivate their interests. Therefore, students' basic skills and capability in track and field can be improved.^[4]

3.3 The Application of Sports Game Teaching Method in Physical Quality Training

Training students' physical quality is difficult in track and field sports. It requires students' high endurance. If we only aim to train students' physical quality, the class is bound to be monotonous and boring, and hard to produce better training effect. When PE teachers use sports game teaching method to train students' physical quality, the training effect will be quite different. For example, in order to strengthen students' physical endurance and speed, teachers can use the game "Plaster". This game needs two students stand shoulder to shoulder, and then chase people in a close distance. In such a training process, the chasing students need to make relevant necessary actions, such as cross fork, high leg raising and push-ups. This kind of activity is interesting and competitive, and can achieve the physical training goal. In training students' coordination, strength and speed, teachers can also combine the game "Plaster" and "back squat jump". Letting two or more students jump squat, which trains the students' waist and abdomen strength on the one hand, and cultivate students' sense of team work on the other. If PE teachers want to train students' body coordination or flexibility, they can also design the game "crab walking". In this game, students' feet and hands should touch the ground at the same time, and their bodies are supported as a "bridge" shape, then they have to move forward. This game is helpful to train students' body coordination or flexibility.^[5]

3.4 The Application of Sports Game Teaching Method in Running Sports

Running sports, the basic form of track and field sports, is characterized by monotony. When teaching running sports, PE teachers can create some sports games under the help of sports equipment. For example, they can design some games such as "sprint + crossing obstacles", "net fishing", "s-shape running" or "finding groups while listening relevant numbers". Students' reaction speed and moving speed are the main goals in teaching running sports. PE teachers can use the game "sprint through walking" to train students' reaction and moving speed. Teachers divide the students into four columns, and maintain the distance about the length between two arms. Under the command of the teacher, students march forward in step. Hearing the applause from the teacher, they have to make a quick response. And the students at the end of the column should quickly sprint to the front of the column, and continue to

move forward one by one. In this way, we can train students' reaction and moving speed. When students feel psychological fatigue in running training, teachers can use another sports game, that is "sprint relay". This game can stimulate students' enthusiasm to participate in training and restore their vitality. The game "shouting and chasing people after standing or sitting against each other" is also a good way for PE teachers to train students' reaction ability and speed. The "face-to-face relay race" game can effectively eliminate students' inertia in sports. This game needs students in different groups stand face to face in the distance of about 40 cm, and take part in the face-to-face relay race, so as to strengthen the amount of exercise and students' sense of team-work. Running sports require students to have a certain degree of tenacity and willpower. To cultivate students' tenacity and willpower, PE teachers can use "long-distance relay race" game to carry out the "8×200 m" relay. However, this requires the teachers to organize such games according to students' physical quality.

3.5 The Application of Sports Game Teaching Method in Jumping Sports

Jumping is also the main teaching and training content in track and field. This sport has higher requirements for students' leg strength. When students practice jumping, it is easy to cause fatigue of leg muscle, which will lose their participation interest. Therefore, it is necessary for PE teachers to use some sports games in teaching. For example, we can use such games as "cross jumping", "lattice jumping" and "left and right side jumping". These games can effectively increase students' interest and enhance their sports psychological endurance as well. Girls' leg strength can be trained through sports games like "frog leaping" or "rope skipping". While boys' can be trained through "pole jumping" or "obstacle jumping". Sports games "paradise jumping" is also suitable for training students' leg strength. The PE teacher should set up a circle field with some relatively safe obstacles, and stipulate a certain jumping route. Then students can jump freely in this field to train their leg strength.

3.6 The Application of Sports Game Teaching Method in Throwing Sports

Throwing sport, to some extent, needs students' sensitivity. If only let the students carry out the most primitive throwing training, they may feel meaningless and easily feel bored, and affect the teaching effect. It also requires teachers to use sports game teaching method. Such games as shot put game, medicine ball game and sandbag throwing are used in throwing sports training. For example, teachers can use the medicine ball throwing game to train students' basic skills in throwing sports. They can make several different color marks according to different distances, and then divide the students into groups.

Students in the group who throw the farthest will be the winners, and selecting excellent throwers can also motivate students. In such sports games, it is necessary for the PE teacher to play a good guiding role, especially to correct each student's throwing action, so that students can improve their basic throwing skills. If the teacher uses the game "sandbag throwing" for teaching, he or she also has to play a good guiding role to ensure the correct throwing movements of students. In training javelin throwing, teachers can use the game named "see who can precisely throw the javelin" for teaching, and use the activity "maneuvering target shoot" to train the students' javelin throwing skills. They can set a piece of target paper in front, then let students shoot with the javelin, and see who can accurately shoot through the target paper. All in all, PE teachers should combine or integrate more sports games in track and field sports teaching and training. Games are helpful to stimulate students' interest in participation while making the training more interesting and the teaching more effective. The new curriculum reform has repeatedly advocated that teaching methods should be innovated. Sports game teaching method can achieve better teaching and training effects.

4. Conclusions

In the process of teaching and training of track and field sports, it is necessary for physical education teachers to innovate teaching and training methods according to the spirit reflected in the new curriculum reform. Among the teaching and training methods of sports track and field, the sports game teaching method is more suitable for the teaching and training of sports track and field. Because it can effectively eliminate the physical and psychological fatigue of students and stimulate their interests in this lesson. Moreover, it is helpful to enhance students' initiative of participating in the teaching and training of sports track and field, thus improve the effect of learning and training. In addition, there are different teaching and training contents in various sports track and field events, which require physical education teachers to strengthen teaching and training by adopting different game teaching methods according to specific teaching and training contents. At the same time, in stages such as the warm-up preparation, the basic skills training of sports movements, and the training of students' physical quality, PE teachers should adopt sports game teaching method to maintain the enthusiasm of students, so as to ensure the fluency of teaching activities and improve students' skills. However, when using sports game teaching methods, teachers should organize and create sports game activities suitable for students in advance. These games should adapt to students' physical quality and psychological acceptance ability, and to different teaching and training contents. They should not use sports game teaching method randomly if they're deviated from the actual teaching and training. Also, the students' physical and psychological acceptance ability should be taken into account.

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