

# Discussion on the Cultivation of the Core Quality of Middle School Students' Physical Education in Primary School Physical Education Teaching

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**Abstract:** In the context of quality education, a wider exploration of physical education has been carried out, but at the same time higher requirements have been put forward for school sports courses. It is essential to pay attention to the teaching and training of physical knowledge and skills in physical education training as well as cultivate the core physical literacy of primary school students. The core quality of physical education is the main part of the basic quality of primary and middle school students, which is of great significance to their learning and development. This article will explore the training methods of primary and middle school students' basic quality in school physical education courses for reference.

**Keywords:** Physical education; Core literacy; Training strategies; Curriculum standards

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## 1. Introduction

In education, the basic position of physical education is very important. In addition to improving students' physical and mental health, it can also set them up for future success. By systematically understanding and practicing sports proficiently, students can develop their physical, mental, and moral character. The current age group is a critical moment for children's growth. Therefore, when conducting physical education classes, teachers should not only provide rich physical education courses but also pay attention to cultivating children's comprehensive quality to promote their overall growth.

## 2. The concept and characteristics of the core literacy of physical education

According to the latest syllabus, teachers need to use effective and scientific teaching methods to cultivate students' core qualities, so that they are proficient in all learning content and have good practical skills to better face daily life challenges. "Core literacy" can be understood as a comprehensive assessment of a person's professional level and ability. It can help a person understand and develop their professional field more comprehensively, as well as integrate into their professional field more quickly. For example, the word "sports" can be understood as a comprehensive evaluation of a person's professional level and ability, which can help a person understand and develop their professional field more comprehensively, as well as integrate into their professional field. Individuals can improve the mastery of their sport by putting their sports knowledge into practice<sup>[1]</sup>.

"Sports cognition" can be defined as an individual mastering the basic concepts of sports, including basic theories, methods, and steps, which then carry out better daily physical training and thus achieve a

good state of health. “Healthy” means that an individual has a certain awareness of health, will actively participate in daily physical training, and always maintain a positive attitude. “Good social adaptability” means that through effective training, an individual can not only improve physical and mental qualities but also integrate into the social environment more actively. Given precise definitions, a scientific basis for the setting of physical education courses and the construction of knowledge can be provided, so as to better cultivate students’ core literacy <sup>[2]</sup>.

### **3. The importance and significance of sports core literacy**

#### **3.1. Lay a good physical foundation**

Attention is given to the fundamental function of the body for enhancing physical fitness. In order to meet the needs of the times and the development of the economy and society, physical fitness is the capital of the revolution. Groups with high core physical fitness can certainly exercise for life, and they can also exercise independently and live a healthy life, and keep their bodies in a healthier state for a long time.

#### **3.2. Improve the sports awareness of the whole people and enhance their physical health**

Cultivating students’ sports core literacy enable students to exercise independently, which is conducive to improving students’ physical fitness. Students who master the fundamentals of sports, sports skills, and scientific methods of exercise are better able to improve their ability to exercise independently. This will be a lifelong benefit as it improves their physical awareness and enhances their physical fitness level.

#### **3.3. Shaping comprehensive talents adapting to social development**

Improving the professional quality of students in physical education enables them to have excellent psychological control skills. The level of work pressure across various industries in contemporary society is extremely high. Many mental diseases may arise if students do not have excellent self-regulation skills. To successfully handle social work in the future, students need to enhance their psychological control skills and social adaptation.

### **4. Main content of core literacy training in physical education**

#### **4.1. Cultivate healthy and hygienic behaviors.**

In today’s society, maintaining physical and mental health and well-being has become everyone’s responsibility. Therefore, a good environment is required for physical and mental development in elementary school, so that children can enhance their physical and mental health through daily exercise and communication. Meanwhile, it is recommended to actively participate in various sports that allow children to continuously improve their physical and mental states during the process of sports and exercise, as a means to improve their physical and mental health. Hence, students’ development of good health and hygiene habits can be achieved through learning about their behaviors and habits <sup>[3]</sup>.

#### **4.2. Teach sports skills.**

Children’s physical and mental health can be improved through systematic curriculum and targeted assistance. However, relying solely on the direct guidance and coercion of teachers may leave children feeling exhausted and reduce their physical fitness. Especially in elementary school, children’s cognitive levels may not be high enough. Therefore, teachers should take cultivating children’s core values of sports as a key task, and let children contact and practice various beneficial sports in class, thereby improving their overall quality.

## **5. Problems in the process of cultivating the core literacy of primary school sports**

### **5.1. No established scientific training system**

In order to improve children's physical fitness, their physical and mental health can be strengthened through a comprehensive physical education program. This requires a development of a comprehensive training plan and ensuring its implementation accurately. At the same time, teachers are required to guide children seriously and responsibly, so that they can better understand and be familiar with these contents. Through these measures, children may be able to better develop their physical fitness and be more willing to communicate with others, leading to better integration into society. Students can then realize the value of sports and find sports as a joyful and marvelous activity. Meantime, teachers are recommended to design a set of sports plans suitable for students according to their characteristics and allow them to participate in it so that the students' sports skills and core literacy can be better cultivated. However, currently, many primary school physical education courses have not established a complete training system, which makes them unable to fully develop their potential, thereby interfering with children's physique and ability development <sup>[4]</sup>.

Due to the traditional education model, many primary school teachers lack pertinence when conducting physical training and only allow students to perform a single training. This leads to students' fatigue, reducing their enthusiasm for sports and hindering their development of core sports literacy.

### **5.2. Lack of attention to the cultivation of the spiritual quality of primary school students**

Children's physical education needs to be improved so that they can not only use the acquired sports knowledge skillfully but also develop the perseverance that is crucial for their growth. Many outstanding athletes have won Olympic gold medals. Their tenacity and perseverance are the main driving forces behind all of these achievements. However, the current elementary school physical education teachers do not focus enough on fostering children's perseverance, which causes them to be easily frustrated when encountering challenges, lose interest in participating in physical exercise, and ultimately result in their ineffective development of core abilities. Resilience is vital to children's physical and mental health while providing a solid foundation for their future development.

In-depth research showed that many primary school physical education teachers are not aware of the importance of physical education courses in cultivating students' various qualities during the teaching process. For example, when teaching basketball techniques, they often focus on imparting knowledge and demonstrating techniques followed by allowing students to move freely and form teams to compete without paying attention to cultivating their spiritual qualities.

## **6. Strategies for cultivating students' core literacy in primary school physical education teaching**

### **6.1. Stimulate participation interest and strengthen literacy cultivation**

By using interests as a guide, the physical education classroom can be explored in greater depth to create a relaxed, harmonious, and fun-filled classroom atmosphere, help students to study more attentively, and enhance their understanding of classroom content. More people can be engaged through a variety of games to promote their active participation in the classroom content. For students of different ages, curriculum content can be formulated according to their personalities and their interest can be stimulated through appropriate teaching activities. At the same time, humanistic education should be the priority to broaden the scope of sports and moral education and to fully develop core abilities. Through the vibrant and challenging activity, students not only acquire knowledge faster and stimulate their competitive nature but also greatly improve the effectiveness of the classroom.

## **6.2. Pay attention to theoretical study and cultivate the foundation of sports culture**

Generally speaking, primary school physical education includes a series of recreational and competitive sports, such as swimming, running, playing table tennis, and badminton. But some people think that it is more like a comprehensive course that includes both theoretical knowledge and practical operation. Therefore, when conducting elementary school physical education classes, teachers need to care about the physical and mental health of students and help them better understand and master the basic knowledge of physical education. The phrase, “to promote their self-awareness, they must be subjective,” emphasized the importance of effective classroom teaching in enabling students to comprehend and apply the phrase in depth to succeed, which will then develop their passion and devotion to sporting activities. Therefore, in order to improve the physical and mental health of primary school students, teachers need to continuously improve their teaching concepts and methods, and focus the curriculum on practical activities, such as improving physical and mental health through the use of various multimedia and sports equipment <sup>[5]</sup>.

## **6.3. Strictly design the teaching process to cultivate rule awareness and cooperation ability**

Rules, teamwork, and core competencies are essential in sports disciplines. Although competition is inevitable, adhering to the rules is more important. Teamwork is the key to improving the team’s cooperation and competitiveness during the game and ultimately winning. Under the guidance of physical education core literacy, teachers should focus on cultivating students’ awareness of rules and cooperation ability, so that they can better abide by the rules in daily life, study, and future life journey, and can establish a good relationship with other associations.

## **7. Conclusion**

In primary school physical education teaching, cultivating students’ core sports literacy is very important for the growth of students. Teachers should take the core literacy of students as an important criterion for measuring the physical ability of primary school students, fully consider the actual situation and needs of students, set up courses, and help them participate effectively. Moreover, teachers also need to integrate humanistic thinking into sports education courses that can not only cultivate their sports awareness but also cultivate their practical skills, which is crucial for their future development.

## **Disclosure statement**

The authors declare no conflict of interest.

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