

# Analysis of Teaching Strategies for Physical Education in Primary and Secondary Schools from the Perspective of Core Literacy

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**Abstract:** Physical education is an important course to cultivate students' good physical quality and sports skills. It is a necessary way to improve students' physical literacy and an important link to promote the overall development of students' comprehensive quality. Sports core literacy summed up students in the physical education classroom teaching to master the knowledge, skills, quality, in order to improve students' sports ability, practical ability, social adaptability, etc., for teachers teaching activities and student learning to make guidance. In this context, this paper will combine core literacy with physical education in primary and secondary schools, briefly analyze the value of its application to physical education in primary and secondary schools, and then explore relevant teaching strategies to improve teaching quality and efficiency, give full play to the advantages of physical education in promoting students' comprehensive development, help students constantly improve core literacy, and make contributions to the reform of physical education in primary and secondary schools in China.

**Keywords:** Core accomplishment; Primary and secondary education; Physical education; Teaching strategy

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## 1. Introduction

Under the background of new times, China's education has been developing continuously, and cultivating students' core literacy has become an important educational goal. Physical education is an important part of the fifth education, attaching importance to the reform of physical education teaching in primary and secondary schools is an important measure through the teaching concept of the fifth education, and cultivating students' good physical education core literacy is an indispensable factor for students to achieve lifelong development and adapt to social development<sup>[1]</sup>. With the continuous in-depth development of quality education, physical education in primary and secondary schools has been paid more attention by all parties. However, there are still many drawbacks in the current physical education courses in some schools, such as the occupation of physical education periods, the single teaching content, and the outdated teaching methods, which are not conducive

to cultivating students' good physical quality and exercise habits. Integrating the core quality into the physical education of primary and secondary schools is of great help to break through the traditional physical education barriers and improve the quality and effect of physical education in primary and secondary schools, so as to better lay a solid foundation for the comprehensive development of students.

## **2. The concept analysis of the core quality of physical education**

Core literacy is a new task and goal that teachers should actively face in the new educational situation. Different from the traditional requirement that students simply improve their knowledge literacy, core literacy pays more attention to the improvement of students' ability, which is in line with the needs of talents for the development of the era. Especially with the proposed fundamental task of cultivating morality and cultivating talents, teachers should take cultivating students' core literacy as the strategic goal of students' lifelong development and put forward targeted teaching strategies according to different disciplines. Therefore, in the practice of physical education teaching reform in primary and secondary schools, teachers should pay full attention to the value of core literacy in improving students' ability, improving teaching quality, and promoting the process of teaching reform. According to the guidance of core literacy, teachers should clarify the direction of future teaching development and explore corresponding teaching methods. The core quality of physical education in primary and secondary schools includes three aspects: sports cognition ability, fitness practice ability and social adaptation ability. The cognitive ability of sports refers to the students mastering certain knowledge and fitness. Sports, health and other related knowledge can understand sports rules, master sports skills, and apply health knowledge to practice, from the cognitive level, to help students establish a correct sports concept, to improve the level of sports paving the way. Fitness practical ability refers to the ability of students to make exercise plans, choose suitable exercise methods and review and reflect. In the face of sports tasks, students can participate in, practice and fitness through their decision-making ability, to encourage students to apply fitness knowledge to real life and form scientific and healthy living habits and fitness habits. Social adaptability, combining fitness activities with the social environment, hopes that students can flexibly cope with the changing fitness environment, have good adjustment ability in physical and mental development, interpersonal communication and other aspects, can adjust emotions in time in complex environmental changes, and actively deal with interpersonal relations to help students better integrate into society.

## **3. The application value of core literacy in physical education of primary and secondary schools**

### **3.1. It is conducive to cultivating students' good physical morality**

Under the requirements of the core quality of physical education, physical education teaching subjects in primary and secondary schools tend to cultivate students' athletic ability, such as speed, flexibility, endurance, explosive, etc. In diversified sports projects, it is helpful to help students shape the spiritual quality of never giving up, surpassing themselves and cultivating good physical character. The value of sports to help students improve their spiritual realm is not only reflected in improving students' participation and enthusiasm in sports classroom teaching but also provides spiritual support for students' daily lives, making it a strong traction for students' lifelong development and healthy growth <sup>[2]</sup>. At the same time, sports classroom activities include some multi-person sports, such as multi-person skipping rope, ball games, etc. Students need to cooperate and cooperate to

complete sports projects, cultivate students' good teamwork ability, and develop mutual respect, solidarity and mutual help in sports character. In addition, in the physical education of primary and secondary schools, there are many sports events, such as sports meetings, sports-level examinations, etc. Students often need to repeat training for a long time to achieve results, actively face difficulties and challenges, and constantly pay efforts and sweat to help students learn to fight bravely and forge ahead with the spirit of sports. Let them bravely face the difficulties in sports competitions and daily life <sup>[3]</sup>.

### **3.2. It is conducive to improving students' excellent athletic ability**

In the process of PE teaching reform in primary and secondary schools, the emphasis on core qualities is conducive to the cultivation of students' good sports ability. Sports ability is an important part of sports core accomplishment. It is not only the basic ability that students need to master, but also has a profound impact on their future study and life. The core accomplishment changes the teaching goal of teachers' physical education from single-skill teaching to comprehensive development, encourages teachers to carry out diversified teaching methods, helps students improve their sports skills and strengthen their sports ability in practice through comprehensive sports activities and sports competitions, and guides students to establish correct sports motivation, stimulate sports interest and cultivate lifelong sports consciousness. It is also conducive to strengthening students' physical quality, improving their ability to resist pressure, and realizing the comprehensive development of physical and mental health <sup>[4]</sup>. In addition, physical education in primary and secondary schools with core literacy as the purpose can effectively meet the needs of individual development of students, pay attention to individual differentiation among students, and respect each student's unique physical conditions and sports preferences, through hierarchical teaching, personalized guidance and other ways, so that each student can achieve achievements in the appropriate field, stimulate athletic potential, and constantly break through their athletic ability.

### **3.3. Help students develop healthy living habits**

Teachers' cultivation of students' core qualities should not only be applied to physical education classroom teaching, but also extend to daily life, encourage students to take active exercise in daily life, cultivate good fitness habits, and achieve healthy life and healthy growth <sup>[5]</sup>. Integrating core quality into physical education teaching in primary and secondary schools not only pays attention to the current students' physical education learning but also pays more attention to its far-reaching significance in helping students develop healthy living habits, laying a good foundation for students' lifelong development. Physical education exerts great importance on the cultivation of students' good physical quality, constantly permeates health awareness, and provides a guarantee for students' healthy life in the future. In addition, along with competition and challenges, sports activities not only cultivate students' core quality but also permeate students' positive attitude towards life and good self-management ability so that students can better cope with the joy of success and the frustration of failure. With a positive and healthy mental state, students face the pressure in life and study to achieve healthy development.

## **4. The core quality in primary and secondary physical education of the application of strategies**

### **4.1. Updating the teaching concept to ensure the teaching level**

Advanced teaching concepts are not only a guide for teachers to carry out teaching design and teaching activities,

but also a powerful driving force for students to take the initiative to learn. Only by updating the teaching concept to keep up with the development of the era and social progress, can the teaching design be optimized to carry out teaching activities more effectively<sup>[6]</sup>. The renewal of the teaching concept includes two contents:

(1) The transformation of teaching methods

Traditional teaching is limited to the mode of “I teach you to learn” and “I talk you listen.” Teachers often use a single means and tools to carry out teaching activities, and students, as the input of knowledge, are unable to carry out in-depth understanding and thinking. With the popularization and development of science and technology, teachers’ teaching ideas have also changed. Multimedia technology is used to create an immersive learning atmosphere and stimulate students’ enthusiasm for active learning. Sports teaching has high requirements for movement norms, and it needs to improve its accuracy with the help of multimedia technology. This can not only improve teaching efficiency but also cultivate students’ learning drive.

(2) Standardize the teaching objectives

The traditional assessment methods are mostly based on the student’s scores on the paper, and the teaching objectives are confined to the framework of high scores in the exam. With the updating of teaching concepts, teachers should take cultivating comprehensive talents as the goal and improving students’ comprehensive quality and core accomplishment as the core. Physical education classroom is an important way to improve students’ physical quality, which lays the foundation for efficient cultural learning. At the same time, teachers should establish the concept of “lifelong learning”, and integrate the idea of constantly improving their development and improving their core qualities into daily teaching practice, so that students can be imperceptibly influenced positively. In a word, advanced teaching concepts play a positive role in promoting teaching activities, which is conducive to carrying out the cultivation goal of core literacy in physical education<sup>[7]</sup>.

## **4.2. Construct co-construction classroom to improve the teaching effect**

Traditional teaching methods often immobilize the role of transmission between teachers and students. As the supplier of knowledge, teachers unilaterally carry out the teaching design, that is, they stipulate the teaching content and assessment methods. As the receiver of knowledge, students take the completion of the stylized learning task as the goal, ignoring the profound connotation of knowledge, unable to effectively understand and master the relevant content. Therefore, paying attention to the cultivation of core qualities in primary and secondary school physical education and building a classroom jointly built by teachers and students are conducive to improving the teaching effect. On the one hand, create a teacher-student cooperation model. As the two main bodies of physical education activities, teachers and students need to have full communication and actively participate in teaching practice to improve teaching results. To change the fixed and stylized role allocation, teachers have a higher proficiency in relevant teaching content, but students are faced with new knowledge, which also contains the possibility of generating new ideas. Therefore, teachers and students should focus on knowledge points in physical education, actively carry out teacher-student interaction, and take the initiative to express views and opinions to stimulate the vitality of the classroom and create a good learning atmosphere<sup>[8]</sup>. On the other hand, a platform for cooperation between students should be built. Cooperative learning is conducive to creating an interactive communication environment and a space for independent exploration and thinking for students, who can fully express themselves, communicate equally, and learn from each other. Cooperation among students means teachers’ “delegating power,” that is, giving the class back to the students and giving them enough space to learn. Students can know the different views of people with the same status and role as themselves, which is conducive to opening their horizons and enriching their understanding of

sports knowledge. Collective learning is conducive to creating a more harmonious and united environment for the whole physical education classroom so that students' learning quality and learning efficiency can be continuously improved <sup>[9]</sup>.

### **4.3. Develop the school-based curriculum to highlight teaching characteristics**

Physical education should overcome the tendency of homogeneity and take a distinct orientation as the philosophy and style of running a school. Highlighting the characteristics of physical education teaching can not only enhance students' physical literacy but also help cultivate sports talents with distinctive characteristics. Physical education in primary and secondary schools should actively develop school-based classrooms, create characteristic and personalized physical education, and integrate core qualities into related classes to highlight the advantages and conditions of the school <sup>[10]</sup>. At the same time, the national physical education teaching plan will be transformed into a teaching practice suitable for the learning needs of the students, combined with the goals and requirements of different levels, and finally form a physical education curriculum with the characteristics of the school. Teachers and students should fully understand the history and development of the school in which they are located and learn about the relevant cultural knowledge. The combination of school development, physical education teaching and personal development can not only improve students' basic physical literacy but also help develop special physical education courses to enhance students' core literacy. In addition, physical education in primary and secondary schools should also develop more advantages according to the characteristics of the school. Students can have the autonomy to choose projects to create a good atmosphere of active learning and active exercise. School-based classrooms can stimulate students' interest in sports, and form the habit of participating in sports activities through a change of attitude and behavior, which lays a solid foundation for improving physical quality and core literacy. At the same time, physical education in primary and secondary schools should create a special school-based curriculum according to the history, culture and teaching conditions of the region <sup>[11]</sup>. This not only helps students to get in touch with regional culture and school culture to enhance their cultural accomplishment but also stimulates students' interest in sports. They actively participate in sports classes, which can enhance their sports accomplishment.

### **4.4. Integrating sports spirit to help teaching practice**

Sportsmanship is an important part of the spirit of the era and the Chinese spirit. If physical education in primary and secondary schools wants to cultivate students' core qualities, sports spirit must be integrated into daily classroom activities. For example, teachers can tell students the excellent deeds of Olympic athletes, infect students with their indomitable struggle and spirit of not giving up, and cultivate students' strong will and endurance. Sportsmanship is a strong support for participating in sports activities. After a long time of physical training and the torture of illness, sports celebrities stick to it with their firm will and finally achieve remarkable results. Such deeds can show the power of example learning. Whether in sports learning or the daily life of students, the sportsmanship embodied in them can provide them with strong motivation and support <sup>[12]</sup>. These spiritual elements are an important embodiment of outstanding core qualities, and students should draw on their strength to internalize the qualities of perseverance, hard work and struggle into their personality characteristics <sup>[13]</sup>. At the same time, teachers should also teach by example, because teachers are the objects of direct contact with students, and their attitudes and behaviors will have a certain impact on students. By integrating sportsmanship into their daily activities, students can feel the power of the teacher to form a healthy lifestyle and a positive attitude towards life. The improvement of students' core accomplishments can further stimulate their enthusiasm

and initiative in learning, and finally promote the development of physical education teaching practice in primary and secondary schools, and realize the goal of improving the efficiency of physical education teaching <sup>[14]</sup>.

## 5. Conclusion

Under the background of the new era, it is necessary to fully combine the cultivation of core qualities with physical education teaching in primary and secondary schools, which is not only the inevitable requirement of education development but also the basic demand of education system reform. Teachers and students need to establish a good interaction mechanism, and both sides should maintain good communication and exchange in physical education teaching. This can not only enrich teachers' PE teaching practice, but also improve students' core qualities, and build a multi-level and comprehensive PE classroom by creating a positive sports atmosphere. Therefore, the core quality in physical education teaching, physical education promotes the core quality, and the two show a mutually reinforcing and mutually promoting relationship <sup>[15]</sup>. The reform of physical education in primary and secondary schools means the progress of teaching mode and teaching objectives, the enhancement of students' core literacy and the cultivation of the comprehensive development of talents, which is the concrete embodiment of education following the development of the era. No matter the school, teachers or students, they should take the initiative to devote themselves to the practice of physical education, and jointly promote the progress of teaching and education development.

## Disclosure statement

The author declares no conflict of interest.

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