Research on Community Linkage Promotion Model of Children's Physical Health Management

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Abstract

Due to the imperfection of community facilities, the linkage effect of the traditional community promotion model decreases. Therefore, a community linkage promotion model of children's physical health management is designed. Extracting the influencing factors of community linkage of children's physical health management, analyzing the feasibility of community linkage. Then realizing the community linkage promotion model. Comparative experiment is adopted to verify that the community linkage effect of the new model is better, and it has great promotion value. **Keywords:** children; constitution; health management; community; linkage; promotion mode;

1. Introduction

In general, the design of community linkage promotion mode should be mainly composed of school, family and community members, with school as the center, family as an important part and community around the school as an important carrier, forming a region or area that connects and makes up for each other. The school is play a fundamental role in the model, it should not only full open good physical education, also continue to participate in sports activities for the students to provide plenty of space and time, physical education teachers to arrange appropriate easy operation for students extracurricular sports activities, such as "homework" and "filial" and so on, constantly supervise students in extracurricular physical exercise. At the same time, the school should actively go into the community, give professional guidance and help to community sports especially youth sports activities, activities, strengthen communication with parents, and carry out health education for parents (Bommer et al., 2020). Creating a good activity atmosphere for young children to receive physical education in school, helping the community actively develop and explore sports activities suitable for young children in this area, and attracting more young children to participate in sports activities. In addition, because the community sports field facilities are limited, so the school should continue to increase the efforts to open to the public, enrich the after-school physical exercise of young children, reasonably use of holidays, to help the community, including young children can participate in all kinds of sports and cultural activities (Mathur & Reddy, 2019). Family is a central part of the linkage mode of school, family and community. Teenagers spend 2/3 of their time at home, so whether teenagers can grow up healthily is directly related to their parents, and parents' words and behaviors have an important impact on the healthy growth of teenagers and children (Deepani & Sahu. 2021; Kubin et al., 2021). Parents and other neighbors and friends have the corresponding rights and obligations in accordance with the requirements of the school, to encourage and help young children to actively participate in physical exercise, parents should also take the initiative to consult the school related knowledge and strategies. Parents should supervise and manage students' extracurricular activities, guide and help them when necessary, ensure that children finish the extracurricular sports activities assigned by the school on time, and give feedback to the school in time, and also actively supervise and evaluate the school sports work (Birn, 2019). Reasonable suggestions and opinions should be provided for school sports construction. Parents should also encourage students to actively participate in various sports activities held in the community to enhance family harmony and happiness. In addition, parents pay attention to children's participation in sports activities at the same time, but also pay attention to children's eating habits, develop good eating habits (Cheng & Shilkofski, 2019). Finally, parents should pay attention to the cultivation of children's psychological awareness, prevent the occurrence of bad psychological phenomena, and can timely deal with children's bad emotions.

2. Design of community linkage promotion mode for children's physical health management

2.1 Extracting the influencing factors of community linkage of children's physical health management

Many factors affect the community linkage of children's physical health management. First of all, the students factor, the level of sports activities affects the students'

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physical health level to a certain extent. During Monday and Friday, students have less time for sports activities (including on-campus activities and off-campus activities) every day, basically less than one hour. During the period of Saturday and Sunday, students' daily activity time although increased, but still cannot meet the requirements of their physical development (Arato & Kano, 2021). In addition to finishing homework, students also need to do some other learning-related activities, such as extra-curricular exercises, participating in special teams of interest classes and training classes and so on, which to a large extent affects students' enthusiasm in participating in sports activities, so their time for sports activities cannot be guaranteed (Newson, 2020) (Arato & Kano, 2021). In addition, when in the youth development period of young children, they are lively active, so basically like all kinds of sports games. Because in sports, they can not only experience happy emotions, but also in sports activities and their children together. However, there are still some students are not interested in sports, and do not like to participate in sports, so that their daily activity time will be reduced. which may cause a decline in the level of physical

health of young students. Adolescents, children and students in their development period are fond of sports activities, especially all kinds of sports games. Their main motivation for participating in sports activities is to be happy and be with good friends (Boat & Kelleher, 2020; Mekbib & Leatherman, 2020; Ridd & Thompson, 2020). However, there are still some students do not like sports activities, especially when they meet the sports games which are difficult, dangerous and not interesting. They are not interested in these sports activities and have low enthusiasm for participation. Moreover, when students encounter psychological obstacles, such as angry, unhappy and other psychological problems, they are not very active in participating in sports activities. Therefore, when constructing the linkage model between school, family and community, this paper must take into account the difficulty and risk factor of activity programs, and try to make sports programs suitable for teenagers and children to participate in. Meanwhile, it is necessary to timely intervene in the mental health problems of adolescents and children to prevent the occurrence of adverse psychological phenomena (Hsing et al., 2020). The specific effect is shown in figure 1.

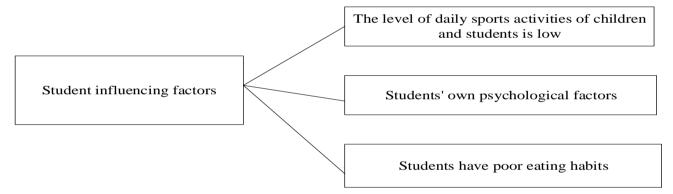


Fig. 1 Influence factors from students

As shown in figure 1, the influencing factors of students are the most important and difficult to solve. Secondly. family factors, parents' behavior to a large extent has a great impact on the development of children's behavior habits, many behaviors of children and students will be affected by parents. Therefore, the decline of children's physical health and parents have a certain degree of relationship. It includes parents' physical activity preference, parents' supervision of children's activities, supervision of children's diet and family activity environment. Whether parents like to participate in sports activities and whether they often participate in sports activities to a certain extent also affects whether children like and often participate in sports activities. It is found in the survey that most parents like to participate in sports activities, especially the fathers of students like to participate in sports activities. They also have corresponding sports activities every week, but the time and frequency are relatively small (Swartz, 2021). Due to the factors of

work and time, most parents are rarely able to take children to the room (door) for sports activities, which will make some students participate in sports activities less opportunity. Therefore, in the development of school, family and community linkage model, we should give play to the role of parents, especially those who often participate in sports activities, so that they can provide necessary support and help for the development of school or community sports activities. Whether parents often encourage and urge children to participate in sports activities, whether they can give guidance and help, also affects children's enthusiasm in sports activities to a certain extent. According to the results of the survey, most parents can often or occasionally have sports activities with children, and most parents are quite clear about children's extracurricular activities, they all understand the situation of children's extracurricular activities. However, some parents fail to do this, which affects children's participation in sports activities to a certain extent. Most students expect to participate in sports activities with their parents, and also hope that parents can help and support (Pai & Bahadur, 2020). Therefore, this paper argues that in formulating and building school, family and community three linkage, while

doing sports activities should strengthen the supervision and management of parents to children, often encourage children to participate in sports activities support.

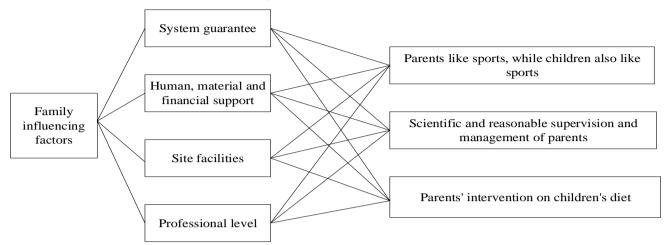


Fig. 2 Influence factors from the family

As shown in figure 2, among the family influencing factors, institutional security, human, material and financial support, site facilities, professional level are important influencing factors, through the extraction of the above factors, can further promote the community linkage model. Thirdly, school factors. School factors affecting the decline of students' physical health level are mainly manifested in the construction of site facilities, school nutrition lunch plan and teachers. Although some PE teachers think that the construction of school sports venues and equipment facilities can meet the requirements of students' sports activities. most PE teachers think that the construction of school sports venues and equipment facilities cannot meet the requirements of students' sports activities. Because the school occupies a relatively small area and the playground area is also small, so the area for students to play is relatively small. In the physical education class, can only meet 3-4 classes together, more words on the line. In terms of equipment and facilities, although many schools have courts such as basketball and table tennis, most of them are just idle. Other sports equipment is also available, such as rope skipping and patting balls, but these can only be seen in the physical education class, and there is no other time. With less site equipment and facilities, the activity level of students is naturally reduced, and the activity level of students cannot be effectively guaranteed, which will affect the physical health level of students. Therefore, this paper holds that when constructing the

linkage model of school, family and community, schools should increase the construction of school venues and facilities appropriately, and match all kinds of sports equipment, so as to meet the various needs of students to participate in various sports activities. Teachers' supervision of students' physical activities also affects students' physical health level to a certain extent (Buka & Shea, 2019). In particular, PE teachers supervise students' physical activities in PE class. This paper thinks that PE teachers' teaching style, teaching behavior and teaching content will affect students' activity level. Physical education teachers in the classroom to explain and management time is long, then students' activity time is relatively less. Teachers' supervision and guidance of students' extra-curricular sports activities is not enough. Although most PE teachers are aware of the impact of extra-curricular sports activities on students' healthy development, they have not put forward appropriate opinions and suggestions. Therefore, this article believes that building school, family and community interaction mode, the school physical education teachers should change the teaching strategy, appropriate time to increase the students' activities, but also for students to put forward the specific requirements of the extracurricular sports activities, and make these requirements are more easy to operate and implement, to enrich students' extracurricular activities, meet the requirements of students' physical health.

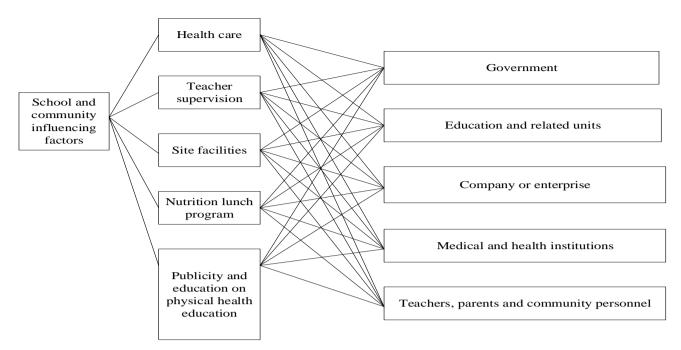


Fig. 3 Influence factors from schools and communities

As shown in figure 3, among the influencing factors of students and communities, government, education and related units, companies or enterprises, medical and health institutions, teachers, parents and community members are all factors that cannot be ignored. In addition, among the community factors, the community factors that affect the decline of students' physical health level are mainly manifested in the construction of community venues and equipment facilities, lack of professional organization and management of sports activities, health knowledge publicity, education and training. The activity space in the community is limited and the area is not large, so students' extracurricular activities are limited to a certain extent. If Some of the students want to be carried out within the community sports activities not only activity area cannot meet the requirements, and equipment facilities are some of the adults in the community or the elderly to use the equipment, and suitable for child and adolescent students to participate in the use of equipment is very few, therefore also to other places outside the district activities, more teenage children or choose to give up sports activities. In this paper, the size of the activity area in the community cannot be changed due to the restriction of economic conditions, but the corresponding equipment and facilities can be increased and improved in the community, and some activity equipment suitable for teenagers and children can be added (Hassink & Fairbrother, 2021). And the neighborhood committee (or street office) should timely carry out some suitable for young children students and parents to participate in sports activities. The publicity and education of physical health education in the community can promote the healthy development of parents, especially children to

a certain extent. The promotion of health education can provide parents with professional knowledge on nutrition and diet, so that parents can provide necessary help and guidance for their children's diet and help children develop good and healthy eating habits. Through the survey, the community is still not good enough in this aspect, the community rarely provide residents with knowledge of healthy diet publicity and education. Therefore, this paper believes that when constructing the linkage model of school, family and community, the community should consider appropriately increasing the propaganda, education and training in the nutrition of adolescents and children, and provide parents with necessary help and support in nutrition. The overall influencing factors are shown in figure 4.

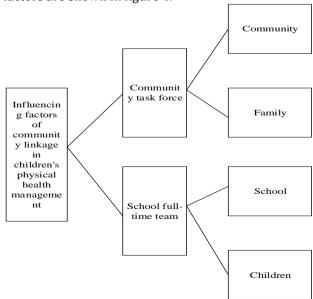


Fig. 4 Overall influence factors

As shown in figure 4, among the influencing factors of community linkage of children's physical health management extracted in this paper, special teams are set up in communities and schools respectively. Through the extraction of influencing factors such as students, communities, families and schools, conditions are provided for the feasibility analysis of community linkage in the next step.

2.2 Analyzing the feasibility of community linkage

In order to promote the physical health management of children, this paper carries out the feasibility analysis of community linkage, and the analysis results are as follows:

$$U = \sum_{i=1}^{n} X_u \tag{1}$$

In Formula (1), U is the community linkage indicator, X_u is parental supervision, n and i are constants (Parker, 2020). This paper marks U and obtains the confidence index as follows:

$$L^{exLend} = \varepsilon - \eta \tag{2}$$

In formula (2), L^{exLend} is the confidence index, ε and η is the confidence parameter. Order $L^{exLend} = \emptyset$, the results are as follows:

$$U_i = U - L^{exLend} \tag{3}$$

In formula (3), U_i is the feasibility index of community linkage. After marking, the sample set of children's physical health management is as follows:

$$X_{ui} = X_i + (L^{exLend}, Y) (4)$$

In formula (4), X_{ui} is the parent supervision after feasibility analysis. X_i is the classification of health management? Y is the unlabeled pseudo samples? Order $while L^{(0)} \leq X_{ui}$, the results are as follows:

Order
$$while L^{(0)} \le X_{ui}$$
, the results are as follows:

$$L^{(0)} = \frac{2}{\varepsilon^2 (1-2\eta)^2} ln \left(\frac{2N}{\delta}\right)$$
 (5)

In formula (5), $L^{(0)}$ is the hypothesis sequence after feasibility analysis. $ln\left(\frac{2N}{\delta}\right)$ is the opportunity for possible sports for children? Thus, the impact indicators of community linkage are as follows:

$$\delta = Pr[d(H_i, H^*)] \tag{6}$$

In formula (6), δ is the impact indicator of community linkage, H_i is the feasibility hypothesis, H^* is the true hypothesis, d is symmetric difference, Pr is the upper bound of the hypothesis. When $L \cup L^{(0)}$, then the results are as follows:

Testits are as follows:
$$\left|L \cup L^{(0)}\right| = \left(1 - 2\frac{\eta|L| + \varepsilon|L|}{L \cup L^{(0)}}\right) \tag{7}$$
 In formula (7), $L \cup L^{(0)}$ is the feasibility analysis

In formula (7), $L \cup L^{(0)}$ is the feasibility analysis condition of children's health, |L| is error analysis index, when $0 \le < 0.5$, the results are as follows:

$$\varepsilon_i = \frac{|L^{i-1}|}{|L|} \tag{8}$$

In formula (8), $|L^{i-1}|$ is the correct analysis index, ε_i is the result of feasibility analysis. Therefore, this paper establishes the big data confusion matrix of children's physical health management, as shown in table 1.

Table 1

Big data confusion matrix for children's physical health management

C	-1 (The actual	+1 (The actual	
Confusion matrix))	
-1 (On the forecast)	True negative	False negative	
+1 (On the forecast	False positive	True positive	

As shown in table 1, in schools, families, communities, the feasibility analysis of sports, school, family and community sports development both basically lies in the purpose of promoting adolescents on children's physical health, is not only beneficial to the development of adolescent children's physical health, and conducive to the cultivation of the young children's lifelong sports consciousness It is mainly reflected in the following aspects. Sports resources in the community have certain limitations, making it relatively difficult to carry out community sports activities, and there are few activities suitable for teenagers and children, while school sports resources are relatively rich, the establishment of the linkage mode can make the school and community share sports resources, complement and promote each other. Schools should be open to the community on a regular basis to meet the needs of different groups of people for physical activity, and schools should provide professional guidance to groups of people participating in physical exercise in the community, especially teenagers and children. At the same time, parents should be educated on health knowledge to jointly promote the healthy growth of adolescents and children. The construction of the linkage mode of school, family and community for the physical health promotion of teenagers and children can effectively promote the school physical education teachers to participate in the sports construction of the community and provide professional guidance. For example, various sports activities within the community, formulate corresponding rules and regulations, and provide security measures (Yang et al., 2020). At the same time, schools can be open to parents, public physical education, so that parents can supervise and manage their children's physical activities, parents also have the corresponding rights and obligations to evaluate teachers, so as to more effectively promote the development of school physical education work, improve the health level of students. Parent is the child of "teacher" recently, the parents' education for children has an important role in lifelong physical education, the French famous educationalist Ferro bell pointed out that "the fate of the country, rather than in the hands of the ruler, as in the hands of parents". This sentence clearly pointed out that parents in children's important role in the process of education and position. Parents' regulatory impact on children is very important, but most teenage children rarely participate in sports activities, return home from school, most of people are surfing the internet to play games or surf the internet. The establishment of the family, school and community linkage mode can effectively health guidance to parents, to guide and help children to participate in sports activities. Cultivating children's habit of participating in physical exercise and living habits. Young children can not only to "an hour exercise" every day at school, but also can guarantee their extracurricular physical activity levels, for parents to provide effective guidance and help, so as to improve physical health level of teenage children.

2.3 Realizing the community linkage promotion mode

The interaction between school, family and community is a part of the adolescent physical health promotion project, so the construction of the interaction mode between school, family and community of adolescent physical health promotion has an important role in improving the adolescent physical health promotion project (Jambulingam & Saxton, 2021). Constructing the linkage model of school, family and community for adolescent physical health intervention can provide effective theoretical guidance for school leaders and teachers, parents and community members and administrators, so as to help them better supervise and guide the physical exercise of adolescent children. In this paper, the use of health big data, the use of its complex and diverse forms of existence, contains rich medical value, and health big data can make the whole medical resources become more efficient. For example, through the method of artificial intelligence, highquality doctor resources can be infinitely replicated, so that limited medical resources can be allocated in a more reasonable way, and hierarchical diagnosis and treatment can be more reasonable and perfect. At the same time, through the analysis of health big data, government agencies can achieve reasonable drug pricing, timely detection of epidemic diseases and take relevant preventive measures, health public opinion monitoring, and improve the government's decisionmaking and early-warning control ability. Therefore, in the era of big data, how to effectively analyze and process health big data has gradually attracted the attention of the people and the government. In the context of big data, it is very easy to obtain a large amount of "unlabeled" health data. Therefore, traditional unsupervised learning is also being used to solve certain problems in the health industry. Medical cost data, need to get the relationship between hospitalization medical cost data and the patient's age, length of stay and other attributes, find out the rules and knowledge rules, to provide decision-making support for medical institutions. Unsupervised learning no tag data can only rely on to dig the information such as the spatial distribution of the sample, but the algorithms in data processing for people's health, cannot effectively determine the search space and the search direction of the algorithm, so the output results is usually having the characteristics of uncertainty, and to determine the correctness of the results is more difficult(Abdulrahman et al., 2020).

family's cultural background, educational background and its economic income will affect children's learning and behavior activities. Family and community thousand advance of education can not only improve the students' cultural achievement, but also conducive to improve the reputation of the school, also improve school teaching quality gas parents of school education promoting effect is beyond doubt, regardless of social status "as long as the parents to participate in the school of education. So his children will happen a lot of change, including improved academic performance, improved communication skills, more confidence, more like school, etc. Parental intervention not only benefited students, but also "made parents more caring for their children, teachers more professional, and communities more connected." If schools continue to use the old way of family and school intervention in school education. then, it will not produce good results. To meet the challenge of the development in the new century, the wave of education reform in the world, governments are formulated on the basis of the condition of the world education development trend and its education reform and measures, and on the importance of the school, family and community education integration and its implementation strategy are discussed in detail. The establishment of home-school association and parent association is in essence a way of linkage between school and family, which shows that schools begin to pay more attention not only to the impact of own education on students' academic their performance, but also to the impact of students' living environment, namely family members and community members on students' academic performance. In terms of physical education, the United States has done better than other countries. Most of the primary and secondary schools in the United States ask students to study and exercise in the community or family in the form of extracurricular homework, which can be done with peers or family members. And in the holidays, the school gives students sports menu, let students according to their own ability and interest in extracurricular physical exercise and learning, at the same time requires parents to children's physical exercise and learning information feedback to the school, encourage families to their children's physical exercise and learning behavior for supervision and management. Schools, families and communities should work together to give students more guidance and help, improve students' positive behavior, learn to help each other, and also provide students with reliable learning resources and network resources with reference value. The influence of school, family and

community on young children is not only reflected in cultural education, but also in the promotion of children's physical health. A large number of studies show that school, family and community play an irreplaceable role in promoting young people's physical health. In this paper, a large number of data are consulted. School, family and community cooperation, not only have the concrete operation scheme and task requirements, and the corresponding management agencies and regulators, to supervise and control each link (or elements). At the same time, they each link (or elements) of the action plan for feedback, the timely adjustment and improvement action plan. In order to better play each link (or elements) between the maximum role. However, the "school, family and community cooperation (or integration)" proposed by domestic scholars lacks supervision and management of each link (or element), and there is no feedback mechanism to evaluate or regulate the behavior of each link (or element).

In order to realize the community linkage promotion mode, this paper analyzes school elements, family elements, community elements and other aspects to promote the community linkage mode. In this mode, schools play a basic role. Schools should not only fully open physical education, but also constantly provide sufficient space and time for students to participate in sports activities. Physical education teachers should arrange appropriate and easy operate to extracurricular physical activities for students, such as "sports homework", "parent-child games" and so on, and constantly urge students to do extracurricular physical exercise. At the same time, the school should actively enter the community, give professional guidance and help to community sports activities, especially youth sports activities, strengthen communication with parents, carry out health education for parents, and create a good activity atmosphere for teenagers and children to receive physical education at school. Because the community sports field facilities are limited, so the school should continue to increase the efforts to open to the public, enrich the after-school physical exercise of young children, reasonable use of holidays, to help the community, including young children can participate in all kinds of sports and cultural activities. Parents and other neighbors and friends have the corresponding rights and obligations in accordance with the requirements of the school, to encourage and help young children to actively participate in physical

exercise, parents should also take the initiative to consult the school related knowledge and strategies. Parents to supervise and control to student's extracurricular activities, to guide and help when necessary, to ensure children finish the task assigned by the school extracurricular sports activities, and timely feedback to the school, as well as positive for the school sports work supervision and evaluation. For the construction of school sports work to provide reasonable suggestions and opinions, parents also encourage students to take an active part in various sports activities held in the community to enhance family harmony and happiness. In addition, parents pay attention to children's participation in sports activities at the same time, but also pay attention to children's eating habits, develop good eating habits. Finally, parents should pay attention to the cultivation of children's psychological awareness. prevent the occurrence of bad psychological phenomena, and can timely deal with children's bad emotions. Community is an important assurance for linkage model which is the place that everyone living, more densely populated, is conducive to all kinds of sports activities carried out. In order to ensure the scientific rationalization of community activities, so the community should strengthen contacts with the school and actively seek community in or near school sports teacher's help, expand the use of the weekend or the holiday time, carry out regular and quantitative sports activities suitable for young children and mobilize their enthusiasm to participate in physical exercise. The community should create a healthy and upward growth environment for young children, increase publicity efforts, and regularly carry out education and training for young children for parents with poor experience. At the same time, strengthening the social supervision and management of the behavior of young children, to prevent the occurrence of bad behavior and security risks.

3. The experimental test

3.1 Preparation for the experiment

In order to verify whether the method designed in this paper has practical effect, this paper takes a primary school as an example and statistics 428 children's preference for sports to enhance physical health and the reasons, as shown in table 2.

Table 2Children's preference for sports to enhance physical health and its reasons

Lil	ke	Dislike		
Number of frequency 418	The percentage 97.7%	Number of frequency 10	The percentage 2.3%	

Decam	Number of	The percentage	Dagger	Number of	The
Reason	frequency	/%	Reason	frequency	percentage /%
Парру	330	77.2	Afraid of being laughed	0	0
Нарру	330	77.2	at	0	
With a partner	25	60.2	without a partner	4	40.0
do physical exercise	266	62.2	Too tired	8	80.0
Gain the respect of others	30	7.0	Don't have the time	8	80.0
Parents support	27	6.3	Parents don't support	6	60.0
Others	20	5.5	Others	2	20.0

As shown in table 2, children prefer sports subjectively, and 418 people like sports, accounting for 97.7% of the total. Therefore, in the mode of influencing community linkage

promotion, students should be excluded first. In addition, this paper makes statistics on the improvement of students' physical health through extracurricular sports, as shown in table 3.

Table 3The condition that students' physical health is enhanced by extracurricular sports

Extracurricular	Monday to Friday		Weekend (Saturday and Sunday)		
sports venues	Number of frequency	The percentage /%	Number of frequency	The percentage /%	
Home	27	6.7	20	4.7	
Community	95	22.0	70	16.4	
School	208	48.6	21	4.9	
Sports ground	67	15.6	173	40.4	
Others	31	7.0	144	33.6	

As shown in table 3, there are more extracurricular sports in school from Monday to Friday, less in home and community, less in home and community on Saturday and Sunday, and more in sports venues and other places. Therefore, community factors are the main factors that affect the community linkage promotion mode. Due to the lack of sports facilities in the community, children cannot carry out **Table 4**

adequate sports, resulting in the decline of children's physical health management level.

3.2 Experimental result

The model designed in this paper is used to conduct experiments, and the experimental results are as table 4:

The condition that students' physical health is enhanced by extracurricular sports

Extracurricular	Monday t	o Friday	Weekend (Saturday and Sunday)		
sports venues	Number of frequency	The percentage /%	Number of frequency	The percentage /%	
Home	27	6.7	20	4.7	
Community	195	45.5	270	63.1	
School	158	36.8	21	4.9	
Sports ground	27	6.2	73	17.1	
Others	21	4.8	44	10.2	

As shown in table 4, after using the model designed in this paper, the frequency of children exercising in the community will increase under the same conditions, which can ensure the effect of physical health management for children, which is in line with

the purpose of this study.

4. Conclusion

Children are the future of the motherland and the hope

of the nation. The health status of children is an important symbol to measure the progress of civilization of a country or region. To promote the improvement of children's health in a region, we must first understand the overall status of children's health in the region. Only on the premise of comprehensive and full understanding of children's physical health, mental health, behavioral health and environmental hygiene, can we find out the trend of group children's physical development, specific health problems and basic risk factors that may affect children's physical development and healthy life according to the specific situation. Then, based on these conclusions, specific suggestions and measures are put forward to intervene and prevent these risk factors in order to improve the

physical, behavioral and environmental health of children needed for a healthy life. Based on this, this paper studies the community linkage promotion mode of children's physical health management, aiming to provide reference for the research on children's health promotion.

5. Acknowledgement

This work was supported by the Planning subject of Hainan Province education sciences: Study on the construction and effectiveness of MLS circular physical education teaching model for children aged $3 \sim 6$ in Hainan Province (No.QJY20211001).

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