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## A52: Practice Research on Orientation Movement Teaching in Primary School

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### Abstract

**Purpose:** Sports shoulder the important task of improving the physical health of teenagers, is an indispensable part of the school quality education, more importantly, is to undertake the fundamental mission of moral cultivation. Orienteering is a new sports project integrating intelligence and physical strength. It not only strengthens the body, but also improves the students' self-control ability such as thinking and judging ability and solving difficulties by themselves, so as to truly realize the ideal effect of "sports people". **Methods:** From the perspective of the implementation of school-based orienteering curriculum in our school, this paper adopts experimental methods, mathematical statistics and other research methods to conduct 16-week orienteering research on 112 fifth-grade students in Qixing Group School and discusses the influence of students' physical learning effect (learning attitude and expression of affection), physical form, function and quality. It provides theoretical reference and experimental support for orienteering movement in campus. **Results:** First, after the integration of orientation teaching, the students in the experimental group showed a change in their attitude towards sports learning. 86% of the students could clearly recognize that participation in orientation sports can strengthen their physical fitness, promote the cultivation of sports ethics, and subtly affect their internal emotions and emotions. Second, the height and weight of male and female students before and after the experiment were not significant ( $P > 0.05$ ), but the amplitude was increased; The results of vital capacity, 50m, 50m \*8 retrace run, sit-up and other events were improved significantly ( $P < 0.01$ ). **Conclusion:** It is feasible and meaningful to introduce orientation teaching content into primary school physical education. Not only enrich the teaching content of physical education, but also help to improve the function of students' internal organs, cultivate students' will quality, innovation ability and other values. The support of school leaders plays a crucial role; PE teachers should renew themselves, design a variety of age-appropriate competitions, and ensure good classroom discipline and safety of sports environment. The school-based orienteering teaching system needs constant practice and summary to optimize the reasonable evaluation mechanism.

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### **Abstract**

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