

# The Introduction of Minority Folk Sports Games into Primary School Physical Education Classes: Taking the Bamboo Egg Game from the Gelao Ethnic Group as an Example

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**Abstract:** With the continuous advancement and implementation of the education curriculum reform in the country, course development has become more and more important. The existing resources of the school and the local unique ethnic characteristics are rationally used to develop the curriculum content in line with the student's development, which is the responsibility of each educator. The bamboo egg game is one of China's ethnic minority traditional sports activities. Its development is diverse in form, rich in content, has an ethnic interest, can let the students inherit traditional culture, and enhance the consciousness of cooperation. This paper analyzes and researches the importance and practicability of introducing bamboo egg sports into primary school physical education classes, which provides a reference for educators in the development of school-based curricula with minority characteristics.

**Keywords:** Minority traditional physical education; Bamboo egg sports; Primary school physical education class; Gelao ethnic group

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## 1. Investigation on the status quo of inheritance and development of Gelao's egg sports game

### 1.1. Object of investigation

Two primary schools of Gelao and Miao ethnicities were selected in Wuchuan Autonomous County, and a total of more than 120 teachers and students in grades 5–6 were studied.

### 1.2. Investigation method

#### 1.2.1. Questionnaire survey

According to the basic content of this paper and following the basic requirements of questionnaire design, a questionnaire for students is investigated and made.

### **1.2.2. Literature research**

According to the needs of thesis research, sports journals, excellent national master's theses, and doctoral theses of China National Knowledge Infrastructure are consulted, and relevant content is read to understand the basic situation.

### **1.2.3. Logical analysis**

The collected data are integrated to analyze various problems and put forward reasonable countermeasures and suggestions based on the actual situation of Gelao ethnicities.

## **2. Gelao emphasizes the importance of introducing the egg sports game into the primary school physical education classroom**

### **2.1. Help to inherit and carry forward the folk culture of minority ethnicities**

Due to the great influence of competitive sports in all aspects of today's world, the development situation of traditional minority sports culture is not optimistic. At present, many primary school students do not take the initiative to understand the traditional sports culture of ethnic minorities, and the understanding of the traditional sports culture of ethnic minorities is very poor, which leads to many traditional sports of ethnic minorities having no successor, and are on the verge of being lost. The use of traditional ethnic minority sports games in primary school sports classes can make students better understand the traditional ethnic minority sports culture, and feel the charm of traditional ethnic minority sports culture so that traditional ethnic minority sports games can be widely spread on campus, to further achieve the purpose of carrying forward the folk culture of ethnic minorities<sup>[1]</sup>. The excellent traditional culture of China is a very important educational resource for educators. Wuchuan County attaches great importance to the activities of ethnic folk culture on the campus, creates a cultural brand through the integration of sports and education, exerts the educational function of culture shaping people, and implements the educational goal of cultivating morality in people<sup>[2]</sup>.

### **2.2. Help to strengthen students' physical fitness and improve their physical quality**

Sports games can not only make the whole classroom atmosphere active but also fully mobilize the enthusiasm of students. In this way, it can help teachers complete the classroom teaching tasks and promote the students' physical health. Moreover, through strict sports rules, students can also improve their self-discipline, which plays a very important role in the healthy growth of students. By introducing minority traditional sports games into the primary school classroom, students can not only experience the charm of excellent traditional culture but also achieve the effect of enhancing physical fitness while relaxing. Therefore, from this point of view, it is particularly important and urgent to introduce minority folk games into primary school physical education classrooms<sup>[3]</sup>.

### **2.3. Conducive to the promotion and development of intellectual and physical education**

The development of the human brain is closely related to the environment people live in and the activities they participate in when cultivating students' intelligence. In the process of sports, primary and secondary school students also need to carry out emotional communication, that is to say, the games and sports should have a certain emotional appeal. A healthy environment and the necessary mood help primary school students to exercise well and can also play an important role in promoting their intellectual development. Sports games can make students have a strong sensibility because sports games need a high degree of concentration, which can stimulate students' senses to a certain extent. Sports games also help to increase students' interest in learning and enhance students' attention<sup>[4]</sup>. Hence, sports games are very beneficial to students' intellectual development

and can promote the organic combination of intellectual education and physical education to improve students' abilities in all aspects.

## **2.4. Help to cultivate students' sense of cooperation**

Sports games can also cultivate students' sense of cooperation. Sports games are not just a simple activity, but also a way to improve students' sense of cooperation. Each sports game has its unique rules, so when students play the game, they do not play mindlessly but need to think instead. Students need to think about what kind of role they play in the game, and what kind of game rules this role needs to abide by and cooperate with their teammates to win the game and achieve a cooperative situation. There are usually groupings in a game with members randomly divided among the teams. A student can be divided into a group with someone they don't like, or their good friend is in the opposition team. When these problems occur, students need to calmly face them and use their brains to deal with them. In the process of students dealing with these problems, their thinking ability can be well exercised, and their communication ability can also be improved accordingly. The observation of the rules of the game can be regarded as the observance of moral norms, so it is also a way to learn the rules of society <sup>[5]</sup>.

## **3. Practicability of introducing ethnic games into primary school physical classes**

### **3.1. Bamboo egg game has ethnic character and interest**

A sports game is not only a simple game, but it is also a kind of sports activity, with characteristics that make it independent, universal, competitive, and interesting. Using games to teach can also make students not feel bored and uninterested. For primary school students, games can attract their attention more, to produce a high learning efficiency <sup>[6]</sup>. The traditional sports culture of ethnic minorities not only has the basic attributes of sports but also has its unique cultural characteristics. At the same time, the traditional minority sports game is the integration of minority culture and sports culture and is an indispensable part of each minority culture. In the past, the bamboo egg game was usually held from the first day to the fifteenth day of the first lunar month. Nowadays, Gelao people hold bamboo egg games to celebrate important festivals or harvests to express their joy. The game is played in various forms, including chicken holding eggs, crossing rivers, changing nests, entering jars, and beating plates. There are no site requirements to play bamboo egg games, as one only needs a grassy area, a few villagers, and a bamboo egg, to get entertainment and exercise. The young people the bamboo egg game as entertainment to show their youthful skills and express love by sending eggs to each other, while the elderly can also participate in the activities to strengthen their health <sup>[7]</sup>. The bamboo egg game has become a good memory of life for the Gelao people.

### **3.2. Support of related policies**

The Opinions on Strengthening the Work of Traditional Ethnic Minority Sports were jointly issued by the State General Administration of Sport and the State Ethnic Affairs Commission in 2006, which "encourage all kinds of schools at all levels to actively carry out traditional ethnic sports activities, and officially list traditional ethnic sports as physical education courses or local teaching materials, while ethnic schools and ethnic minority areas should cooperate to create such conditions" <sup>[8]</sup>. Many traditional folk games have been included in the intangible cultural heritage, and the egg game is one of them. According to the Convention for the Safeguarding of Intangible Cultural Heritage formulated by UNESCO, people should pay attention to the inheritance and development of folk sports games. In the Outline of the "Healthy China 2030" Plan, it has been proposed that the promotion of ethnic traditional culture programs should be greatly enhanced, and ethnic folk sports games

are a part of the traditional programs. Due to the impact of modern civilization on ethnic traditional culture, the change of economic production mode in minority areas, the change of ideas of minority people, the change of living environment, the objective trend of the passing of cultural inheritors, and other factors, the sustainable development of minority traditional sports games is restricted <sup>[9]</sup>.

### **3.3. Consistent with the new curriculum reform of sports**

The physical education curriculum of primary and secondary schools in China has been adjusted to prepare for the implementation of the 2022 new curriculum standards. There are obvious differences between the traditional physical education curriculum standards and the new 2022 curriculum standards, which aim to achieve educational fairness and enhance the overall quality. The egg game is in line with the requirements of the new sports curriculum standards in 2022 <sup>[10]</sup>. First, the curriculum standard of physical education has increased the course content. The new curriculum will pay more attention to classical sports, outdoor sports, and national sports activities so that students can get more ethnic sports knowledge in the physical education class. Secondly, the pursuit of the new curriculum standards of sports is diversified. The content of sports taught by the new curriculum is no longer limited to the improvement of physical fitness, and the focus of sports is its diversity, leading the majority of students to learn social and cultural knowledge through sports activities. In addition, it has been pointed out in the new curriculum standard that students need to develop a good habit of adhering to exercise after learning sports, understand basic sports knowledge, and form a good psychological quality and life attitude <sup>[11]</sup>.

## **4. Suggestions for introducing Gelao's bamboo egg sports game into the primary school physical education classroom**

### **4.1. Select and create games and rules suitable for primary school students**

The bamboo egg is a hollow ball made of thin strips of bamboo, with copper coins or gravel placed in the hollow ball. When playing the bamboo egg game, it can make a rhythmic sound. The ancient Gelao ethnicity of Yelang Gelao regarded the game as one of the means of training soldiers, and now it has become an entertainment item <sup>[12]</sup>. There are many kinds of game methods to play bamboo egg games, but there are two most common and most interesting methods. The first one is not limited by player numbers, it is carried out in an empty field and the players are not grouped, starting from the winner of the last game to serve, the participants run to the ball drop point, grab the ball to perform serve right, and the player with the most serve times is the winner. In addition to having the right to serve, the winner can be rewarded with wine, meat, and crispy food. The other method is that there are equal numbers of players on both sides of the match, with about six players in each team. Five people play against each other, and one person needs to stay in the stationary circle. A line is drawn on the field, and the players need to slap, hold, snap, or kick the ball with their hand on either side of the line. When the body or the ball cannot hit the line, it is a foul. After the ball is over the line, if the other side cannot catch the ball and let it occupy the territory within the ball's landing point, the ball is thrown in the circle for victory <sup>[13]</sup>. Among these two kinds of play, the first kind is more suitable for primary school students according to their physical and mental characteristics.

### **4.2. Carry out activities to publicize the game culture of the bamboo egg game**

First, teachers will use physical education classes or themed class meetings to tell the historical source of the game, why it is necessary to inherit and protect this sport game, and the benefits it brings to students. By playing relevant videos of the game, the students will understand the rules of the game and arouse their

interest. In 2006, Gelao's bamboo egg game was selected for the first batch of the intangible cultural heritage list of Zunyi City, and the bamboo egg game won the Gold Medal of the traditional sports performance category. Therefore, professional groups can be invited to each primary school to perform, and in the process of performance, the attention to the game is emphasized, so that students have a better understanding of the rules of the game. Primary schools can organize bamboo egg sports game competitions to stimulate the spirit of competition in each primary school and spread the game among students <sup>[14]</sup>.

### **4.3. The development of sports games should avoid mere formality**

Nowadays, a large number of primary school students know little about the traditional sports game culture of ethnic minorities. Therefore, it is necessary to strengthen the supervision of the school, through various forms to make students experience its unique charm, and sincerely like the sports game, so that the bamboo egg game can be spread in the school, and also can further promote the ethnic traditional sports game culture. In the process of the game, students can better understand the traditional sports culture, so it is more beneficial to the application of ethnic minority sports games in primary school sports classes <sup>[15]</sup>.

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The authors declare no conflict of interest.

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