

Original Paper

Game and Intrinsic Motivation: Basketball Teaching for Pupil

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Abstract

The cultivation of pupils' sports interests is related to the formation of pupils' sports habits and their physical health in the future. At present, the physical condition of primary and secondary school students in China is not optimistic. Basketball, as a part of school sports, is widely carried out in schools in China. Scientific organization of basketball teaching in primary schools can better improve the physical quality of pupils and cultivate their interest in basketball. Pupils are still in the stage of physical and mental development, and their bones, muscles and nervous system are not well developed, their attention is easy to be distracted, and they can not carry out large amount of exercise, so they should focus on motivational exercise and basic teaching. As a means of teaching, games can improve pupils' interest in the practice and stimulate their intrinsic motivation to participate in basketball, which should be appropriately increased in teaching.

Keywords

basketball teaching, primary school physical education, intrinsic motivation, physical education

1. Introduction

Paying attention to the physical health of teenagers and their sports work is a major event that concerns the future of the country. The cultivation and stimulation of primary school sports interest are related to the formation of pupils' sports habits, and to the cultivation of pupils' sports awareness and physical health (Liu & Chen, 2015). The physical condition of primary and secondary school students is not optimistic in China (Su, 2000).

School physical education can improve the physical quality of teenagers and cultivate their interest in sports and awareness of participating in sports activities. As a kind of sports, basketball is popular

around the world. It is also carried out in most Chinese schools as part of Chinese school physical education. Pupils are in a period of rapid physical and mental development. They are characteristics in physical development, thought, and sports ability (Wang, 2021). Whether we can grasp the particularity of the development of pupils' sports ability, and implement it in basketball teaching is very important for the healthy development of young people's physical, mental health and their basketball skills.

2. Physical and Psychological Characteristics of Pupil

2.1 Incomplete Bone and Muscle Development

Teenagers have poor bone density, elastic but not strong enough. It is not easy to have a fracture during this period, but it is easy to bend and deform, and the function of bearing pressure and muscle tension is worse than that of adults. In this period, basketball teaching should pay attention to the load. If the load is too large and there are too many static exercises, it is easy to cause bone deformation and bending. The muscle growth and development of pupils were not balanced, and the contraction strength and endurance were poor (Wang & Su, 2012, p. 452).

2.2 The Development Stage of the Nervous System

Pupils are in the early stage of youth development, their nervous system is still in the development stage, which can quickly establish conditioned reflex, and the action is not precise (Xie, 2017). It is necessary to gradually improve the technical, tactical, and physical abilities of pupils' basketball teaching, it mainly focuses on coordination and flexibility.

2.3 Pupils lack of concentration

Pupils' attention is not concentrated enough and is easy to be dispersed. We should not restrict pupils with rigid exercises, which can easily make them uninterested in exercises and can be driven by games. At the primary school stage, the level of familiarity with basketball is not enough, and teaching in basic skills is essential. We should start with basketball skills, and we should also pay attention to cultivating the psychological quality of pupils (Li, 2020).

3. Fun and Intrinsic Motivation

If we want to discuss students' sports participation, we should discuss the motivation for sports, motivation has a huge impact on learning. If there is no motivation, there is either no learning or little learning (Singh & Pathak, 2017). According to Self-Determination Theory (SDT) (Deci & Ryan, 1985), motivation is divided into intrinsic motivation and extrinsic motivation, when a person has an intrinsic motivation, he will act for the fun or challenge of the behavior. Extrinsic motivation is the opposite. Human activity is done to attain some separable outcome (Ryan & Deci, 2000). Intrinsic motivation is considered to be more autonomous without worrying about whether to receive external rewards or be punished (Dias et al., 2008).

4. Discussion

Pupils are in a period of physical and mental development, and their physical development is not complete, so they should not be trained with large amounts of exercise. Pupils' psychology has the psychological characteristics of being lively, easily distracted, curious, and competitive. Primary school basketball teaching should be based on the physical and mental characteristics of pupils to develop appropriate plans. We should allow pupils to participate in basketball in a happy environment through various games, to enjoy the fun of basketball, and let pupils who participate in basketball really like it (Li, 2011).

4.1 Improper Traditional Teaching Methods

The traditional amateur basketball teaching for pupils is systematic and professional. Many clubs or schools train for teaching. It cannot maximize the development of pupils' basketball ability. Basketball teaching is not only to train basketball skills, but also to enjoy the fun of basketball. Basketball teaching for pupils should focus on their physical quality and mental development (Qiu, 2020). We should not neglect to cultivate the mental health of pupils.

4.2 Rational Use of Psychological Characteristics of Pupils

Interest and instinct are nature. Pupils' attention is not concentrated enough and is easy to be dispersed. First of all, we should seize the natural curiosity of pupils and bring them different feelings in a basketball class. From the organizational point, to fully mobilize the enthusiasm of pupils, we cannot use traditional methods to organize teaching (Li, 2019). It is necessary to add some organization methods that make pupils feel interested, so as not to make teaching more boring (Yao, 2021). Adopt a warm-up game with simple rules and a suitable amount of exercise.

For example, count down to 5 seconds. If you don't get back in line within 5 seconds, give some punishment, so that pupils will join with the beginning of the countdown. It is not only faster in an organization, but also more interesting. Another example, catch the dribbler. The sports team is divided into a dribbling team and a field team. Each player with a ball stands at the starting line. After the first player with the ball enters the field, the other players immediately start with the ball. The dribbler must take the ball around the mark of a turn, and then try to drive the ball across the finish line before the other team finishes it. The team will be awarded points according to the number of dribblers who fail to reach the finish line in time. The group with the highest score is the winner.

4.3 Appropriate Training Volume and Intensity

The physical development of pupils is not perfect, so a load of sports should not be too large. Large load will affect the healthy development of pupils, and lead to the fear of pupils' exercise (Feng, 2023). The exercise load should be scientific and reasonable, and can also be understood by observing the sports status of pupils. The time of exercise is also one of the reasons that restrict the good or bad of teaching, the practice time should be accurate (Qiu, 2020). We should develop some physical quality practice according to the physical characteristics of pupils.

For example, some quality teaching with the nature of punishment can enable them to complete quality

teaching in a happy state, and also cultivate their qualities of being indomitable and competitive. Proper competition is also necessary, not only to make them have a further understanding of the concept of competition,⁵⁴ but also to make them find their shortcomings in the competition,⁵⁵ so that they need to work harder in future teaching.

4.4 Cultivate Good Basketball Awareness

We should also pay attention to cultivating the psychological quality of teenagers. The method of inducing interest and cultivating personality is adopted to make pupils full of enthusiasm for basketball. Adjust their psychological state, not be nervous, not escape when competition, and have the courage to challenge their spirit (He, 2017). Pupils should have more games, interesting competitions. so that they can better participate in the sports atmosphere.

For example, the game is better than who plays far, who runs fast, and who shoots accurately. In the atmosphere of the game, primary school students can better participate in the training, experience happiness, and help basketball training better.

5. Conclusions and suggestions

- 1) Pupils are in a period of growth, so they should not carry out special training with heavy load and intensity. The teaching should pay attention to gradual and differential treatment. The stress and static strength teaching should be minimized in the teaching to avoid adverse effects on the physical development of pupils.
- 2) A relaxed and happy basketball environment should be established according to the psychological characteristics of pupils, pupils can participate in basketball in happy so that they can love playing basketball and experience the joy of basketball.
- 3) As the enlightenment and basic stage of basketball teaching, the focus of primary school basketball teaching should be based on cultivating basketball interest and learning basketball special skills. Teachers should be using heuristic teaching, improve their basketball IQ.
- 4) The methods and forms of basketball teaching for pupils should be flexible and interesting, with emphasis on the ball, the proficiency of basic skills, the cultivation technical and tactical abilities, basketball teaching should not be too boring.

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