

A Brief Analysis of the Current Situation of the Development of the Three-Person Shoeing Competition in Nanning Middle School

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Abstract

The present situation of “Three-person board-shoe racing” in Nanning middle schools was studied and analyzed by using the methods of interview and literature, after conducting investigation and analysis, it was found that the development of the three-person board shoe middle school in Nanning has regional advantages, but there are still some problems in the process of development, according to the results of the investigation and analysis, the following suggested strategies are put forward: firstly, to strengthen the professional level of teachers and the curriculum system, to raise the attention of school leaders, to improve the organizational structure of the three-person Shoeshine course, to improve the quality of the three-person Shoeshine course, to improve the quality of the three-person Shoeshine course, to improve the quality of the three-person shoeshine course, and to improve the quality of the three-person Shoeshine course, to improve the competition system in the city of Nanning, to enhance students' knowledge, understanding and participation in the culture of the project, and to strengthen the dissemination and promotion of culture, the promotion of shoeshine racing courses in Nanning secondary schools has gone a step further, making the sport of three-person shoeshine more popular in the region. On the basis of discussing the current situation of Shoeshine competition in Nanning Nanning, this paper discusses and analyzes the development countermeasures of Shoeshine competition in junior high schools in China, to provide a reference for the sustainable development, dissemination and promotion of shoeshine in Nanning.

Keywords

National Traditional Sports; Nanning; Junior High School; Three-Person Board-Shoe Competition; Development Status; Analysis.

1. Introduction

1. First, research purposes Guangxi, as the birthplace of shoeshine racing sports, has unique historical advantages and cultural heritage. As a special traditional sports item of Guangxi minority nationality, “Three-person board shoes” can train students' good sports moral standard and cooperative spirit through professional guidance and correct training, improve physical strength, health, Unity and cooperation. In order to support the party's program and to realize the national leaders believe that the characteristics of this sport project embodies the spirit of a new era of sports power, concerted efforts, unity and progress, and hard work and progress. This project thought content is healthy, conforms to the new time sports powerful country's national fitness movement request. [1]

It is not only beneficial to the healthy development of students' body and mind, but also can stimulate students' interest and participation by its interesting and entertaining characteristics, at the same time, the students were enhanced in their understanding of the folk culture of the Guangxi Zhuang Autonomous Region ethnic minority and the significance, development history and application of the traditional sports of the ethnic minority, reflecting the charm of the ethnic minority culture. Based on

the analysis of the survey results, we know that the popularity and activities of the three-person shoebox competition in Nanning are not strong at present, it is understood that at present, there is a three-person shoeshine competition only to train and prepare for the selection of athletes for the traditional sports games of ethnic minorities. In addition, students of other majors have little understanding of this project, on the one hand, there are few activities and students have little or no contact with the project, on the other hand, there is a lack of practical action to publicize and popularize the project. Guangxi, as an autonomous region of ethnic minorities, needs to pay more attention to traditional sports. Only by paying attention to them can we better promote the development of shoeshine racing in middle schools in Nanning and prevent it from declining, otherwise it would be a pity.

This article investigates and analyzes the current situation of the development of the three-person shoeshine competition in middle schools in Nanning Nanning, through the investigation and analysis of the current situation of the three-person shoeshine competition in middle schools in Hong Kong, as well as the teachers' strength and school organization, etc. , this paper analyzes the advantages and disadvantages of the development of three-person board-shoe racing in this area, and puts forward some improving measures.

2. Research Content 1. The origin and development of the three-person board-shoe competition is a traditional sports event originated from the people of Zhuang people in Hechi, Guangxi province, and originated in the Ming dynasty. According to legend, the Ming dynasty when the Japanese invasion of our coastal, Guangxi Petty Officer Mrs. Washi was ordered to lead the "Wolf Soldiers" (Zhuang warriors) to Jiangsu and Zhejiang to fight against the Japanese. In order to make "Wolf soldiers" step neat, step in step, so that every three people with a pair of wooden shoes, "Step" running. After long-term training, "Wolf soldiers" quality greatly improved, strict discipline, strong fighting force, Invincible, to defeat the enemy. Later, the Tosa Province Zhuang people in Nandan County, Hechi province, imitated the "Synchronous" method of military training of Mrs. The local people to carry out the three-shoes-based competitive activities for their own entertainment, one by one into the common customs, spread to this day. [2]

3. In Nanning high school since November 2067, three-person shoeshine has been listed as a national minority traditional sports event, and Guangxi is the birthplace of Shoeshine, therefore, Nanning is the primary development focus of various regions in Guangxi, the physical education teachers in each district then put the "Shoebox competition" through the physical education teaching activities to let the students have a preliminary understanding and understanding of the culture of the shoebox sport for three people and practice it, teams were organised in schools for systematic training to take part in the competition, and the competition was introduced in the primary and secondary school games held in various districts in Nanning. However, from the point of view of the participating school units, they mainly participated in ethnic schools and so on, and did not participate because of the lack of professional physical education teachers or because of the lack of equipment, site restrictions, and other reasons, this shows that the current "Three-shoebox competition" this sport in Nanning middle school is still unable to fully carry out. Some middle schools carry out shoeshine sports curriculum is based on physical education teachers own observation and general understanding of this sport to teach, simply let students as a game, not professional targeted exercise. Lack of relevant professional knowledge, there will be a lot of deficiencies and defects in the teaching process, careful problems do not pay attention to may lead to movement deformation of students lead to sports injury, etc. . Because of the lack of professional knowledge and related training skills, so many teachers teaching will not lead the correct movement mode is often the most prone to problems. Let the student appear some unnecessary sports injury in the exercise process. Therefore, in order to improve the participation of the people in the sport in Nanning, this factor needs to be strictly controlled. In addition, the professional training of teachers and the organization of schools needs to be strengthened. These professional skills and techniques need to be brought into the teaching of physical education in schools, and gradually promoted, so that the development of shoeshine competition can be made.

4. The value of three-person shoeshine in school to let students know and understand the national culture, can train students good sports ethics and spirit of cooperation, improve the level of physical strength, balance, health, Unity and cooperation. Four. The characteristics of three-person shoeing competition is a combination of entertainment, mass, competitive in the traditional national sports activities, but also a very special fitness and entertainment activities. 5. The three-shoes competition can be divided into: Women's 100-meter run, 60-meter run, men's 100-meter run, 60-meter run and relay, in the plastic track track track.

2. Research Methods

1. The method of documentation is through the forms of China hownet database, Yulin Normal University Library Database, network, etc. , extensively consult, collect and arrange the material about the three-person board shoes competition. 2. The method of interview and investigation is to interview and consult the school professional physical education teachers, some professionals and fans of related fields, to seek the views and one thing to adopt on the characteristics of the county movement and the problems existing in the development of Nanning. Research conclusions after investigation and analysis, the following problems were found in the development of the "Three-person board-shoe competition" in Nanning middle schools: 1. The school leadership and the management of the Physical Education Division did not pay much attention 2. The popularity of the sport is low 3. Weak in planning and promotion 4. The lack of professional level of teachers and limited space and equipment, curriculum system and competition system is not perfect.

1. To guide and propagandize the board shoe correctly, and improve the attention of school sports to it. To strengthen the professional level of teachers and the curriculum system of Shoeshine competition, to improve the competition system in Nanning, to enhance students' knowledge and understanding of the culture of the project, and to strengthen the dissemination and promotion of culture, the promotion of shoeshine racing courses in Nanning secondary schools has gone a step further, making the sport of three-person shoeshine more popular in the region. Let the student understand the board shoes race, likes the board shoes race. 2. In Nanning, the introduction of "Shoeshine Racing" into the physical education classroom is not the only way to promote it. It is a one-sided understanding that it is also important for teachers to improve their professional skills, only with the correct demonstration and guidance can the students' key points and skills in the field be transformed into their own skills, and the students have the ability to organize extra-curricular activities to set up community interest groups through the knowledge they have learned, not only create a shoeshine activity atmosphere, enrich the rest of the students' after-school cultural life, this is the best inheritance. In addition, the fixed events of the school sports meeting are all highly competitive, and the shoeshine competition can be used as a challenge event, and a competition mechanism can be established to encourage students to actively sign up and participate in them, from the game to understand the "Shoeshine racing" fun and culture, will be more distinctive than traditional sports. Through the dissemination of cultural knowledge to enable students to experience the "Board shoes race" with characteristics of the national culture. It is helpful for the development of the "Three-shoes competition" in Nanning middle school, so that more people can understand the significance of the sport itself and get a better inheritance and development.

2. During the opening period, we can strengthen the communication among the schools, explore and study the ways to revise and perfect the rules of the competition, Reform and innovate boldly, enhance the interest, and let the exercisers feel and explore in the process of playing, what kind of way can promote the teaching effect, improve the level of sports. In addition, but also to create a good competition environment, only in such an atmosphere, shoeshine racing will step into the benign development of the track. Although shoeshine racing has long been included in the official competition items, but the current popularization and promotion is not perfect enough, the National Government and Education Departments should promote and publicize the culture of "Shoeshine

competition”, and carry out different level competitions in the whole country, which will help the popularization of this sport in the whole province and the whole country.

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