

Design of Sports Games for Children at Home during COVID-19 Epidemic Period

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Abstract:

With the normalization of COVID-19 prevention and control, it is an important starting point to better improve the effect of COVID-19 prevention and control, promote the healthy development of children's body and mind, and improve the effect of home parenthood to increase the design of sports games for children at home. Based on this, in this paper, combined with the current situation of COVID-19 prevention and control, and on the basis of analyzing the importance of children's home sports games, it is proposed to combine children's actual and physical and mental health development characteristics, follow the principles of moderate exercise and parent-child participation, and continuously improve the effectiveness of children's home sports games design, providing theoretical and practical reference for scientific COVID-19 prevention and control and children's physical and mental health development.

Keywords: COVID-19 outbreak, Staying at home, Sports games for children, Design.

I. INTRODUCTION

With the continuous strict COVID-19 prevention and control measures, it is an important topic to do a good job in the design of sports games for children at home during the COVID-19 prevention and control period, so as to improve the effectiveness of COVID-19 prevention and control and promote children's physical and mental health development, because the period from 0 to 6 years old is critical for individual development, during which many neurons of children will undergo great changes, and daily study and exercise will have a direct impact on the structure of the brain. Therefore, it is of great theoretical and practical significance to increase the research on the design of sports games for children. At the same time, in view of the normalization of COVID-19 prevention and control, society, kindergartens and families have the responsibility to increase the research and development of sports games for children at home, so as to stimulate and promote their sports interests, health level and healthy development of home prevention and control psychology through richer sports means, more appropriate sports environment and more scientific sports design [1]. Based on this, this paper, from the perspective of normalized COVID-19 prevention and control, combined with the characteristics of home sports, puts forward the design principles and development strategies of sports games for children at home during COVID-19 prevention and control on the basis of analyzing the importance of sports to children's physical and mental health development, in order to provide theoretical and practical reference for children's sports education and healthy growth during COVID-19 prevention and control.

II. THE VALUE OF HOME SPORTS GAMES DURING COVID-19 PREVENTION AND CONTROL

2.1 Improving the Physical and Mental Health of Kindergarten Children

Kindergarten children, as the main force of social construction in China in the future, can better adapt to future job demands only if they have a healthy body. However, affected by the COVID-19 outbreak, a considerable number of children have less exercise due to the influence of factors such as their lack of interest in physical exercise, sports ability and facilities during the prevention and control at home. Therefore, the research and development of kindergarten home sports games and activities can better stimulate the interest of kindergarten children in physical exercise, which is of great significance to promote the effectiveness of COVID-19 prevention and control, the development of children's sports ability and the improvement of children's comprehensive quality [2].

2.2 Promoting the Improvement of Children's Sports Ability

Kindergarten plays a guiding role in cultivating children's physical and mental health and developing children's comprehensive quality, and it is of great significance to exercise sports skills during home prevention and control with the needs of COVID-19 prevention and control. Exercise at home is one of the effective ways to improve children's physical and mental health. Appropriate sports games can not only improve children's cardiopulmonary function and musculoskeletal development level, but also play an important role in improving parent-child relationship and creating an atmosphere of harmonious and healthy growth.

2.3 Meeting the Requirements of Kindergarten Physical Education Reform

The reform of physical education in kindergartens as an important starting point to improve children's physical and mental health needs to be promoted through various channels such as teaching mode, organization mode, education and scientific research, etc [3]. The design of sports games for children at home during the COVID-19 prevention and control period, as one of the starting points of the kindergarten physical education curriculum reform, has been welcomed by the kindergarten and the majority of teachers and students due to the diversification of its organizational methods, the participation of diversified activities and the diversification of sports content. Therefore, making good use of sports games for children at home during the COVID-19 prevention and control period is an important means to further improve the kindergarten physical education reform and promote the quality of personnel training.

III. DESIGN PRINCIPLES OF SPORTS GAMES FOR CHILDREN AT HOME DURING COVID-19 PREVENTION AND CONTROL

3.1 Safety First

The reason why safety is regarded as one of the principles in the design of sports game for children at home during the COVID-19 prevention and control period is that children aged 0-6 are very curious and active, and they are also most vulnerable to injuries [4]. Therefore, in the design of sports game for children at home during the COVID-19 prevention and control period, it is necessary to follow the principle of safety first, do a good job in various safety protection work such as sports events, sports environment, children's safety education, etc. On this basis, a safe, green and targeted sports game design should be implemented in combination with sports games to promote children's physical and mental health and safe growth.

3.2 Interest Priority

Interest is the best teacher. It is of great significance to arouse children's interest in sports, because high interest in sports is an important condition to ensure children's goal of sports games at home. Therefore, in order to better enhance the participation interest of sports games, it is necessary to continuously increase the analysis of children's sports needs, age characteristics, psychological characteristics, home epidemic prevention and other factors when designing sports games[5], and on this basis, develop sports games that children are interested in in combination with the existing sports venues and facilities in the family, so that children can participate in sports games more actively and happily.

3.3 Appropriate Methods

The design of sports games in children's growth period should follow the rules of children's movement development, combine the characteristics of sports games to develop children's cardiopulmonary function, muscle strength, bone development and so on, and effectively promote the development of children's fine movement ability on the basis of doing a good job in sports skills, which requires teachers to strengthen interesting games and reduce complex games in the process of designing sports games for children so as to better promote their growth and physical and mental health [6].

3.4 Moderate Exercise

Influenced by factors such as children's physical ability level and attention retention time, the participation frequency, duration and intensity of games should be scientifically set according to the principle of moderate amount in the process of research and development of children's sports games, and the amount of games should be constantly optimized in combination with the differences of gender and age. For example, when designing sports games for children in junior grade of kindergarten, more sports games with strong interest, simple structure and short exercise time should be designed based on the children's physical

and sports interests. However, the design intensity of sports games for children in senior grade of kindergarten should be slightly higher than that for children in junior grade.

3.5 Adaptation to Specific Conditions

Reducing outdoor gathering activities during COVID-19 prevention and control is one of the basic requirements, which puts forward more requirements for home movement. Therefore, the actual situation of different children and different families should be fully considered in the design of sports games for children at home. Based on the principle of adjusting measures to specific conditions, unnecessary sports expenses should be reduced, the existing space, existing equipment and other functions should be brought into full play, and the convenience, suitability and effectiveness of sports games for children at home should be improved, so as to better promote the healthy development of children's body and mind and contribute more strength to the prevention and control of the epidemic [7].

IV. DEVELOPMENT OF SPORTS FOR YOUNG CHILDREN AT HOME DURING COVID-19 PREVENTION AND CONTROL PERIOD

4.1 Getting Ready for Exercise at Home

Because sports games for children at home are mainly carried out by individuals during the COVID-19 prevention and control period, compared with group activities and competitions in school, their interest and group nature need to be realized through parents' encouragement and guidance. Kindergartens and parents can guide their children to better participate in exercise by downloading related sports game videos. Before a sports game, parents should remind their children to wear suitable shoes and clothing according to the process of "warm-up preparation-quality exercise-game part-relaxation". At the same time, the time of sports games can be arranged from 9: 00 to 10: 00 in the morning and from 7: 00 to 8: 00 in the evening according to the children's school time. Besides, according to the children's physical condition, one hour of exercise time should be guaranteed every day and the exercise environment should be well controlled so that the normal rest of neighbors cannot be affected by exercise noises.

4.2 Doing Warm-up Exercises

Scientific warm-up activity is an important condition to avoid sports injuries, and it is also important for children's home sports games and exercise. Joint exercises can be used to help children move their heads, shoulders, hips, knees, wrists and other important parts in turn, and the effects of preparation activities can also be improved by means of jogging and leaping. The time for warm-up exercise is generally 10 minutes, with slight sweating [8]. Warm-up exercises can improve the flexibility of muscles and joints, promote children's blood circulation, enhance cardiopulmonary adaptability and minimize the sports injuries.

4.3 Enriching the Content of Sports Games

First, sports games can be carried out through imitation exercises, combined with home sports guides for primary and secondary school students, etc. Kindergartens and parents can collect suitable and interesting sports according to children's age and interest characteristics, to help children better participate in sports, and at the same time, to do a good job in controlling the amount and intensity of exercise, so as to improve the effectiveness of sports. Second, practice the sports skills they have mastered. Combined with the reality of families and children, children's physical and mental exercise ability can be improved by skipping rope, kicking shuttlecock, and plank, or their sports skills can be consolidated through ball exercises. With the help of simple and easy-to-operate sports games, children's health can be stimulated and their physical activity can be promoted. For example, the Dwarf Rally Racing can be used to train children's lower limb strength and coordination of large muscle movements. The main point of the game is that parents and children hold hands back to back, squat down and get ready. After the game starts, parents and children move in the direction they are facing. Another example: the game of drilling caves can promote children's physical coordination and the development of a sense of direction. The game is played in such a way that the parents lift their bodies with their hands and feet propped up, and the children go back and forth through the cave formed by the parents' arms and bodies.

V. STRATEGIES FOR SPORTS GAMES FOR CHILDREN AT HOME DURING COVID-19 PREVENTION AND CONTROL

5.1 Reasonable and Balanced Nutrition and Achieving Dynamic Balance of Eating and Exercising

During the COVID-19 prevention and control period, the family becomes one of the important places for children's physical and mental health development and sports ability promotion. Therefore, in order to better improve the development of children's sports ability, it is necessary to follow the rules of sports science, sports medicine and early childhood education, and fully play the positive role of sports for children at home, adjust measures to specific conditions, and develop sports games suitable for home to improve the effectiveness of home sports [9]. At the same time, it is necessary to strengthen the research on the balance between children's eating and exercise, children's exercise and rest, etc. By integrating sports games into daily activities such as home epidemic prevention, the implementation of all elements and the whole process of children's sports can be realized, and the content enrichment and effect integration of children's home prevention and control exercise during COVID-19 prevention and control can be better promoted, so as to achieve both COVID-19 prevention and control and physical and mental health promotion. At the same time, in handling the relationship between diet and exercise during the COVID-19 prevention and control at home, problems such as excessive diet and premature exercise should be avoided. For example, parents should scientifically guide children to participate in sports games after eating, and avoid bad habits that affect healthy development, such as exercising while eating and exercising immediately after eating. At the same time, nutrition balance during epidemic prevention at home is also one of the important conditions to ensure healthy growth.

5.2 Ensuring Regular Work and Rest to Improve Health

Regular work and rest are indispensable to the development of children's home sports games and sports during the COVID-19 prevention and control period. Therefore, in order to ensure children's adequate sleep, parents should scientifically control the time of children's participation in sports games, and avoid sports games before meals and bedtime, because sports games before meals and before bedtime can easily cause children's nervous excitement, and easily lead to indigestion, difficulty in falling asleep, low sleep quality and other problems. Therefore, it is necessary to ensure the scientific arrangement of activities in order to better improve the effectiveness of children's sports games. At the same time, after the end of sports games, parents should help their children to relax physically and mentally in order to improve the effect of the games [10].

5.3 Active Parent-Child Activities to Promote the Healthy Development of Mental Health

During the period of COVID-19 prevention and control, children's original way of life was changed, so they were prone to anxiety, fear and other bad emotions, which affected their physical and mental health development. Therefore, parents can promote children's healthy growth by exercising with their children, because active parent-child exercise can help children to obtain sufficient security and transmit more positive energy for COVID-19 prevention and control. At the same time, parents should help young children develop good psychological emotions and alleviate the adverse effects of the epidemic in combination with daily parenting activities and proper physical exercise.

5.4 Exercising According to Specific Conditions and Improving Collaboration between Families and Kindergartens

Since childhood is not only an important stage of individual growth and development, sports health promotion, but also a critical stage of individual psychology, cognitive ability and social behavior development, it is of great significance to do a good job in the promotion of sports ability during this period in order to ensure the healthy development of children's body and mind and to improve their health level. Home physical exercise for children during the COVID-19 prevention and control period can overcome the time and space constraints, and plays an indispensable role in the development of children's sports interest and ability. Parents, as caregivers of children's home prevention and control, should take this opportunity to strengthen the participation level of parent-child sports and increase the frequency of sports with children, which can help children to develop good sports habits and also promote the construction of good parent-child relationship. Relevant studies have shown that the parents' enthusiasm for physical exercise will have a very positive impact on children, and parents' words and deeds are indispensable to children's healthy growth. Therefore, parents and children should exercise together and play an exemplary role, which can better promote the healthy growth of children's body and mind.

VI. CONCLUSIONS

To sum up, in view of the dual needs of regular COVID-19 prevention and control and healthy development of children's physical and mental health at home, society, kindergartens and parents have the responsibility to create more home-based sports games suitable for children's physical and mental health development. Based on the principle of "interest first and health first", and combining with children's sports interests, healthy development of body and mind, growth rules and other factors, the design effectiveness of home-based sports games will be continuously improved, and the design content of home-based sports games will be enriched. On this basis, through parent-teacher conferences, online teaching and other means, more concepts and skills can be passed to parents to help children grow up healthily in a healthier, safer and more interesting environment. Kindergartens, as the designer, organizer and implementer of sports games for children at home during the COVID-19 prevention and control period, need to continuously improve the teachers' sports game research and development, teaching and implementation capabilities through teaching and research activities and training, so as to provide more strength and support for children's physical and mental health and the normalization of COVID-19 prevention and control.

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