

Teaching Strategies for Physical Education in Primary and Secondary Schools Under the Background of National Sports

Jing Jia*

Linying No. 1 High School, Luohe 462699, Henan Province, China

*Corresponding author: Jing Jia, 394057723@qq.com

Copyright: © 2022 Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0), permitting distribution and reproduction in any medium, provided the original work is cited.

Abstract: By the end of 2021, the proportion of people participating in normalized physical exercise in China has reached up to 37.2%, contributing to the transformation of competitive sports into national sports. This has significantly affected the teaching quality of physical education in primary and secondary schools. In the critical period of the “14th Five-Year Plan” construction, it is necessary to deepen the physical education work in primary and secondary schools concertedly with high-quality development goals. Taking this as the starting point, the paper outlines the basic content and main influence of national sports as well as analyzes the new demands of physical education in primary and secondary schools under the background of national sports. On this basis, several targeted teaching strategies are put forward from three aspects: teaching concept, information technology, and teaching goals.

Keywords: National sports; Physical education in primary and secondary schools; Teaching strategies

Online publication: November 17, 2022

1. Introduction

The 19th National Congress of the Communist Party of China has positioned the fundamental task of education in China as “cultivating morality and cultivating people.” This task was clarified through the Fourth Plenary Session of the 19th Central Committee, which is to carry out a comprehensive quality education based on morality, intelligence, physique, aesthetics, and labor as the core qualities. At present, education in China is in the stage of high-quality development. It is necessary to further integrate national sports from the deep theoretical level, the breadth of lifelong fitness, and the precise physical skills, in order to deepen the teaching of physical education in primary and secondary schools as well as cultivate the awareness of lifelong exercise in both primary and secondary schools. By making it habitual, students in primary and secondary schools can be nurtured into qualified successors for the construction of socialism with Chinese characteristics in the new era.

2. Overview of national sports

2.1. Basic content

“National sports,” also known as national fitness, is the antithesis of competitive sports. It refers to a type of sports in which everyone participates in. Based on the “14th Five-Year Plan for Sports Development,” national sports is a national strategy to protect people’s rights to life and health, improve national quality, and promote the transformation of the sports industry. The emphasis of national sports is on lifelong fitness,

requiring a comprehensive cultivation of the awareness, behavior, and habits of lifelong exercise within a life cycle. In specific practice, it is necessary, on the one hand, to adhere to the evolutionary law of human life, and on the other hand, to use physical education methods in different organizations to put forward scientific exercise methods, so that the subjects can improve their quality of life at both physical and psychological levels, thus promoting the realization of high-quality survival goals.

2.2. Main impact

According to the “Opinions on Building a Higher-Level National Fitness Public Service System,” China is expected to increase the per capita sports area to 2.6 square meters per person in 2025. Under the premise that the infrastructure is guaranteed, national sports will have a comprehensive and far-reaching impact on the country, society, schools, families, and individuals. Taking physical education in primary and secondary schools as an example, first of all, in the practice of physical education in primary and secondary schools under the background of national sports, the concept of lifelong fitness should be introduced. The comprehensive quality physical education goal can be divided into two domains: competitive sports and national sports. In the domain of competitive sports, teaching is carried out focusing on theoretical knowledge, professional skills, and core literacy. In the domain of national sports, teaching is carried out focusing on fitness projects that primary and middle school students are interested in. Furthermore, the deepening reform of physical education should be promoted in accordance with the decomposition of teaching objectives, the expansion of the teaching scope, the construction of teaching courses, the updated teaching modes, and the improvement of teaching evaluation, so as to develop toward “high quality.”

Secondly, primary and middle school students, who are only between 6 and 15 years old, are in the stage of growth. With regard to their mentality and psychology, they require shaping at this stage. Carrying out lifelong physical education in the context of national sports allows students to integrate new ideas, projects, and methods to carry out exercise at all times, in and out of school. Not only will this guarantee healthy physical growth, but also enable better development of perceptual intuition, intellectual analysis, and rational thinking through physical exercise. Furthermore, it will help reduce, eliminate, and break bad behaviors and habits in the adolescent stage. Through this, the consequences from these habits and behaviors would have then had passed the adolescent stage, which would have been difficult for parents, teachers, and students to cope with. This lays a solid foundation for the students’ future education, work, and life.

3. New demands of physical education in primary and secondary schools under the background of national sports

3.1. The need to cultivate lifelong exercise awareness

Under the background of national sports, the concept of physical exercise based on lifelong fitness is emphasized. This concept has been introduced in the teaching of primary and secondary school physical education in recent years. However, the lack of in-depth research on this concept has resulted in the phenomenon where students only understand it on a surface level. The awareness of lifelong exercise has yet to be rooted at the cognitive and behavioral level of students.

National sports and competitive sports are two different types of sports. The concept of lifelong exercise includes several related concepts, including fitness awareness, fitness interest, fitness hobby, fitness behavior, and fitness habits. Moreover, when applying the lifelong fitness ideology system formed by the five main concepts, the requirements of the current “Student Sports Health Standards” must be strictly adhered to, beginning from the stage of growth in primary and secondary schools to dividing the training goals into short-term and long-term ones depending on age: adolescence, young adult, adulthood, prime age, and old age. On the other hand, it is necessary to develop and design fitness projects that are

suitable for primary and secondary school students in consideration of their physical and psychological changes. In this context, the cultivation of primary and secondary school students' lifelong exercise awareness goes beyond simple definitions and explanations. Therefore, in order to achieve high-quality teaching for physical education in primary and secondary schools in the new era, it is necessary to strengthen the cultivation of lifelong exercise awareness.

3.2. The need to optimize physical education curriculum

The physical education work in primary and secondary schools under the background of national sports is made complete through curriculum setting. Some primary and secondary schools have achieved preliminarily completion of curriculum setting in this discipline. Through the refinement of practical experiences and discussion outcomes, the integration of curriculum resources and the design of teaching plans have become the focal points, and the implementation is geared toward "idea-based, technology-based, and talent-based intelligence."

With regard to the former, the application of lifelong exercise and information technology is emphasized, while in the latter, the teaching objectives, teaching modes, teaching tools, teaching methods, teaching evaluation, and other components are listed, aiming to optimize the curriculum and improve the research and development level of teaching programs by optimizing the allocation of resources at all levels. For some primary and secondary schools, the need to optimize the curriculum is apparent; however, the design of the supporting teaching plans is below par. Hence, there is a need to further refine the optimization objects and content.

3.3. The need of multiple evaluations to ensure the teaching effect

In the evaluation of the teaching effect, single-result evaluation is often used in primary and secondary school physical education. In the context of national sports, the teaching content is expanded, with different teaching items; the teaching of the entire sports program is confined to small-class teaching, and there is a shift in the focus of teaching to extracurricular teaching and students' autonomous practice. In such a context, there may be some risks due to incomplete learning, understanding, and improper operation of theories, movements, skills, safety, and other knowledge following a short learning duration prior to entering the independent exploration and practice stage. Hence, it is necessary to carry out multiple evaluations to ensure the teaching effect.

4. Teaching strategies for physical education in primary and secondary schools under the background of national sports

4.1. Cultivate students' awareness of lifelong exercise in combination with the concept of national sports

First of all, based on the "National Fitness Regulations," implemented in 2009, the "Several Opinions on Accelerating the Development of the Sports Industry to Promote Sports Consumption," proposed in 2014, the "14th Five-Year Plan for Sports Development," issued in 2021, and other related documents, it is crucial to study and interpret these documents, sort out the macro-policy, meso-industry, and campus practice content that are related to national sports, redefine the development context of national sports for students as a whole, and establish a complete knowledge structure. Secondly, it is also necessary to promote the practice of lifelong fitness in line with the concept of national sports, construct a fitness ideological system through the combination of concepts in ideological theory, analyze and summarize the five main concepts related to national sports, so that students can understand the concept more comprehensively, and cultivate students' awareness of lifelong exercise with a clear concept and complete content.

4.2. Maximize the advantages of information technology and enhance the research and development level of teaching courses

An “online + online” model based on different information technologies has been established following the reform of physical education in primary and secondary schools through the internet. In terms of curriculum optimization, it would be beneficial to integrate the distinctive components of national sports and competitive sports as well as design fitness and bodybuilding projects that have strong adaptability. Several suggestions are proposed in this section.

- (1) Integrate the concept at a depth level, highlight the benefits of theoretical teaching, and establish new theories based on the aforementioned five main concepts.
- (2) Integrate information technology at the breadth level, and expand the promotion scope of lifelong fitness practice, such as promoting in-class and out-of-class practice.
- (3) Teachers should play the precise role of a teacher, integrate resources to create massive open online course (MOOC) videos, and release them in a timely manner with the help of technology via parent groups, class groups, DingTalk, *etc.*, so as to guide students in their learning and practice of different fitness programs.
- (4) Based on the teaching objectives, teaching modes, teaching methods, teaching tools, and teaching evaluation, the teaching design should include classroom teaching and extracurricular teaching, in addition to lifelong teaching plans. The use of information technology is recommended in the effort of building an integrated teaching model based on “school-family-community” to achieve positive outcomes from online and offline teaching.

4.3. Establish a multi-evaluation plan according to the teaching objectives

First of all, classroom teaching and extracurricular teaching should be divided in accordance with the selection of lifelong exercise projects and the setting of teaching objectives. The evaluation method is then introduced to evaluate theoretical knowledge learning, skill mastery, and several other indicators. The “online punch-in” assessment should be included outside classes to record students’ learning in real time. Through students’ self-evaluation, mutual evaluation, and teachers’ evaluation, students can be guided and corrected in a timely manner. Secondly, in terms of result evaluation, which concerns both theoretical and practical evaluations, weekly, quarterly, semester, and annual evaluations should be carried out according to the timeline and combined with process evaluation for a comprehensive evaluation. Through this, the establishment and application of the multi-evaluation plan can be realized.

5. Conclusion

In the context of national sports, the demand for physical education in primary and secondary schools has changed. It is therefore necessary to deepen the work of physical education in primary and secondary schools in combination with the practical goal of high-quality teaching in the new era. Based on the analysis above, “national sports,” which is rich in content, has a significant impact on primary and secondary school sports. Under this influence, the demands of physical education in primary and secondary schools are focused on three aspects: the cultivation of lifelong exercise awareness, the optimization of physical education curriculum, and the setting of multiple evaluations to ensure the teaching effect. Therefore, it is necessary to begin from the notion of “specific needs, specific analysis, and targeted solutions” in the new era, and integrate it with the concept of national sports, while maximizing the advantages of information technology and formulating effective strategies according to the teaching objectives to promote the development of high-quality sports in primary and secondary schools.

Disclosure statement

The author declares no conflict of interest.

References

- [1] Chen H, 2022, Re-Understanding of Physical Education in Primary and Secondary Schools. *Quality Education in the West*, 8(3): 105–107.
- [2] Song H, 2022, Research on the Arrangement of Sports Games in Primary and Secondary Schools. *Youth Sports*, 6(7): 82–83.
- [3] Sun W, Guo Y, 2020, Under the Background of Healthy China, Research on National Sports Health Literacy. *Sports Fashion*, 14(2): 13.
- [4] Wu T, Chen J, 2020, The Development Dilemma and Strategies of National Traditional Sports from the Perspective of National Fitness. *Sports Culture Guide*, 11(9): 67–72.

Publisher's note

Bio-Byword Scientific Publishing remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.