

Sunshine Sports Relay Positive energy -- Mental health education is Permeated in Primary school Physical education classes

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Abstract: This study examines Primary school Physical education as a research subject, conducting an in-depth exploration of integrating mental health education into sports instruction. By analyzing the unique role of Physical education in Promoting students' Psychological development and incorporating Practical teaching case studies, we Propose a series of actionable Pedagogical approaches. These methods aim to comprehensively foster the holistic Physical and mental well-being of young learners while Providing distinctive insights and Practical guidance for integrating Physical education with mental health education in elementary schools.

Key words: Primary school Physical education; mental health; classroom teaching

1. Introduction

The Primary school years represent a critical Phase for students' Physical and Psychological development. Under traditional educational approaches, Physical education has Predominantly focused on athletic training, often failing to fully harness its Potential in Promoting mental health. By innovating teaching strategies that seamlessly integrate mental wellness elements, we can ignite students' Passion for sports activities, enhance their Psychological well-being, and comprehensively support their holistic growth and development.

2. It is important to Permeate mental health education in Primary school Physical education

(1) Promoting Students' Psychological Well-being Elementary school students are in a critical Phase of rapid Physical and mental development, with Psychological traits that demonstrate high malleability and adaptability. Sports activities and challenges in Physical education Provide rich emotional experiences, helping students learn to adjust their mindset and overcome fears when facing difficulties and setbacks. These activities also cultivate Perseverance. For instance, during 400-meter running instruction, many students feel Physically drained halfway through and consider giving up. At such moments, teachers encourage and guide students to Persist, helping them overcome both Physical and Psychological fatigue. When students ultimately finish the race, they gain a strong sense of achievement and experience a significant boost in

confidence. This Process of overcoming challenges in sports gradually teaches students how to handle life's difficulties, thereby Promoting healthy Psychological development.

(2) Cultivating Students' Social Adaptability Team sports like basketball and soccer inherently require close collaboration. Through these activities, students engage in highly interactive learning environments. In basketball games, Players must strategically Pass the ball based on teammates' Positions and game dynamics during offense, while coordinating defensive rotations. This Process teaches students effective communication, Precise information exchange, role identification, and Proactive responsibility-taking. Regular Participation in such team activities helps students grasp the core values of teamwork, significantly enhancing interpersonal skills. Gradually adapting to social situations, they build a solid foundation for future social integration.

(3) Enhancing Academic Productivity From a Physiological Perspective, moderate Physical exercise effectively improves cerebral blood circulation and oxygen supply to the brain, which is crucial for maintaining students' mental focus and concentration. Consider a badminton match as an example: During Play, Physical activity triggers the release of endorphins and other neurotransmitters that help alleviate stress and Promote relaxation[1]. The act of hitting shuttlecocks and moving between Positions naturally diverts students' attention from academic Pressures, allowing their brains to rest fully. When they return to study afterward, the relaxed state of mind and

body significantly boosts brain activity and concentration. This mental agility enables more efficient knowledge absorption, ultimately leading to substantial improvements in learning outcomes.

3. Explore the effective strategies to integrate mental health education into Primary school Physical education

(1) Creating a Positive Classroom Environment In elementary school Physical education classes, teachers should adopt a respectful and inclusive approach, fully considering students' individual differences while upholding the principle of educational equity. By treating every student equally, educators can cultivate a relaxed, enjoyable, and collaborative learning atmosphere. This encourages students to actively engage in sports activities with confidence, enjoying both the fun and growth from physical exercise. Effective teaching delivery and dynamic demonstrations play crucial roles in building classroom engagement. Teachers using light-hearted language not only ease students' nervousness but also capture their attention, sparking enthusiasm for PE classes. For instance, incorporating humorous expressions when explaining techniques helps students grasp concepts through laughter. Simultaneously, vivid demonstrations showcase the appeal of sports movements. Standardized yet engaging demonstrations effectively stimulate students' desire to imitate and learn. Taking radio calisthenics as an example, teachers transform complex moves into catchy rhymes like "Left foot steps forward, arms spread wide like wings" - helping students quickly memorize routines and turning tedious training into enjoyable practice. Additionally, timely affirmation and encouragement are vital for boosting student confidence. Educators should keenly recognize students' efforts and progress during physical activities, whether it's mastering challenging techniques or demonstrating teamwork in group exercises. Every effort deserves full recognition and encouragement. This kind of positive feedback can make students feel the joy of success in a relaxed and happy atmosphere, so as to enhance their confidence and encourage them to be more active in sports learning, laying a solid foundation for the smooth development of mental health education.

(2) Implementing Mental Health Education Through Sports Activities In elementary Physical education, different sports play unique roles in developing students' psychological resilience. Teachers should thoroughly analyze each sport's characteristics

to deliver targeted mental health education. Taking soccer instruction as an example, the Beijing Normal University edition textbook systematically arranges teaching content—from basic dribbling and passing techniques to tactical coordination - providing clear instructional pathways for educators. During fourth-grade soccer classes, teachers first focus on fundamental skill training to ensure students master basic movements. Subsequently, they organize small-scale five-a-side matches. Initially, students compete individually, often lacking teamwork awareness that significantly reduces offensive effectiveness and leads to frequent defensive errors, resulting in repeated losses. At this stage, teachers utilize tactical explanations from the textbook to demonstrate the importance of teamwork, guiding students to learn passing and positioning while leveraging individual strengths. As the match progresses, students gradually understand the significance of teamwork and begin organizing organized attacks and defenses. When facing strong opponents again, teachers help students identify issues through game analysis from the textbook, encouraging them not to lose heart. Through this process, students not only enhance their soccer skills but also develop communication abilities and team spirit in collaborative settings. They gradually learn to adjust their mindset when facing setbacks, strengthen resilience, and achieve comprehensive psychological growth [2]. Single-person sports such as rope skipping can cultivate students' sense of rhythm and concentration, while gymnastics can help students improve their self-control ability by requiring standardized and coherent movements. Teachers should comprehensively help students' healthy psychological development according to the characteristics of each sport.

(3) In Primary school Physical education, addressing individual differences through personalized instruction is crucial for effective teaching and holistic student development. Given the significant variations in students' physical fitness, psychological traits, and interests, teachers should employ diversified assessment methods like questionnaires and classroom observations to accurately understand each learner's needs. Questionnaires gather subjective data on sports interest, exercise habits, and mental state, while classroom observations provide direct insights into physical performance, coordination, and emotional responses during activities, forming the basis for customized

teaching Plans[3]. For example, in fifth-grade basketball classes, some students with weaker Physical conditioning and low confidence struggle with dribbling and shooting, showing low engagement. Teachers apply differentiated instruction by first reducing difficulty through simple stationary dribbling drills and one-on-one skill corrections, helping students master core techniques step-by-step while building confidence[4]. As their abilities improve, progressive challenges like moving dribbling and basic shooting are introduced to motivate self-improvement. For high-achieving students, teachers organize inter-school friendly matches where they face stronger opponents and more complex tactics. These experiences not only enhance basketball skills but also strengthen mental resilience, unlock potential, and achieve coordinated development of both physical and psychological qualities[5].

4. Conclusion

Integrating mental health education into primary school physical education is essential for fostering students' holistic development. By creating positive classroom environments, tailoring mental health programs to sports activities, implementing personalized approaches that address individual differences, and strengthening parent-teacher collaboration, we can skillfully incorporate mental health elements into PE instruction. This dual focus on physical fitness and psychological resilience helps students build strong mental fortitude and social adaptability. In future teaching practices, physical education teachers should continuously explore innovative methods to leverage the unique advantages of sports in mental health education, thereby cultivating a supportive environment conducive to students' comprehensive growth.

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