

Research on the Application of National Traditional Sports Items in Xinjiang's Physical Education

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[**Abstract**] There are many advantages in national traditional sports. At present, China is intensifying the inheritance of national culture. National traditional sports are also directly related to China's physical education curriculum. You can vaguely see each one in the current sports. The shadow of national traditional sports and the introduction of national traditional sports in the physical education classroom can greatly enrich the content of physical education classrooms. This article starts with Xinjiang's local ethnic traditional sports, and investigates and analyzes the application of these sports in Xinjiang's physical education. This research is expected to play a role in promoting the development and inheritance of Xinjiang sports culture, and promote more and more excellent ethnic traditional sports in Xinjiang to be used in the physical education.

[**Key words**] Xinjiang; national traditional sports; physical education

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1 Introduction

With China's emphasis on various ethnic cultures, ethnic traditional sports in Xinjiang have demonstrated their unique charm. Ethnic sports have been enriched to meet people's needs for sports through the addition of teaching content of sports culture. Variety has promoted the development of sports culture, and physical education is constantly absorbing experience and benefits to enhance the value and significance of physical education courses.

2 Research on national traditional sports

National traditional sports are the important part of China's sports and the valuable heritage of world sports culture. Through research on national traditional sports, these excellent traditional sports can improve human health and physical fitness, and enable entertainment and appreciation. Carrying out a teaching model that combines physical education with national traditional sports can improve the practical value of sports. Ethnic traditional sports in Xinjiang have withstood the filtering of time, from which the value of sports culture is very obvious. So far, many ethnic traditional sports in Xinjiang have been well-inherited, and there are more people participating in these sports.

3 Application of national traditional sports items in teaching

3.1 Analysis of the significance of national traditional sports in physical education

The application of national traditional sports in physical education can ensure that these excellent traditional cultures are well protected and inherited. At present, there are more competitive sports in physical education. Although these activities can improve the physical fitness of students, they will follow the changes in society. People pay more attention to the entertainment of sports, and they can relax their mind and body by participating in sports activities. Basketball, football and other sports can't relax people's body and mind. National traditional

sports have promoted the comprehensive development of physical education. Physical education is also more popular with students. Adding national traditional sports to physical education is not only enriching the content of physical education, but also can exercise physical and mental health. The current sports events have obvious competitive characteristics, while national traditional sports pay more attention to the sense of cooperation and positive goals. At the same time, they can also lead students to understand China's excellent traditional culture, and then contribute to the spread and development of national traditional sports culture, which not only enables students to develop in an all-round way, but also enables the development of China's sports culture.

3.2 Application of national traditional sports

The application of national traditional sports can solve teaching problems. In recent years, the reform of physical education has achieved considerable results. The content of physical education has been enriched, which can fully meet the expectations of different students. The current sports events are mainly track and field sports and ball sports. There is no other choice in learning, which has led to the stagnation of physical education. On the other hand, these sports are difficult to meet the needs of girls. Most of these sports are mainly played by boys. The status of girls is neglected in physical education, which makes them have a strong interest but a weak participation in sports. National sports events include line dancing and shuttlecock kicking, which are all suitable for female groups. Introducing more sports suitable for girls in physical education is bound to break the current embarrassing situation. Teaching girls will also make huge changes after the application of national traditional sports, ensuring that students have sports to learn, and improving the development of physical education to a certain extent. At present, both ball sports and track and field sports in physical education have greater requirements for venues. Due to the limited expenditures for sports funds, many schools have insufficient venue construction, which leads to the inability to carry out normal physical education. Physical education courses are dependent on the country. With the attention of society, we have to change the status quo, and actively introduce sports events that require less site conditions. National traditional sports do not have high demand for venues, and usually require a relatively flat site to complete the teaching. Introduced in physical education, ethnic traditional sports projects have improved the status quo that physical education cannot be carried out due to imperfect venues. In addition, there is no sports equipment for some ethnic sports projects in Xinjiang, which reduces the use of sports funds to a certain extent, ensures that more students can participate in physical education, and is conducive to the development of physical education.

3.3 Enrich the content of physical education and realize the diversification of teaching content

3.3.1 Enrich teaching content

Ethnic sports events, with a certain degree of entertainment, have distinct ethnic characteristics and are attractive to students. Combined with group games, they can arouse the enthusiasm of students. The curiosity of students in learning can drive physical education. The students' physical learning is not only limited to a few sports items, but also enhances the sports value of the sports items. In addition, national traditional sports can improve students' will, character, living habits and physical fitness. The ability to adapt in society has a relatively positive impact. On the other hand, the introduction of national traditional sports into physical education can improve the content of physical education courses, and at the same time make physical education more diversified. In the future development of physical education, we should not only improve human health, but also pay more attention to the physical and mental development of students. Traditional sports, such as tug-of-war competitions, are team activities. Adding this kind of project to physical education can improve the group of students. The awareness of cultivating students' sense of collective honor is of guiding significance for students' subsequent learning and

growth.

3.3.2 Cultivate students' love for national culture contributes to the reform of physical education

Physical education has lagged behind the progress of the times in both methods and content. National sports items contain national spirit and wisdom. Teachers can apply national traditional sports items in the teaching process to enhance students' understanding and recognition of national traditional culture. The emergence of new content is bound to emerge a new teaching model, breaking the traditional teaching model, making physical education more comprehensive. In physical education, not only sports knowledge is taught, but more importantly, the excellent sports culture of various nationalities is carried forward. It enhances students' national pride and plays a major role in the development of China's sports culture. Through in-depth analysis of the connotation of national culture, students can deepen their understanding of national characteristics, develop careers, grow in a relaxed and fast-paced atmosphere, see and hear, foster sublimate personality, and deepen the sense of identity and belonging to the national culture.

4 Conclusion

National traditional sports are the treasure of China's sports culture and have a direct connection with the development of China's sports. Physical education combined with national traditional sports can enhance students' understanding of national sports and outstanding culture. At the same time, as Xinjiang ethnic sports have their own unique attributes, they have solved many problems in current physical education and played a role in promoting the long-term development of sports teaching. Only by continuous in-depth research on ethnic traditional sports in Xinjiang, the inherent value of national sports can be achieved, and they can be actively applied in actual physical education, thereby enhancing students' enthusiasm for physical education and ensuring the quality of physical education.

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