

Reflections on Integrating Red Sports Culture into School Physical Education

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Abstract: Red sports culture, rooted in China's revolutionary history, integrates physical activities with the spirit of perseverance, unity, and patriotism. As China's educational reforms increasingly emphasize holistic development, incorporating red sports culture into school physical education has emerged as a vital approach to fostering students' physical, mental, and moral growth. This study explores the educational value of red sports culture and its integration into PE curricula. By analyzing its historical origins, core values, and practical case studies, the research highlights how red sports culture enriches PE's ideological depth, enhances student engagement, and achieves dual goals of physical fitness and moral cultivation. Innovative teaching methods, such as theme-based simulations of historical events (e.g., the Long March), experiential learning, and curriculum redesign, are shown to strengthen patriotism, teamwork, and resilience. Student feedback and assessments demonstrate improved physical health, historical awareness, and social responsibility. The study concludes with recommendations for policy support, teacher training, and diverse cultural activities to further leverage red sports culture in nurturing well-rounded, socially responsible students.

Keywords: Red sports culture; School physical education; Educational integration; Moral cultivation; Patriotic education; Curriculum innovation

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1. Introduction

Red sports culture originates from the practice of early revolutionary activities in China, with its core being the integration of sports and revolutionary history to convey the spirit of perseverance, unity, and relentless struggle. In traditional Chinese culture, sports are not only a means of physical fitness but also an important carrier for cultural heritage and spiritual promotion. Red sports culture, drawing on the struggle of revolutionary martyrs, promotes revolutionary spirit, patriotism, and national integrity through sports activities^[1]. In recent years, with the continuous deepening of educational reform, the importance of sports in education has become increasingly prominent. Physical education not only helps students master sports skills but also emphasizes

cultivating students' willpower, team spirit, and sense of responsibility through sports activities. As a unique form of cultural heritage, red sports culture has particularly prominent educational value. By combining revolutionary historical stories with sports, it helps students understand the country's past, present, and future, inspires patriotism, and fosters social responsibility. This study aims to explore the application value of red sports culture in education, particularly its significance in integrating into school physical education. By studying the role of red sports culture in education, researchers can better understand its unique advantages in cultivating students' physical fitness, psychological quality, and core values. Specifically, the objectives of this study are as follows. To reveal the core connotation of red sports culture: By analyzing the historical background, cultural value, and spiritual connotation of red sports culture, and to provide a theoretical basis for educational practice. Exploring the application value of red sports culture in education: Investigate the specific role of red sports culture in cultivating students' team spirit, fighting spirit, and revolutionary sentiment. Clarifying the significance of integrating red sports culture into school physical education: Analyze the points of convergence between red sports culture and school physical education to provide feasible guidance for educational practice.

The significance of studying the application of red sports culture in education lies not only in its innovation in educational methods but also as an important path for cultural heritage and educational reform. Integrating red sports culture into school physical education can not only enhance students' physical fitness and mental health but also help students better understand the country's history and culture, cultivate correct values, and promote their comprehensive development. Additionally, the integration of red sports culture can drive educational reform, enrich the school curriculum system, and improve educational quality. Studying the application of red sports culture in education holds significant theoretical and practical value. It not only contributes to deepening the understanding of red sports culture but also provides useful insights for the reform of school physical education. Through this study, researchers hope to provide new ideas and directions for the application of red sports culture in education.

2. Overview of red sports culture

Red sports culture, as a unique cultural form, originates from the practice of early revolutionary activities in China. Its core lies in combining sports with a revolutionary spirit, conveying the tenets of perseverance, unity, and relentless struggle. Red sports culture is not only an extension of sports activities but also a vivid manifestation of China's revolutionary history and traditional culture, possessing profound historical significance and practical value.

2.1. Definition and connotation of red sports culture

Red sports culture refers to the cultural phenomenon of integrating the revolutionary spirit of the Red Army with sports. It draws on the struggle of Chinese revolutionary martyrs as its background and promotes patriotism, revolutionary spirit, and collectivism through sports. Red sports culture is not merely a collection of sports activities but also a carrier of cultural heritage and spiritual transmission. The definition of red sports culture can be expanded from the following five aspects.

Origin and development: Red sports culture originated from the practice of the early revolutionary activities of the Chinese Communist Party. During the Revolutionary War years, revolutionary martyrs

transmitted the revolutionary spirit through sports and cultivated the willpower of future generations of revolutionaries. Red sports culture has evolved differently in various historical periods. For example, during the socialist construction period, red sports culture was used to inspire patriotism among the people; after reform and opening up, it was infused with new connotations and became an important force driving sports reform.

Cultural value: The value of red sports culture is not only embodied in sports activities but also its profound cultural connotations and spiritual strength. Through sports, it conveys the perseverant revolutionary spirit, the collective spirit of unity and cooperation, and the striving spirit of winning honor for the country. The value of red sports culture also lies in its promotion of human comprehensive development, which not only enhances physical fitness but also elevates willpower, mental health, and value pursuit.

Revolutionary spirit: Red sports culture conveys the revolutionary spirit of fearlessness sacrifice and heroic struggle, which is an important reason for the success of the Chinese Communist Party's revolution.

Collective spirit: Red sports culture emphasizes teamwork and collective struggle, which is an indispensable spiritual pillar in contemporary society.

Striving spirit: Through sports, red sports culture promotes the spirit of down-to-earth and unremitting struggle, inspiring people to constantly pursue excellence.

Patriotism: Deeply rooted in the excellent traditional culture of the Chinese nation, red sports culture inherits the patriotism of the Chinese nation and inspires the people's national pride and sense of responsibility.

2.2. Spiritual value of red sports culture

The spiritual value of red sports culture is mainly reflected in the following four aspects.

Inheritance of collective spirit: Red sports culture emphasizes teamwork and collective struggle, which is highly consistent with the collective spirit in socialist core values. Through red sports activities, people can learn to listen to others' opinions, respect others' strengths, and work together, thereby cultivating a stronger sense of teamwork and collective honor.

Promotion of striving spirit: Red sports culture promotes the spirit of fearlessness of difficulties and courage to strive through sports. This spirit not only inspires people to overcome difficulties and pursue excellence in daily life but also cultivates the tenacious quality of never giving up.

Inheritance of revolutionary spirit: Red sports culture conveys the revolutionary spirit of fearlessness sacrifice and heroic struggle, which is of great significance for inspiring people's patriotic enthusiasm and national pride. Through red sports activities, people can more deeply understand the sacrificial spirit of revolutionary martyrs and be inspired and motivated.

Enhancement of patriotic feelings: Deeply rooted in the excellent traditional culture of the Chinese nation, red sports culture inherits the patriotism of the Chinese nation. Through red sports activities, people can more deeply understand the country's history and culture, thereby enhancing their sense of identity and belonging to the country.

2.3. Historical stories and figures of red sports culture

The historical stories and figures of red sports culture are essential components of red sports culture. These stories and figures are not only the spiritual wealth of red sports culture but also important resources for its education and inheritance. Here are some revolutionary stories and heroic figures related to red sports culture.

Inheritance of the Long March Spirit: In the history of the Communist Party of China, the Long March

spirit is an important part of red sports culture. The Long March was a great historical process undertaken by revolutionary martyrs for the liberation of the country and nation, filled with hardships and touching stories. Through red sports activities, people can more deeply understand the connotation of the Long March spirit and be inspired and educated.

Heroic figures in the Anti-Japanese War: During the Anti-Japanese War, red sports culture promoted patriotism and national unity through sports. Many revolutionary martyrs transmitted the revolutionary spirit through sports during the war years, cultivating the people's patriotism. For example, during the Anti-Japanese War, the Eighth Route Army and the New Fourth Army, among others, made tremendous contributions to China's liberation cause through fierce battles and sports training.

Heroic deeds in the Liberation War: During the Liberation War, red sports culture conveyed the heroic deeds and revolutionary spirit of revolutionary martyrs through sports. Many heroic figures demonstrated their indomitable and fearless fighting spirit through sports performance. For example, Zhu De, Chen Yun, and other older-generation revolutionaries inspired the broad masses of the people and promoted the progress of the Liberation War through red sports activities.

Sports spirit after reform and opening up: After reform and opening up, red sports culture was infused with new connotations. Through sports, people gained a deeper understanding of the striving spirit and collectivism in socialist core values. For example, many enterprises promoted teamwork and striving spirit through red sports activities, thereby fostering a positive cultural atmosphere within the enterprise.

The historical stories and figures of red sports culture are not only the spiritual wealth of red sports culture but also important resources for its education and inheritance. Through these stories and figures, people can more deeply understand the connotation of red sports culture and be inspired and educated. As a unique cultural form, red sports culture possesses significant practical and historical value in its definition, connotation, spiritual value, and historical stories. It is not only a form of sports but also a carrier of cultural heritage and spiritual transmission. Through red sports culture, researchers can better understand the country's history and culture, inherit the revolutionary spirit, cultivate collectivism and striving spirit, and thus contribute to social harmony and progress.

3. The value of integrating red sports culture into school physical education

Red sports culture, as a unique cultural form, embodies its value not only in sports activities themselves but also in their profound ideological connotations and educational significance. Integrating red sports culture into school physical education can effectively enhance the ideological and educational aspects of physical education courses, stimulate students' enthusiasm for participating in sports activities, and simultaneously promote the comprehensive development of students' physical fitness and spiritual qualities. The following is a detailed analysis of the value of integrating red sports culture into school physical education from three aspects.

3.1. Enriching the ideological connotation of physical education courses

Red sports culture is an essential component of the excellent traditional culture of the Chinese nation, with its core spirits including revolution, struggle, unity, and patriotism. Integrating red sports culture into school physical education can enrich the ideological connotation of physical education courses, making them no longer limited to the transmission of skills but rather an important vehicle for conveying socialist core values.

Firstly, red sports culture can enhance the ideological nature of physical education courses. Through red sports activities, students can feel the influence of red culture in sports, understand the struggle spirit of revolutionary martyrs, and the importance of national unity. This integration of ideology can not only enhance students' patriotism but also cultivate their unyielding willpower. For example, in academic teaching, teachers can guide students to deeply understand the connotation of red sports culture through red sports stories and deeds of red sports figures, thereby elevating their ideological level.

Secondly, red sports culture can promote the deep integration of physical education and moral education. Through red sports activities, students can feel the importance of teamwork in sports, learn to face difficulties and overcome challenges together, thereby cultivating team spirit and collectivism. This moral education process can not only enhance students' sense of collective identity but also help them establish correct values and outlooks on life ^[2].

In addition, red sports culture can inspire students' sense of mission and responsibility. Through red sports activities, students can feel the positive meaning of their strength to society in sports, thereby inspiring their sense of mission to contribute to the realization of the Chinese Dream of national rejuvenation. This integration of ideology can not only enhance students' social responsibility but also stimulate their intrinsic motivation for progress in study and life.

The integration of red sports culture into school physical education can effectively enhance the ideological nature of physical education courses, making them an important channel for conveying socialist core values.

3.2. Stimulating students' enthusiasm for participating in sports activities

Due to its rich cultural connotation and strong spirit of the times, red sports culture has a strong interest and popularity, which can effectively stimulate students' enthusiasm for participating in sports activities and thereby achieve the goal of a "Healthy China."

Firstly, red sports culture can stimulate students' interest in sports activities. Traditional physical education often focuses on boring theoretical explanations and repetitive exercises, which can easily lead students to lose interest in sports. However, red sports culture integrates revolutionary spirit, historical stories, and cultural elements into sports activities, making sports more lively and interesting ^[3]. For example, red sports courses can simulate battle scenes during the Revolutionary War period, allowing students to experience the fun of sports in the process of "fighting and struggling", thereby stimulating their enthusiasm for participating in sports activities.

Secondly, red sports culture can enhance students' participation awareness. Through red sports activities, students can feel the importance of teamwork in sports, thereby cultivating their positive mental state. This participation awareness can not only improve students' sports participation but also enhance their sense of collective belonging and cohesion. For example, in red sports activities, students can complete tasks through teamwork, thereby feeling the power of the collective and the importance of team spirit.

Furthermore, red sports culture can stimulate students' sense of competition. Through red sports competitions, students can feel their progress and growth in competition, thereby enhancing their self-confidence and resilience. This positive participation attitude can not only improve students' sports skills but also promote their mental health development.

In general, red sports culture can effectively stimulate students' enthusiasm for participating in sports activities due to its interest and popularity, thereby injecting new vitality into school physical education.

3.3. Promoting the educational effect of “physical fitness” and “mental cultivation”

Red sports culture is not only a sports activity but also an educational tool. Through red sports activities, students can not only improve their physical fitness but also achieve spiritual sublimation through the spiritual core of red culture. This dual educational effect of “physical fitness” and “mental cultivation” can achieve the overall goal of physical education.

Firstly, red sports activities can effectively improve students’ physical fitness. Through red sports courses, students can not only enhance their physical fitness in sports but also improve their cardiorespiratory function, muscle strength, and flexibility through high-intensity training. This improvement in physical fitness can not only lay the foundation for student’s future study and life but also enhance their disease resistance, thereby achieving the teaching goal of “building a strong physique”^[4].

Secondly, red sports activities can promote the integration of students’ bodies and minds. Through red sports activities, students can feel the interaction between their bodies and the external environment in sports, thereby enhancing their control and adaptability over their bodies. This sense of body ownership can not only improve students’ sports skills but also enhance their self-confidence and sense of responsibility.

Moreover, red sports activities can promote students’ moral improvement and personality perfection through the spiritual core of red culture. Through red sports activities, students can feel the importance of teamwork in sports, learn to face difficulties and overcome challenges together, thereby cultivating their team spirit and collectivism. At the same time, red sports activities can also stimulate students’ sense of mission and responsibility, enabling them to establish correct values and outlooks on life.

Overall, red sports culture can achieve the overall goal of school physical education by promoting the educational effect of “physical fitness” and “mental cultivation”, providing strong support for students’ comprehensive development.

4. Practical cases of integrating red sports culture into school physical education

Red sports culture, as an important component of socialist culture with Chinese characteristics, encompasses the core spirits of revolution, struggle, unity, and patriotism. Integrating it into school physical education not only enhances the ideological depth of physical education courses but also stimulates students’ enthusiasm for participating in sports activities, promoting the educational effects of both “physical health” and “mental cultivation”^[5]. This article will analyze practical cases of integrating red sports culture into school physical education through specific examples, exploring innovations in teaching methods, student feedback, and effect evaluations.

4.1. Teaching case analysis

When integrating red sports culture into physical education, a middle school adopted the theme of “red classics”, combining revolutionary historical stories with physical education courses. The school selected the red theme of the “Long March Spirit” and designed a series of teaching activities.

Case 1: Red physical education class on the Long March theme. In the “Long March Spirit” red physical education class, teachers simulated scenarios along the Long March route to allow students to experience the hardships faced by Red Army soldiers. For example, students had to complete a series of physical training exercises in a simulated snowy mountain environment, including rock climbing and obstacle courses. Through this situational teaching method, students not only exercised their physical fitness but also profoundly felt the

fearless and forward-looking spirit of the Red Army soldiers. Additionally, teachers introduced the difficulties overcome and achievements made by the Red Army soldiers during the Long March through storytelling. During the lectures, students not only learned physical education knowledge but also gained a deeper understanding of the spiritual connotations of red culture.

Case 2: Red sports and patriotism education. An elementary school integrated red sports culture into patriotism education by designing a “red classics” running drill activity. In this activity, students experienced the marching training of ancient soldiers by imitating ancient warfare scenes. For instance, students had to complete queue training within a specified time and perform war songs and queue movements from ancient wars. Through this running drill activity, students not only enhanced their physical fitness but also profoundly felt the discipline and team spirit of ancient warriors. Simultaneously, teachers explained the historical backgrounds and significance of ancient wars in conjunction with red stories, further strengthening students’ patriotic sentiments.

4.2. Innovation in teaching methods

The key to integrating red sports culture into school physical education lies in the innovation of teaching methods. Some specific teaching methods are as follows.

4.2.1. Thematic teaching

Thematic teaching is a method that revolves around a central theme and guides students through situational learning^[6]. For example, in a “red classics” themed physical education class, teachers simulate ancient warfare scenes to allow students to experience the tense atmosphere of war. Students need to complete a series of tasks within a limited time, such as evading enemy pursuit. Through this teaching method, students not only exercise their physical fitness but also feel the profound connotations of red culture. Concurrently, teachers can explain the historical backgrounds behind the wars by incorporating red stories, further enhancing students’ patriotic sentiments.

4.2.2. Situational teaching

Situational teaching is a method that simulates real-life situations to enable students to “learn by doing.” For instance, in a “Long March Spirit” physical education class, teachers simulate a snowy mountain environment to allow students to experience the hardships faced by Red Army soldiers. Students need to complete a series of physical training exercises within a limited space and accomplish tasks through teamwork. Through this teaching method, students not only exercise their physical fitness but also feel the spiritual power of red culture. Additionally, teachers can guide students to recall the historical deeds of Red Army soldiers, further strengthening their patriotic emotions.

4.2.3. Experiential teaching

Experiential teaching is a method that deepens students’ understanding of knowledge by allowing them to personally experience certain situations. For example, in a “red classics” running drill activity, students need to experience the marching training of ancient soldiers. Teachers can simulate ancient warfare scenes through performances, allowing students to feel the charm of red culture through real-life experiences. Through this teaching method, students not only exercise their physical fitness but also deeply understand the connotations

of red culture. Concurrently, teachers can guide students to reflect on their behavior, further strengthening their patriotic sentiments.

4.3. Student feedback and effect evaluation

To verify the practical effects of integrating red sports culture into school physical education, schools conducted comprehensive feedback and effect evaluations on students.

4.3.1. Student feedback

In the “Long March Spirit” red physical education class, students generally reported that it was an interesting and meaningful course. Some students said, “Through this class, I not only exercised my body but also profoundly felt the bravery and unity of Red Army soldiers. This experience gave me a deeper understanding of historical stories.”

Additionally, students indicated that their patriotic sentiments were significantly enhanced through red sports education. One student said, “I only had a simple understanding of red culture before, but now, through personal experience, I profoundly feel the spiritual power of red culture.”

4.3.2. Teacher observation

Through observing students’ participation and performance during teaching, teachers found that red sports education significantly improved students’ motivation for sports and teamwork awareness. For example, in the “red classics” running drill activity, students completed physical training within the specified time and demonstrated a high level of team spirit and discipline.

4.3.3. Effect evaluation

Schools evaluated the effects of red sports education through regular tests and questionnaires. Test results showed that students significantly improved in physical skills, physical fitness, and teamwork awareness. In the questionnaire survey, over 80% of students stated that red sports education gave them a deeper understanding of historical stories and enhanced their patriotic sentiments.

The practical cases of integrating red sports culture into school physical education demonstrate that through thematic, situational, and experiential teaching methods, students’ physical literacy and ideological awareness can be effectively enhanced. Concurrently, red sports education can stimulate students’ enthusiasm for participating in sports activities, promoting the educational effects of both “physical health” and “mental cultivation.” In the future, schools can continue to explore ways to integrate red sports culture with physical education, further enhancing students’ overall quality and comprehensive development.

5. The path of integrating red sports culture into school physical education

Red sports culture, as an essential component of the Chinese national spirit, encompasses core elements such as revolution, struggle, unity, and patriotism. Integrating it into school physical education not only enhances the ideological nature of physical education courses but also stimulates students’ enthusiasm for participating in sports activities, promoting the educational effects of “physical fitness” and “mental cultivation.” This article explores the path of integrating red sports culture into school physical education from aspects such as innovative teaching methods, curriculum design and textbook development, campus cultural construction, social practical activities, and teacher roles and training.

5.1. Innovative teaching methods

Traditional physical education tends to focus on skill transmission, neglecting the importance of ideological education. To integrate red sports culture into physical education, innovative teaching methods are required to naturally incorporate red cultural elements into the classroom. Thematic experiential teaching is a method that uses themes as the core, combines specific situations, and guides students to actively participate and experience. For example, in a “Red Classics” themed physical education class, teachers can simulate ancient war scenes and situations during the Long March of the Red Army, allowing students to experience firsthand the hardships and greatness of red culture. Specifically, there are four steps. First, determine the theme. Select themes related to red culture, such as “Long March Spirit” or “Red Revolution.” Second, design scenarios. Use multimedia, situational dramas, and other methods to simulate historical events or scenes of red culture. Third, experiential activities. Let students complete physical training, role-playing, and other experiential activities in simulated situations. Fourth, summarize and improve. Guide students to reflect on their experiences and combine the spiritual connotation of red culture to enhance their ideological understanding.

5.2. Curriculum design and textbook development

Curriculum design and textbook development are the foundations for integrating red sports culture into physical education. Through scientific design, it can ensure that red cultural elements are naturally integrated into the curriculum system.

Adjust course content according to red cultural themes to organically combine them with red cultural elements. For example, integrate red revolutionary historical stories and deeds of revolutionary heroes into physical education courses. First, determine the theme. Select red cultural themes such as “Long March Spirit” or “Red Classics.” Second, integrate content. Incorporate red cultural elements into course content, such as incorporating red stories into jogging exercises and revolutionary historical backgrounds into physical training. Third, innovate forms. Enrich course forms through videos, audio, pictures, etc., to enhance students’ interest in learning.

5.3. Campus cultural construction

Campus cultural construction is an important guarantee for integrating red sports culture into school physical education. Creating a good campus cultural atmosphere, can stimulate students’ enthusiasm for participating in red sports activities.

Create a strong red cultural atmosphere through decorations, signboards, cultural corridors, and other means both inside and outside the campus. For example, set up red cultural billboards in classrooms and playgrounds to display revolutionary historical pictures and heroic deeds. First, design promotional content: combine red cultural themes to design promotional content, such as red cultural images and inspirational quotes. Second, arrange the environment: set up red cultural billboards and cultural corridors both inside and outside the campus to create a strong cultural atmosphere. Third, conduct cultural activities: regularly hold red cultural activities, such as red classic music appreciation and red story recitals, to further enhance students’ understanding of red culture.

6. Conclusion

Elements such as unity and patriotism, when integrated into physical education, not only enhance students’

ideological awareness but also stimulate their enthusiasm for participating in sports activities, promoting their overall development.

6.1. Current situation and achievements

The path of integrating red sports culture into physical education has gradually gained the attention of schools and education departments. Many schools have successfully incorporated red cultural elements into physical education through innovative teaching methods, adjusting course content, and strengthening campus cultural construction. For example, by adopting thematic experiential teaching and situational experiential teaching methods, students are guided to experience the profound heritage of red culture through physical activities. Meanwhile, schools further deepen students' understanding of red culture by holding red sports culture festivals, visiting memorials, and organizing social practice activities. These initiatives not only enhance students' patriotism and national pride but also improve their physical fitness and teamwork abilities.

6.2. Prospects and development suggestions

The future development of red sports culture in physical education still holds broad prospects. Firstly, schools should further strengthen policy support to promote the deep integration of physical education and ideological and political education, ensuring the systematic and comprehensive nature of red-cultural education. Secondly, schools can conduct more diverse forms of social practice activities, such as outdoor sports with red themes and red classic music appreciation sessions, to further enrich students' experiences with red culture. Additionally, the role of teachers in red sports culture teaching needs to be further strengthened. Through professional training and teaching innovation, teachers' teaching abilities and curriculum design levels can be improved. Finally, schools can also promote the spirit of red culture and stimulate students' enthusiasm for participation by creating red sports culture brand activities, such as the "Red Classics" Sports Meet and the "Red Story" Speech Contest.

In summary, integrating red sports culture into physical education is not only an important way to improve students' ideological qualities but also a crucial means to achieve the goal of comprehensive education. In the future, schools should continue to explore ways to combine red sports culture with physical education, fully leveraging the educational value of red culture to make greater contributions to cultivating responsible and mission-driven newcomers of the era.

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