

摘要

户外体育活动是幼儿体育的重要组成部分，不仅能够促进幼儿身体、认知和社会性的发展，还能带给幼儿良好的情绪体验。《指南》实施指导意见中明确提及到“幼儿每天的户外活动时间一般不少于俩小时，其中户外体育活动时间不少于1小时”。可见，体育活动在儿童发展的过程中显得尤为重要。大班幼儿身心发展较中班、小班发展更成熟，大部分幼儿可以在户外体育活动中自主练习和组织游戏，能够代表幼儿最高的发展水平。本文主要针对昆明市半山佳景幼儿园大班进行研究，本研究主要采取文献分析、访谈等研究手段从户外体育活动的区域、活动内容、器械投放、时间安排等方面分析幼儿园户外体育活动的开展现状并根据其中发现的问题提出合理化的建议。

关键词：幼儿园；体育活动；户外体育活动

Abstract

Outdoor sports activities are an important part of children's sports, which can not only promote children's physical, cognitive and social development, but also bring children good emotional experience."Guidelines" in the implementation of the guidance clearly mentioned: "children's daily outdoor activities are generally not less than two hours, including outdoor sports time is not less than one hour."It can be seen that physical activity is particularly important in the process of children's development. The physical and mental development of children in big class is more mature than that of middle class and small class. Most children can practice and organize games in outdoor sports activities, which can represent the highest level of development of children. This paper mainly aimed at Kunming mountain scene kindergarten class study, this research mainly adopts the literature analysis, interviews and other research means from the outdoor sports area, activities, equipment, time arrangement analysis of the kindergarten outdoor sports situation and according to the problems found put forward reasonable Suggestions.

Key words: kindergarten; physical activities; outdoor sports activities

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