Study on the Long Term Mechanism of Sunshine Sports Events in the Middle and Primary Schools of Xuhui District

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Abstract. With the Xuhui District primary school, Sunshine Sports League advances each year, but also exposes some problems, such as the cup’s quality and size are different, and some schools are lack of science and innovation in the arrangement system. These problems seriously hinder the Xuhui District Sunshine Sports League to carry out extensive. Therefore, this study will focus on the existing problems, and analysis of main factors affecting the sustainable development of sunshine sports, find out the crux of the problem, on the basis of expert interview, on-the-spot investigation, literature review and other methods. This paper puts forward a series of policy and recommendations to the long-term mechanism of sunshine sports quality education requirements, and seeks "in Xuhui District primary school sports sustainable development" New Sunshine Sports League development model, and meet the students' sports demand. The formation of new sports culture has the characteristics of Xuhui District, and promotes the students' healthy sustainable and healthy and harmonious development of primary and secondary schools in Xuhui District.

Preface

From 1985 onwards, China conducted 4 national youth physical health survey. Shown in Shanghai City Sports Bureau the released "2005 Shanghai City National Physique Monitoring Bulletin", compared to the physical condition of students and the results of the Shanghai 2000 constitution, aged 7-18, speed, explosive force, strength endurance quality decreased. The monitoring shows that the nutritional level and morphological development of adolescents in Xuhui District has been improved, but the physical condition of Xuhui District primary and middle school students is not optimistic.

Xuhui District students Sunshine Sports League has been carried out for more than 10 years, and the scale of events have been increased from in the year 15 items to more than 30 items, in order to adapt to the different choices of different age, different hobbies of students. By breaking the traditional way of track and field competition integration—using the method of full ranking. As the main organizer of the game planning, District, District Youth Activity Center actively through the reform of the competition system of the cup, push the popularity of sports activities. From 2007 in the primary and middle school track and field competition began, a major reform in the game project and integral statistics, such as the project settings are considered and classroom teaching link, increased competition and collective interest, the method used in the unified admission full ranking score statistics, so that more students can participate in the competition, all sports can enjoy the fun of the game, can experience the sense of honor for the school.

1. Research Objects and Research Methods

1.1 Research Objects

The study subjects are all middle and primary school students in Xuhui District.

1.2 Research Methods

1.2.1 Interview Method

The necessity and feasibility of the analysis of the long term mechanism of sunshine sports
events in Xuhui District are analyzed by the relevant experts and scholars in the sunshine sports league.

1.2.2 Document Data Method
Using the full text database of Chinese journals, the Wan Fang database and Baidu and other search engines to access the relevant information collected in this study.

1.2.3 Case Study Method
Through the questionnaire survey, the case analysis of Xuhui District middle and primary school.

1.2.4 Mathematical Statistics Method
The data obtained from the survey, the input of the computer system, the use of EXCEL software analysis. The analysis types are mainly descriptive statistics of single variables and cross analysis of two variables.

2. Results and analysis

2.1 Historical Review of the Development of the Sunshine Sports Events in Xuhui District
Xuhui District from 2006 has successfully held the eleven primary and secondary school students sunshine sports big league. Through the District Sports Bureau survey results analysis, in the past five years, the number of teams, major league teams, and activities are increasing year by year. Xuhui District sunshine sports big league is moving towards a systematic, comprehensive, scientific, exciting mode of operation of the continuous development.

Table 1. Xuhui District Primary and Middle School students Sunshine Sports League in the Past Five Years to Carry Out the Scale of the Situation.

<table>
<thead>
<tr>
<th>Class</th>
<th>level</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participating team</td>
<td>Middle</td>
<td>416</td>
<td>327</td>
<td>370</td>
<td>428</td>
<td>400</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>303</td>
<td>378</td>
<td>393</td>
<td>397</td>
<td>402</td>
</tr>
<tr>
<td>Number of participants</td>
<td>Middle</td>
<td>4281</td>
<td>5155</td>
<td>5770</td>
<td>4787</td>
<td>5154</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>3591</td>
<td>4656</td>
<td>5120</td>
<td>4879</td>
<td>4910</td>
</tr>
<tr>
<td>Number of projects</td>
<td>Middle</td>
<td>19</td>
<td>19</td>
<td>20</td>
<td>19</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>15</td>
<td>19</td>
<td>20</td>
<td>18</td>
<td>21</td>
</tr>
</tbody>
</table>

Note: 2011-2015 years of data for primary and secondary schools together, the data from the relevant reports.

The sunshine sports league in primary and secondary schools in Xuhui District operated pattern is the combination of the City Commission, the Municipal Sports Bureau, and the municipal Party committee held the annual student Games related requirements by the Xuhui District Education Bureau, Xuhui District Sports Bureau sets up student Sunshine Sports League organizing committee, and is responsible for the activities of District Sunshine Sports League leadership and coordination. In primary school, primary school in group settings, basketball, volleyball, football, table tennis, swimming, athletics, aerobics, play chess, shoot, orienteering, darts, tennis, folk games, and winter long-distance race; secondary school basketball volleyball football, table tennis, badminton, swimming, track and field, aerobics, playing chess, jump shot, orienteering, darts, tennis, and long-distance running in winter.

2.2 Xuhui District to Carry Out Long-Term Mechanism of the Basic Indicators of Sports Games

2.2.1 Tournament Organization
In the past five years, the organization and management of the Xuhui District primary and secondary school Sunshine Sports League has also revealed some problems. As is known to all, the organization and management of the event will play a decisive role in the operation of the event. Therefore, through the research found that the current management loopholes exist in a timely manner to make up for it is particularly important. Here are three more prominent issues.

From the management point of view there are security risks, security issues is an absolutely
important position all the time, but in some schools there is not enough attention to security issues, once the danger will be unbearable to contemplate the consequences. Small will enable students to produce a psychological shadow, leaving the life of students with disabilities. At present, the problem is that there are some larger venues equipment disrepair. Students are not self protection, and emergency measures are not in place and some other security risks. These problems can be solved by strengthening the organization and management. Therefore, the school has the responsibility and obligation to provide safe environment for students, and schools should strengthen the operation of the League Organization safety knowledge, safety skills training, self protective safety guidance and knowledge of first aid education for students. The implementation of the system, responsibility and measures from the management system, improves the security plan, to prevent mass incidents occurrence. At the same time, in order to participate in Major League students buying accident insurance is also a guarantee for students. Through the above measures, it can not only can ensure the safety of students, but also lift the security concerns of students. Students will participate in the face will be expanded.

2.2.2 Event Publicity

The event is an important means to promote, Sunshine Sports League in primary and secondary schools in Xuhui District at present, have carried out eleven session of the sunshine sports league in primary and secondary schools in Xuhui District, but on the whole, the whole school groups in the sunshine sports league awareness is not high. This is mainly due to the publicity not positive. Through visiting all primary and secondary schools, we found that only a small part of the primary and secondary schools can come up with a complete promotion plan, most existing propaganda not comprehensive, not in place, not just did not use some publicity, close to the modern high-tech means, and even some of the existing propaganda resources and traditional channels are not used up. For example: only 31.5% of the survey is very familiar with the sun sports activities, 55% the general understanding, 13.5% of the students never understand. In addition, in the propaganda level, most of the school publicity stay on the surface of competition in the process and results of the thought, from the heart, rather than propaganda to stimulate students' view of sunshine sports guide from the thought, create all students to participate in the exercise atmosphere.

The underlying cause is the lack of publicity, which is the main part of primary and middle school or because the organizers of the sunshine sports essence is vague and not aware of the importance of sunshine sports for students' physical fitness, the negative event occurs. Survey: 61% of the students are obtained through campus publicity, and 13% of the students are obtained through the network, and 6% of the students are obtained through the plane media, and 16% of the students are obtained through friends, and the 4% is obtained through other means. In addition, school organizers accustomed to traditional ideas, too much emphasis on sports, focusing only on the result rather than the full participation of the thought leads to low initiative propaganda, can only wait for the result of passive propaganda, not in terms of publicity and active attack. In addition, the existing traditional propaganda mode has been unable to meet a major bottleneck for students in the new era under the way of obtaining information and publicity. Schools should be aware of this problem and actively open up the main battlefield of network propaganda.

2.2.3 Events Impact

In order to study the influence factors of students' participation in the major league games of sunshine sports, to understand the factors that affect the development of Xuhui District's middle and primary school sunshine sports league. As (Chart) research shows that the impact of the first five factors is: no extra time, did not like the project, publicity efforts, poor performance, the impact of learning. Among them, 53% of the students chose have no extra time, so the time problem has become the biggest obstacle. A survey shows that students currently in addition to learning, but are also busy with a variety of other things, such as community activities, and part-time jobs, so you get most of the time of primary and middle school students, primary and middle school students free time because of this seemingly. There is not much left. Free, the students do not have experience with more time on the participation of sunshine sports on top of the league. In addition, do not like the project and publicity efforts are not in place and the results of the above survey, the need to
increase efforts to promote the game, carefully planned arrangements for the game.

According to the Xuhui District Sunshine Sports League tournament reform, the effect of implementation of our District Sunshine Sports League Sports function, system reform is an important part. Positive innovation in the competition content and the way, expands the coverage of the tournament and the attraction, changes the past as a place for a number of games, a fixed to adolescent hobbies, promotes adolescent health to open set methods, change the short-term, concentrated events continued and scattered events, not only to the high level sports team, but also to the majority of primary and secondary students as the main participants, become elite sports medals for both competitive and participation incentives to change the past, a host of multiple subjects held for students to participate in. Efforts to build the Sunshine Sports Major League events featured brand.

2.2.4 Event Support

Sunshine Sports League Games security mechanism refers to the system of benefit of adolescent subjective conditions, from the human, material and financial resources, information resources and other aspects to give support for the event, but the provision of security should be part of the national government, sports, education administrative departments gradually diversified security system of the transformation of the functions of the government agencies (education, health, culture, sports, Youth League and other departments), schools, communities, social organizations, associations, sports at all levels of family. From the current Xuhui District sunshine sports league tournament management situation, Xuhui District Sports Bureau and the Bureau of education is in the leading position of security system, and the school played the role of the foundation, and non-governmental organizations and businesses play a cooperative role.

2.2.5 Tournament Innovation

This paper from the perspective of people's all-round development, student oriented, follow the law of development of physical and mental health of primary and secondary schools, primary and secondary school students, promote students' comprehensive, coordinated and sustainable development, constructing the harmonious society, sunshine sports; from the aspect of research content, the implementation of Xuhui District Sunshine Sports League, strengthen students' body quality, and promote the healthy development of students, from the system level, the level of organization management, appraisal, reward level constraint level, teacher training level etc., provide a complete, organic and operational system, in the future for a long period of time have a positive impact on promoting the sunshine sports will.

In recent years, Xuhui District Sunshine Sports League will be based on many practical problems of the current situation of the sunshine sports practice, such as administrative departments to ensure the orientation of the school, one hour of physical activity every time students in primary and middle school students, safety management problems, the workload of accounting problems of Teachers, facilities and funds etc.. Absorb the successful experience of school physical education in China for a long time, through the development and thinking of sunshine sports league tournament in Xuhui District, proposed the Xuhui District sunshine sports league tournament system in the construction of the sports industry is not much evaluation.

2.3 Case study - Xuhui District Sunshine Sports Events

Xuhui District sunshine sports big league is leading the University of the day to exercise one hour a day, health work fifty years, happy life for life, the goal of moving forward. In recent years, the Xuhui District Sports Bureau has laid a solid foundation for this research. Through the research on the innovation competition form, to stimulate the enthusiasm of some traditional sports school hosted the game and the primary schools to participate in the competition, the cup in the region continues to increase, and the students face is also expanding. Compared with the first Xuhui District students sunshine sports big league, and now no matter from the number of participants in the scale, the game project settings, organization and management level, there is a huge upgrade.
2.3.1 Sunshine Sports Big League Project and Rules

Table 3. Xuhui District Primary and Secondary School Sunshine Sports League Project to Carry Out the Situation Table (N=400).

<table>
<thead>
<tr>
<th></th>
<th>2 (%)</th>
<th>1 (%)</th>
<th>0 (%)</th>
<th>-1 (%)</th>
<th>-2 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The quantity is little</td>
<td>22</td>
<td>33</td>
<td>40</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Lack of competition in the project settings</td>
<td>6</td>
<td>8</td>
<td>39</td>
<td>32</td>
<td>15</td>
</tr>
<tr>
<td>Project settings lack of fitness</td>
<td>34</td>
<td>23</td>
<td>28</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>Project with age</td>
<td>4</td>
<td>12</td>
<td>46</td>
<td>33</td>
<td>5</td>
</tr>
<tr>
<td>New and interesting project</td>
<td>5</td>
<td>13</td>
<td>23</td>
<td>42</td>
<td>17</td>
</tr>
<tr>
<td>The project is easy to carry out</td>
<td>12</td>
<td>11</td>
<td>35</td>
<td>22</td>
<td>15</td>
</tr>
</tbody>
</table>

Set in the project, the project number average reached 0.82, respectively, 22% and 33% of people choose a small number of projects and less, which shows the current Sunshine Sports League schools project set number cannot meet the demand of students. In the sports and fitness project set up, there were 32% and 15% of people choose the project is too competitive, and there were 6% and 9% of people choose the project lack of fitness. The game still needs to work hard in the future focus on sports, thinking about how to further play the transition for fitness, so as to everyone involved in the formation of the atmosphere of physical exercise, also more to meet the needs of students. Judging from the survey, the current project is the lack of close combination with age, and sport has characteristics of primary and middle school students with primary and middle school students, the lack of specific, and the current project some old, boring, monotonous, there to carry out inconvenience defects.

2.3.2 Analysis of the Evaluation Results of the Organization and Management of Sunshine Sports League

Table 4. Xuhui District Coach for the Sunshine Sports League Organization and Management of the Evaluation Form (N=400).

<table>
<thead>
<tr>
<th></th>
<th>2 (%)</th>
<th>1 (%)</th>
<th>0 (%)</th>
<th>-1 (%)</th>
<th>-2 (%)</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organization and management</td>
<td>45%</td>
<td>24%</td>
<td>25%</td>
<td>5%</td>
<td>3%</td>
<td>1.08</td>
</tr>
<tr>
<td>Job division of labor is clear</td>
<td>44%</td>
<td>22%</td>
<td>24%</td>
<td>7%</td>
<td>4%</td>
<td>0.96</td>
</tr>
<tr>
<td>Clear organizational structure</td>
<td>12%</td>
<td>34%</td>
<td>41%</td>
<td>10%</td>
<td>5%</td>
<td>0.23</td>
</tr>
<tr>
<td>Information communication</td>
<td>7%</td>
<td>12%</td>
<td>20%</td>
<td>22%</td>
<td>33%</td>
<td>-0.45</td>
</tr>
<tr>
<td>Rapid response events</td>
<td>6%</td>
<td>11%</td>
<td>18%</td>
<td>20%</td>
<td>40%</td>
<td>-0.65</td>
</tr>
<tr>
<td>Comprehensive consideration</td>
<td>16%</td>
<td>34%</td>
<td>37%</td>
<td>10%</td>
<td>5%</td>
<td>0.26</td>
</tr>
</tbody>
</table>

This research through the coaches for the sunshine sports league organization management of the views of the research carried out. In the organization and management are in order, the average reached 1.08, respectively, 45% and 24% of people choose the orderly. In the division of labor is clear, the average reached 0.96, respectively, 44% and 22% of people choose a clear division of labor and relatively clear, but the organizational structure is clear mean of this project is 0.23. This shows that the current management of Sunshine Sports League in primary and secondary schools are ordered, and related jobs also set clear. We can realize the separate position exist, but for the whole organization system is still relatively vague, not a clear concept. In the information transmission is smooth, and rapid, whether the incident response is comprehensive consideration of options respectively -0.45, -0.65, 0.26, which indicates that the information transferring and dealing with emergencies is slow, that is not considered comprehensive. Most of this is due to the lack of detailed plans and caused by the system, and the front of the conclusion.
3 Conclusions and Recommendations

3.1 Conclusions

Open the sunshine sports operation system organizational structure is not enough, and the organization form and content is single, policy system, propaganda, to carry out the activities of human resources, the problem of students' physical quality, and a series of problems, the general sustainable development of sunshine sports lies in its system formation the open system of primary and secondary schools, coordinated, sustainable internal power system, primary and secondary schools of the sunshine sports is not a simple process of the implementation of the above communication, more important is formed by the internal motivation of students individual needs, to our participation into I want to participate, to students according to the cognition and motivation to adjust their organization structure and culture, respectively, relationship, the common goal of campus sports culture and students' individual should exercise In the same goal, sport needs can meet the individual needs of students, and the system structure of school guidance of sunshine sports should be able to better strengthen the common goal of school sports culture, about the sunshine sports participation incentive measures should be more specific to the needs of the students, and through the appropriate organization to strengthen and promote the formation of sunshine sports culture on campus.

3.2 Recommendations

3.2.1 Construction of sunshine sports management system beneficial, ensures the healthy and orderly development of sunshine sports, and leaders attach importance to the school sports work directly affects the implementation of various documents and implementation, and improves the incentive mechanism of sunshine sports activities, school leaders should suggest attaches great importance to the school sports work.

3.2.2 Condensation of the forces, strengthen propaganda, give full play to the leading role of Xuhui District sports administrative departments, schools and sports organizations to help to form a good atmosphere of public opinion in this area, improve the understanding of school, parents and students of sunshine sports.

3.2.3 Takes the students as the main body to establish a long-term mechanism to consciously participate in the students, school sports organization and management ability, improve the conscious participation of students, and foster their optimistic attitude towards life, promote the all-round and healthy growth.

3.2.4 To create sunshine sports cultural atmosphere, held for students at various skill levels are generally in sports activities, increase support and guidance to the sports community, as much as possible in line with the students' interest of the sunshine sports activities to create.

References


