

Analysis of the Current Situation of Physical Fitness Development of Teenagers and Children in China under the Multimedia Environment

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Abstract: *In the current education system in China, the physical indicators such as endurance and endurance of adolescents and children are gradually decreasing, mainly due to insufficient attention to the development of physical fitness for adolescents, unscientific methods of physical fitness education, and other factors, which restrict the good development of adolescents and children. This article elaborates on the connotation of physical fitness for adolescents and children, analyzes the current situation of physical fitness development for adolescents and children in China, and points out optimization strategies for the physical fitness development of adolescents and children in China under the multimedia environment, including increasing the promotion of the concept of physical fitness, establishing a sound interactive supervision mechanism, developing targeted intervention methods, and emphasizing the cultivation of physical fitness education talents.*

Keywords: Multimedia environment; Teenagers and children; Physical fitness development; present situation.

1. INTRODUCTION

Physical fitness education for adolescents and children can address the psychological and physical problems that children face. Various forms of exercise and physical fitness games can be used to stimulate children's interest in sports, change their physical form, improve their physical fitness, and ultimately enhance their problem-solving ability. The development of physical fitness education activities plays a very important role in the future growth of adolescents and children, and requires the attention of various educational institutions.

Based on the international definition of physical fitness, the physical fitness training of adolescents and children can be divided into two levels: basic training and mastery of motor skills. The physical fitness of teenagers and children refers to the ability to engage in training with sufficient energy and physical strength, generating a sense of fatigue during the training process, while also enjoying the joy brought by exercise, and easily coping with unexpected problems that may arise during the training period. During physical fitness training, it is necessary to evaluate the agility, explosiveness, and balance abilities of adolescents and children, and combine various sports activities to evaluate their sports space.

Physical fitness can demonstrate a person's flexibility and endurance, as well as their muscle strength. Through actual investigation and research, it has been found that the strength and various physical indicators of Chinese teenagers and children are in a declining state, mainly due to their limited understanding of physical training and health knowledge, as well as their lack of awareness of sports and health care. Assisting teenagers and children in physical fitness training can improve their physical fitness. Enable them to better cope with external changes, protect themselves during sports training, and promote the future development of young people and children.

2. CURRENT SITUATION OF PHYSICAL FITNESS DEVELOPMENT OF TEENAGERS AND CHILDREN IN CHINA UNDER THE MULTIMEDIA ENVIRONMENT

Few companies have been able to perform very well for the healthcare services industry in 2018-2020, but Aier Eye Hospital Group (Aier) has been a standout performer in the sector. Analyzing Aier may explore why it has been able to maintain a good performance over a relatively simple period and what is worthwhile in comparison to other comparable companies. English writing is one of the important contents of junior high school English

teaching, and also an important part of the high school entrance examination. How to improve the students' writing ability is a problem that the junior high school teachers must face. While middle school students are still in the primary stage of English learning. The lack of language input leads to the common problems such as poor vocabulary, grammar errors, and negative transfer in the English writing output. The Chinese traditional English teaching emphasizes reading and reciting texts, and emphasizes memory. The traditional learning method used to plays a vital role in improving the language input of middle school students. This paper first expounds the relevant theory of recitation input, and the research and discussion on recitation at home and abroad. Secondly, the role of recitation input in middle school English writing teaching is analyzed. Finally, I put forward some suggestions for the middle school English writing teaching.

2.1 Insufficient understanding of physical fitness education

The concept of physical fitness has only been introduced to China in recent years, so there is less research and promotion on physical fitness in China. Therefore, most parents are not clear about what physical fitness is and what are the differences between physical fitness and physical education teaching? Even some physical fitness teachers are not clear about the correct concept of physical fitness, which can lead to misunderstandings when leading students in training. So there are fewer teenagers and children participating in physical fitness training, and the design of this course is still at the theoretical level, which cannot be distinguished from physical education teaching. Essentially, physical fitness exercises emphasize the ability of the body to adapt to environmental and lifestyle changes, which is the main difference between physical fitness exercises and other sports. During adolescence, children's psychological, physiological, and neurological systems undergo rapid changes, and physical fitness education can be used to intervene in their development. Compared to children who have not received physical fitness training, those who have received training. It has advantages in physical fitness, creative ability, and learning ability, and has significantly higher levels of psychological development. Therefore, it is very important to carry out physical fitness training for teenagers.

In the middle school stage, most students are afraid of English writing and have no great interest in writing because of their weak language foundation. Recitation input can reduce students' emotional anxiety in writing and improve their self-confidence and interest in writing. The Affective Filter Hypothesis embodies Krashen's view that a number of 'affective variables' play a facilitative, but non-causal, role in second language acquisition. These variables include: motivation, self-confidence and anxiety. Although comprehensible language input plays a key role in second language acquisition, learners' motivation, attitude, interest, anxiety and other emotional factors also affect language acquisition. Positive emotional factors such as strong learning motivation, confidence and correct learning attitude can play a positive role in language acquisition, while negative emotional factors such as tension, anxiety and disgust can hinder language acquisition. If there are too many negative emotions, the language input will not be absorbed and accepted by the learner. Therefore, the premise of improving students' writing ability is that students can identify with the recitation input in ideology. Recitation has always been the most familiar learning style for Chinese middle school students. Through recitation and gradual accumulation, students can recite English articles fluently with continuous efforts, which will not make students feel frustrated about English writing, but will make students get a sense of achievement, so as to reduce the emotional anxiety of English writing.

2.2 Failure to establish a comprehensive physical fitness management mechanism

At present, physical fitness education has not been popularized in China, and the development situation is not optimistic. According to the survey results, those schools that offer physical fitness education courses, parents and students have accepted the concept of physical fitness education, and their enthusiasm for participation is relatively high. The lack of popularity of this type of sports to a certain extent is reflected in the insufficient attention paid by the education department to physical fitness sports, the failure to establish a comprehensive physical fitness management mechanism, and the lack of relevant resources or venues, resulting in the derailment of physical fitness sports and school physical education. Language sense is a kind of sensitivity of the user to the language itself. Users with a good sense of language can use the language smoothly without thinking. The English environment plays an important role in the formation of language sense. Chinese students' English writing practice is carried out in a non-English environment, which is inevitably influenced by their mother tongue and has a certain hindrance effect. When do writing output, students often have correct grammar but incorrect expression habits, which is mainly caused by insufficient English input. As recitation input strengthens the accumulation and consolidation of students' language knowledge, it can transform the original explicit language knowledge into implicit language knowledge (Cao, 1999), thus forming students' language sense, which is bound to promote their

language acquisition.(Deng Liming,2001).Through recitation English input practice, students can constantly deepen their English knowledge and English usage habits and master English usage skills in the process of recitation, so as to improve their sensitivity to the language and generate the corresponding language sense.

2.3 Lack of professional physical fitness education talents

The physical fitness of teenagers and children requires professional coaches to ensure the safety and effectiveness of training. The introduction of the concept of physical fitness in China is relatively late, so most universities have not yet established three-dimensional fitness majors, leading to a shortage of professional education talents. The popularity of adolescent physical fitness education is not high, which affects the development of adolescent physical fitness education. Recitation input is an effective way to improve students' writing level indirectly and at the same time also more easily recognized by students, students can accumulate large amounts of comprehensible reciting material first, then to write it to a certain extent. Besides, it can reduce or even eliminate the anxiety and fear of English writing, and improve the efficiency and accuracy of writing input. Reciting input is output in order to more effective writing, students can be more close contact with the target language by rote, deepen their understanding on the basis of the accumulation and consolidate the language, improve memory effect, and to master more knowledge of vocabulary, sentence structure, grammar, and at the same time of strengthening language input, to promote English writing language output accuracy, the standardization and efficiency. Recitation language input can strengthen students' understanding of vocabulary, sentence patterns and grammar, and gradually transform the explicit knowledge into tacit knowledge, thus improving the efficiency of language use.

2.4 Theory Analysis

Recitative language input is based on the Krashen (1982) Second language (L2) acquisition theory and Bialystok (1978) second language learning theory, and is gradually formed in the mutual integration and development of the two. Both consider the close correlation between language input and language learning. According to the most famous second language acquisition theory-Input hypothesis (Krashen,1982), the optimal language input should be comprehensible, interesting and/or relevant, not grammatically sequenced, and in sufficient quantity. By the means of recitation, students can not only touch more target language, deepen the understanding and accumulate language knowledge, but also express their thought in real English, get rid of the interference and negative transfer of Chinese, and eventually improve their writing (Deng Liming, 2001).

The theoretical model of second language learning by the Canadian linguist Bialystok (1978) puts more emphasis on the impact of explicit and implicit language on second language input and learning. Explicit language refers to the vocabulary, sentence patterns, pronunciation, etc in the second language learning, while the implicit language is generated from the human subconscious and can not be expressed smoothly, but can be effectively used (Deng Liming, 2001), which is the "language sense". It aims to show that the more the implicit language accumulates, the more people use the second language.

2.5 Researches on Recitation Input Both at Home and Abroad

Recitation input has a very important position among the Chinese traditional teaching methods. Many scholars have done related researches on recitation and English language learning. DEng Liming (2001) proposed that reciting input can overcome the negative transfer of native language in English writing. She believed that recitation input can reduce students' emotional anxiety, strengthen their language input, and strengthen the monitoring of the negative transfer in English writing. Besides, recitation input can also enhance the sense of language and promote language acquisition. Ding Yanren and Qi Yan (2001) conducted experiments with 84 students majoring in English at Nanjing University, and the results showed that reciting students learned more knowledge of phrases, thus making them more freely and smoothly in writing. Dong Wei and Fu Lixu (2003) used the test method to study the non-English students in Huazhong University of Science and Technology in evidence, and the results showed that recitation helps learners to memorize vocabulary and learn phrases, and can improve students' writing skills. Feng Xia (2015) took some investigations and experiments to prove that recitation can improve the language understanding ability, language expression ability and imitation and creativity of English writing.

Recitation language input has been controversial by experts and scholars abroad. Some scholars believe that

recitation will inhibit the creativity of learners and is not conducive to language learning. But some scholars believe that recitation is a valid way. So there has been very little research on this aspect.

3. SUGGESTIONS FOR OPTIMIZING THE PHYSICAL FITNESS DEVELOPMENT OF ADOLESCENTS AND CHILDREN

The selection of recitation materials should follow the principle of combining knowledge with students' interest, and according to the needs of teaching practice. Some real-time reporting materials can be appropriately added, which can effectively improve students' analytical ability, and thus improve the quality of students' English output. And in the selection process, teachers can according to the students' own level, adopt gradient material selection method, provide students with different degrees of difficulty, length of recitation materials, in order to stimulate students' interest in learning. For example, teachers can provide recite materials according to the degree of students, teachers can choose short and exquisite essays for students at the lower middle level, mainly text books or related materials. For middle level students, we should add the English classic essays or celebrity speeches in the recitation, and ask the students to pay attention to the pronunciation and intonation practice, so as to improve the students' idiomatic English expression ability. And after reciting, students can draw up corresponding writing training or carry out English debate competition activities with corresponding themes according to the reciting content, so as to deepen students' impression, form their own views, and carry out correct English output activities.

3.1 Increase publicity efforts on the concept of physical fitness

In the context of multimedia, online and mainstream media can be fully utilized to strengthen the promotion of the concept of physical fitness education for young children, promote teachers, parents, and children's understanding of the concept of physical fitness, and correctly understand the importance of physical fitness movement. Various media can be used to publicly research reports and relevant scientific data to intuitively demonstrate the benefits of participating in physical fitness training. Physical fitness experience courses can be offered, and with the support of parents, more teenagers and children can be encouraged to participate in physical fitness exercise experience activities, stimulating their interest in physical fitness exercise.

3.2 Establish and Improve Interactive Supervision Mechanism

The development of physical fitness education is not achieved overnight, but rather a long-term process. If we want to effectively transform the current situation of physical fitness development among young people and children in China, we need to establish an interactive mechanism between family and school. Parents who live with their children for a long time are the most ideal supervisors. To improve their children's physical fitness, it is first necessary for parents to have a correct understanding of the concept of physical fitness and improve their educational abilities. At the same time, through mutual supervision and complementarity between home and school, parents can deeply understand the beneficial impact of physical fitness development on their children's future growth, and then apply the concept of physical fitness throughout any stage of their children's growth. During the implementation of physical fitness education, children should be guided to repeatedly practice the content explained by the teacher in the classroom to achieve the extension of teaching content. Teachers can establish parents' WeChat groups or online platforms to allow parents to watch young children online. The annual physical fitness training video uses the online platform to popularize the theoretical content related to physical fitness of adolescents, effectively reduce the incidence rate of obesity, cardiovascular diseases, etc. of adolescents and children, so that children can form a good character and improve their comprehensive literacy [3].

3.3 Develop targeted intervention methods

To ensure the effectiveness of physical fitness education, it is necessary to establish a dynamic monitoring mechanism and adopt targeted intervention measures to cultivate good physical fitness among adolescents. Schools should find ways to stimulate the interest of teenagers in sports through various means, cultivate their awareness of independent participation in sports, and include the cultivation of sports health awareness in the scope of physical education. In daily life, sports games, sports events, and holiday parties can be used as opportunities to connect schools, teachers, parents, and students, and establish a dynamic monitoring mechanism to identify the shortcomings in the development of physical fitness among young people in the first place. Based on this, targeted solutions can be proposed to continuously optimize the form of education. If conditions permit, it can provide children with greater activity space, allowing them to interact with more peers, and providing more opportunities and conditions for the development of children's physical fitness. In addition, the results of physical

fitness training and physical fitness testing can be combined as the final result of students' physical fitness assessment, and linked to the promotion of elementary and junior high schools. Adopting such a constraint mechanism can help strengthen the importance of parents and students on physical fitness development, promote the development of physical fitness concepts for teenagers and children through joint efforts from multiple parties, and overall improve the quality of youth.

3.4 Emphasis on the cultivation of physical fitness education talents

Youth and children's physical fitness majors can be added in sports universities to impart relevant theoretical content and professional knowledge to university students, and encourage students to participate more in research on youth and children's physical fitness practices. We can use school enterprise cooperation to create practical opportunities for students and enrich their educational experience. Students who pass the assessment can obtain a coach's certificate, and after graduation, they can engage in youth physical fitness education work and become a qualified physical fitness coach. In addition, the existing physical education teachers in primary and secondary schools can learn professional knowledge of physical fitness training in person through on-the-job training or external communication. In short, it is necessary to attract more outstanding talents to join the youth and children physical fitness education industry, and provide talent protection for the good development of physical fitness education.

Present the topic of composition and use the recitation input to practice writing is a very effective way to practice writing output. As the Chinese saying goes, "if you have read three hundred Tang poems, you can sing them even if you can't write them!" Research on junior high school English versions for each module has a topic related to this module topic composition, after a long time to recite, the students' vocabulary, accumulated a lot of good phrases and sentences, in writing, they will be able to properly use memorized in the textbook of authentic English words for training and improving writing ability.

3.5 Help Students to the Master Effective Recitation Methods

Proper recitation method is the key to improve recitation efficiency. Middle school students can not well master effective learning methods, teachers need careful guidance. When guiding students to recite language input training, teachers should avoid rote memorization and provide students with good recitation methods so as to improve students' recitation efficiency and language output ability. First of all, we must ensure the correct pronunciation. On the basis of accurate pronunciation, the premise of reciting the text is to read the text correctly. Students can improve their recitation by listening to the tape or listening to the teacher's demonstration reading. The second is when reciting an article, reciting paragraph by paragraph first, and then complete the whole article. That's the hierarchical memory in English text reciting. to master the hierarchical memory, students should recite the text layer by layer according to its central content. Finally, recite the full text, find unfamiliar places, strengthen recitation. And then it goes back and forth to consolidate the memory and according to psychology, memory comes in stages. When students recite, ask them to read back and recite often. Through reading back to consolidate and memorize, it can play a good memory effect.

3.6 Check Up and Supervise to Consolidate the Learning Effect

Reciting is only a method, and its output is the ultimate goal. A large number of recitations must be combined with the learning environment and consolidated through different types of practice in order to transform explicit knowledge into implicit knowledge (Jin Wenli, 2002). Teachers are responsible for checking examination results regularly. This is the simplest, most direct and most effective way to ask students to recite directly. Several students were asked to recite a passage. The teacher will give the appropriate evaluation and choose the best one. In this way, students have the pressure and motivation to make their revision go smoothly. Another way is to take out some key words from the recitation material and ask the students to fill in the blanks within a certain time. In the exam, students are asked to select a filler exercise from the text, which involves filling in a word, phrase or sentence. In this way, we can not only check students' mastery of the full text, but also check the accuracy of the recitation lessons. And finally, imitation writing is also a good choice. Through recitation, students have some deep understanding of the text, pay attention to the grammar knowledge, and even remember the words, sentence patterns and fixed phrases. Now we can ask them to write similar paragraphs or paragraphs, which can further improve the effect of reciting, just as the Chinese say "there are other mountains whose stones are conducive to the

use of jade".

3.7 Use Recitation in Writing Practice

By reciting, students accumulate a large number of sentences with beautiful structure and good words in English textbooks, which provide rich and reliable materials for students' writing. We should guide students to consolidate and apply it in writing through proper training. Test the key words and phrases of the text can lay a good foundation for writing. Students' words and phrases should be tested to stimulate students to take the initiative to learn, recite actively, and accumulate attentively, so as to lay a good foundation for writing and form a virtuous cycle.

Check the basic sentence patterns of the text and imitate the key sentence patterns to promote the writing output. After the students recite the beautiful sentences of the text, the teacher can test the students' language output through the examination of basic sentence patterns and sentence imitation writing training. In this way, students are more impressed, the ability to use sentences is also enhanced, and can subconsciously transfer to the composition.

4. CONCLUSION

In summary, physical fitness education for teenagers and children can help children establish a sense of physical fitness from an early age, be willing to participate in sports training activities, enhance their physical fitness, and improve their comprehensive literacy. However, the current situation of physical fitness education for teenagers and children is not ideal. Teachers and parents should work together to create a good physical fitness education environment, fully utilize multimedia means, enrich the path of physical fitness promotion, and make physical fitness education better serve teenagers and children. This paper is an attempt to express the sustainable economy in the physical model. Through the analysis of SDGs goal's specific Target8.2, a sustainable economic development model under this scale is established. At the same time, the sustainable economic model has a certain predictive effect on how to achieve sustainable economic development.

In a word, recitation input plays an important role in promoting English writing learning, and is an important way to cultivate language awareness and acquire a second language. However, if students are allowed to recite mechanically, they will lose interest in learning English, which is not good for their study and writing. Therefore, it requires teachers to choose appropriate materials, use various effective methods to mobilize students' interest and enthusiasm in writing, enhance students' confidence in writing, and promote students' remarkable progress in English writing. Recitation is not the only way to improve students' writing ability in writing teaching. I think it is only suitable for middle school students who are in the primary stage of English learning. In the long run, reciting will inhibit the active thinking and creativity of English learners. Therefore, whether recitation input can be used as an important means to improve students' English writing and further stimulate students' enthusiasm and initiative in writing to improve their writing ability by cultivating students' cross-cultural thinking needs further research.

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