The Role of the Teaching of Sports Art Performance in the Growth of Children

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ABSTRACT: This paper focuses on the analysis of the performance of sports art projects in the development status of primary and secondary schools, that promote the performing arts projects into the campus working poor reason is people's ideas behind leaders pay attention to promotion of enrollment rate, ignore this kind of project in the campus, there are professional teachers and the lack of site conditions and other factors; the promotion of these projects need to recognize the significance of "art into the campus work, understand the school performing arts projects not only can improve the morphology, functions and physical quality for children, but also can cultivate their good manners, elegant temperament, humanity, and shape their good psychological quality, promote their health and the comprehensive development.

KEYWORDS: Sports art performance projects; Art into the campus activities; Children's growth; Implementation measures.

In 2013, the Ministry of Education issued "several opinions on promoting the development of school art education" (hereinafter referred to as the "opinions"), according to the "opinions" of Ministry of education advocated strengthening the artistic education, the primary and secondary schools to carry out art education as an important part of measuring the level of running school [1]. Performance items in schools is an important starting point of art education, children's artistic performance by participating in the project learning and related activities, not only can improve the morphology of their functions and physical quality, but also can cultivate their good manners, elegant temperament, humanistic literacy, and shape their good psychological quality, promote their the full and healthy development of significant growth. Unfortunately, art, especially the dance into the campus work is not in place. The investigation, in various parts of the pupils in primary and middle school sports teaching is the main content of competitive sports such as athletics, ball games, gymnastics and other traditional, part of the school opened only a small amount of music and painting courses, few schools such as modern dance, sports dance and folk dance, performing arts project course in the process of children's growth, cannot meet the growing needs of the spirit of life and personality development. This only pay attention to the cultural course learning, only hold the tradition, the implementation of the "opinions" phenomenon of poor, the adolescent health and development has a great influence on. This paper focuses on the analysis of the current situation of sports art performances in primary and secondary schools, and discusses the role of the promotion of these projects to promote the growth of children. The aim is to attract the attention of the school administrators and teachers, so that they can actively promote the sports art performances into the campus.

1. THE CONNOTATION AND CHARACTERISTICS OF THE ART PERFORMANCE PROJECT

Art performance category is a new project of comprehensive music, dance, aesthetics and special ability. It is a kind of culture and art expression form for improving health, shaping the form, making temperament and developing ability. With rhythm, choreography, deductive and dynamic ability project characteristics. The Ministry of education is an important starting point for contemporary art in campus advocacy work. Performing arts projects include: sports dance, aerobics, dance, dance, and martial arts performers form, through learning and interpretation of such a project, can make the participants get action beauty, strength, physical beauty and temperament beauty experience, and then achieve fitness, heart health, and fitness, to promote children's overall development.
2. THE PRESENT SITUATION OF SPORTS ART PERFORMANCE IN PRIMARY AND SECONDARY SCHOOLS

2.1 The dual influence of the traditional culture and the old sports idea

The feudal Chinese for over 2000 years, the Chinese nation has a conservative, moderate, introverted character, these characteristics make the Chinese people in the docking and collision with modern civilization, and there are a lot of discomforts. And sports art performances mostly from Europe and the United States, participate in these activities require performers to open up the mentality, full of passion to show their emotions and personality. Obviously, the character Chinese and the sports art performance project initiated by a passionate, humorous, liberal and dignified characteristic formed a big difference. These traditional culture and old ideas to a certain extent restricted the promotion of performance projects in primary and secondary schools.

2.2 At this stage, the sports teacher's understanding of the performance of the project is not in place

Sports performances such as fitness, entertainment, and also has a positive significance to improve the art of children. At the same time for the correction of adolescent's bad form (e.g., stoop shouldered) also has a positive effect, it is a pity that many teachers only pay attention to the development of students' traditional speed, strength and endurance, paid little attention to the students' body shape, do not pay attention to students' correct posture, posture and walking posture, do not know how to correct students' development the early use of these bad project body shape. Practice shows that in these training projects, the children can form a more symmetrical harmonious body, more elegant, more spiritual movement, more charming temperament, self value perception and confidence is gradually increased.

2.3 School leaders do not attach importance to the school, the lack of professional teaching staff and teaching facilities

First of all, the leadership does not concern in can understand the "opinion" advocated by the Ministry of education to promote art education, the primary and secondary schools to carry out art education as an important part of the connotation of measuring the level of running school, which leads to the lack of leadership reform measures and the corresponding methods introduced in the sports art performance project teaching. Secondly, the current primary and secondary schools, especially rural schools generally lack of artistic performance project teachers, the school sports in the performing arts project promotion and curriculum reform is insufficient, coupled with the lack of necessary facilities, lack of related activities and campus cultural atmosphere, the school is difficult to promote these projects.

3. THE ROLE OF THE ART PERFORMANCE PROJECT IN THE GROWTH OF CHILDREN

3.1 Conducive to the cultivation of children's sentiment, improve the aesthetic ability

Performing arts projects such as sports dance, aerobics and other by pleasant music, beautiful melody and passionate dance, through the interpretation of music, action expression display, created a series of beautiful dance image, make children imperceptibly accepted to art education, make children more love life, the courage to create. The ability to experience beauty and appreciate beauty can be improved.

3.2 Conducive to enhance the physical and mental development of children

Healthy psychology comes from the healthy body, the health of the body directly affects the individual's mental health. To carry out art education performance items into the campus of primary and secondary school, is a kind of innovation and challenge the traditional ways of physical exercises in primary and secondary schools, compensate for the lack of traditional sports teaching content, give students a better learning content and enhance self learning. First of all, to participate in these projects can enhance physical function, secondly, the children in a relaxed and pleasant atmosphere of a strong body, and happy learning can enjoy music, rhythm in bright, happy and lively, passionate dance, not only to improve children's physical coordination, the development of children's brain function, make the brain more flexible and perfect, more responsive, more sensitive action, can stimulate a child's imagination and creativity in the process of dance, especially arrangement and performances by themselves, can promote the intellectual development of children, and can set up the children's group volume optimistic attitude towards life, cause children's spontaneous learning enthusiasm, enhance learning confidence, to on the artistic performance project learning passion for others, learning and life to comprehend by analogy, by analogy, to be qualified Sunshine children.

3.3 To promote the growth and development, improve the comprehensive quality

In performing arts projects for learning is the growth and development in adolescents is significant, exercise needs certain physical exertion, exercise can promote the child appetite, enhance digestive function, improve body resistance, reduce the chance of illness, the structure and function of children's
nervous system adaptive improvement, promote the development of visual, auditory, sensory etc. the perception of function, the development of better. Secondly, the performing arts programs can enhance the communication between people and people consciousness in the harmonious atmosphere, can cultivate children performing dance shows, the children in the group stage fright before, dare to express themselves, self-confidence and social skills and organizational coordination ability is improved, the shy, shy, confident is not strong and autistic children is also a good correction.

3.4 *Conducive to shaping the children's good body posture*

In the rapid period of growth and development of children, after the dance training (such as chest, head, abdomen) so that they can stand, the body more beautiful, and can correct the hunchback, end shoulder, X leg and O leg and other physical problems. Dance to promote the harmonious development of children's body, the body more beautiful. According to data show that the same age of children of the same gender, to participate in dance training than not to participate in the average height of the dance training 4-8 cm.

3.5 *Conducive to improve the quality of children*

The children are at a critical stage of a long body, in the process of learning and training of the performing arts projects, through a series of graceful dancing and arm movements, shaping a good shape, after a period of study, the body exudes elegant atmosphere, the children's participation in social life, improve self-confidence and charisma or the core competitiveness is also a role cannot be ignored.

4. CONCLUDING REMARKS

Development of art education in primary and secondary schools, especially in primary school in sports performing arts projects into the campus, to the teachers to overcome the limitations, we should understand the Ministry of Education promulgated the "opinions" on promoting the development of art education in school spirit, to strengthen the teachers team, establish and improve the teaching facilities, to create a school culture atmosphere and encourage the training and competition of children to participate in various art projects. Only full attention can able to put this work into effect.

REFERENCES