

# *Research on Ideological and Political Reform of Curriculum based on “Red Sports”*

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**Keywords:** Red sports, Education idea, Reform in education, People oriented

**Abstract:** At the present stage, China's continuous innovation in education reform, the application of red sports culture has become a hot research topic in Colleges and universities. Based on this, this paper puts forward the research on the reform of college education and teaching integrated with red sports. Taking physical education in Colleges and universities as an example, we should grasp the core idea of red sports culture and determine the direction of physical education reform; We should integrate the educational idea of “people-oriented” into physical education teaching, establish a scientific outlook on education and teaching, enhance the interest and comprehensiveness of teaching, and promote the all-round development of students; Finally, we should establish the education mechanism of red sports culture, give full play to the promoting role of red sports culture, and improve the quality of teaching reform.

## **1. Introduction**

The integration of red sports culture is an important part of college physical education reform, which refers to the sum of material and spiritual wealth brought by actively carrying out sports cultural activities under the influence of the revolutionary spirit. At present, most colleges and universities in China set up educational reform research institutions, which are responsible for teaching reform and innovation, in order to continuously improve the quality of teaching. With the development of economy, the disadvantages of the current teaching mode in Colleges and universities are exposed day by day. Most of the students are lazy and slack, and their learning enthusiasm is not high. Therefore, this paper puts forward the research on the reform of college physical education integrating red sports. Firstly, understand the core idea of red sports culture and determine the direction of teaching reform; Secondly, we should abandon the shortcomings of the traditional teaching mode, fully integrate into the red sports culture, implement the “people-oriented” education concept, establish a scientific concept of education and teaching, enhance the interest and cooperation in the teaching process, and make students fully understand the teaching value of the red sports culture; Finally, we should establish the education mechanism of red sports culture, and constantly innovate the teaching form and content, so as to ensure that the red sports culture can be effectively carried out in the education reform.

## 2. Connotation and Significance of Red Sports

In a broad sense, red sports used to be the specific name of European workers' movement. Under the international background of the opposition between the two camps during the cold war, western sports scholars often refer to the sports of socialist countries headed by the Soviet Union as “red sports” with prejudice. In a narrow sense, red sports generally refers to the sports activities under the leadership of the Communist Party of China during the historical period from the founding of the Communist Party of China to the founding of new China, so as to distinguish them from the sports under the rule of the Kuomintang and the Japanese puppet regime. It mainly includes the sports activities carried out in the revolutionary base areas, anti Japanese base areas and liberated areas under the leadership of the Communist Party of China during the Agrarian Revolutionary War, the Anti Japanese War and the war of liberation. Generally speaking, red sports refers to the narrow concept, that is, China's red sports, referred to as red sports. The spiritual connotation of red sports: red sports are precious revolutionary culture, revolutionary and mass<sup>[1]</sup>; The red sports produced in the Revolutionary War era is a kind of “new sports practice and cultural activity” led by the proletariat and dominated by the working masses. It is fundamentally different from all the old sports in guiding ideology and fundamental purpose. Red sports closely combined with the characteristics of the times, always, everywhere for the Chinese revolution.

Red sports is not a luxury enjoyed by individuals and individual classes, but a cultural activity jointly participated by the broad masses of the people. In the old revolutionary base areas such as the Shaanxi Gansu Ningxia border region, people, no matter men, women, old and young, can participate in various sports associations and activities organized by sports activists, and find suitable exercise forms and sports according to their own strengths and hobbies. Red sports is a continuous spiritual culture. Red sports spirit is an important source of Chinese sports spirit. Red sports spirit is the connotation and characteristics of red sports. Many educators believe that the red sports spirit interprets the new democratic sports thought and is a kind of innovative Chinese sports spirit. Under the leadership of the Communist Party of China, the development of new democratic sports in each stage is closely related to the integration of “red sports spirit”. After the founding of new China, on the basis of inheriting and carrying forward the “red sports spirit”, Chinese athletes continue to interpret the sports spirit conforming to the development requirements of the times, and gradually form the Chinese sports spirit of the new era.

## 3. The Significance of Ideological and Political Reform of Curriculum Based on “Red Sports”

This year is the 100th anniversary of the founding of the Communist Party of China, and it is an important time node of “there must be activities” and other social hot spots. It combines the sports ideological and political cases, especially the knowledge, realm and performance theory of the founders of the Communist Party of China, with the sports classroom, and takes red sports as the starting point to realize the same direction of the ideological and political courses, The goal of collaborative education. In order to break the bottleneck of the ideological and political reform of physical education in our school, innovative thinking and innovative practice are injected: through a variety of forms, not stick to one pattern of red sports as the content and form of the curriculum system, using the causes, process, characteristics, value, development and utilization of red sports, sports characters, sports ideas, etc., the structure system of specific curriculum ideological and political elements in the physical education curriculum group is constructed and improved, Combined with specific projects, the research and practice teaching cases are discussed, which has developed the healthy teaching dimension for implementing general secretary Xi Jinping's important exposition on education, implementing the basic task of Li De Shu and deepening education and teaching reform<sup>[2]</sup>. The implementation of five education simultaneously, exploration

of teaching and research work transformation, improve the professional level of teachers, showing the “multiple joint” talent training mode.

#### **4. At Present, the Main Performance of Ideological and Political Construction of Physical Education Curriculum in Our School**

##### **4.1 The Relevant Teaching Reform is Not Enough**

Combined with the relevant guidance of the outline, although some relevant teachers have carried out some pilot projects (only those with project approval), there is no ideological and political propaganda of red sports.

##### **4.2 The Teaching Syllabus, Content Setting and Ideological and Political Connotation Construction Need to Be Further Consolidated**

Based on the outline, this paper makes a comprehensive deployment of the goal, content, teaching system, organization and implementation, condition guarantee and other aspects of the ideological and political construction of university courses, and puts forward the requirements for the ideological and political construction of various professional courses combined with the characteristics of the specialty, and puts forward new requirements, new standards and new paths for the standardized and orderly development of the ideological and political construction of university courses. The premise of standard implementation is to clarify the connotation of Ideological and political education, the starting point is to fully tap the ideological and political elements contained in the professional curriculum of physical education, and the path is to make good use of the main channels such as classroom, sports health supermarket, competition and sports lecture<sup>[3]</sup>. The ideological and political team of the Ministry of physical education has seriously studied and put forward the research topic of “Ideological and political reform of curriculum based on red sports”.

#### **5. The Current Situation of Ideological and Political Reform of Curriculum Based on “Red Sports”**

The university stage is a critical period for students to systematically form a correct world outlook, outlook on life and values. Today's world is in a great change that has not been seen in a century. Due to the unstable psychology, immature cognition and lack of discrimination ability, college students are faced with the complex agitation of the international environment, the profound changes of social situation and the blending and confrontation of cultural thoughts, all kinds of uncertain and unstable factors are increasing, It is easy to cause the instability, contradiction and plasticity of College Students' ideology and value orientation. At present, the classroom teaching of Ideological and political courses in Colleges and universities has been unable to meet the fundamental task of moral education. The limitation of relying solely or excessively on Ideological and political courses to strengthen the faith and guide the value of college students has become increasingly prominent. It is urgent to give full play to the advantages of multi disciplines, build the ideological and political education system, and form the “five education simultaneously” mechanism. Although the Ministry of Education issued the “guidelines for ideological and political construction of college curriculum” (hereinafter referred to as the “guidelines”) in May 2020, which gives a more detailed description of what to do, how to do and who to do it, it still belongs to a new learning field and research direction for college teachers, especially the physical education curriculum needs to be continuously explored and actively promoted.

Under the background of comprehensively promoting the ideological and political construction of college curriculum, physical education curriculum, especially red sports, has significant advantages in Ideological and political education in cultivating patriotism and national spirit, improving good will quality, shaping sound personality and promoting the all-round development of body and mind<sup>[4]</sup>. By combing the course of Ideological and political construction of physical education curriculum in our school, this paper interprets the connotation of red sports, analyzes the theoretical significance of determining the red sports elements of Ideological and political education curriculum in Colleges and universities, and constructs the curriculum structure system of Ideological and political education curriculum in Colleges and universities, especially with the red sports elements as the starting point, Accelerate the process of Ideological and political construction of physical education curriculum.

## **6. Ideological and Political Reform Measures of Curriculum Based on “Red Sports”**

### **6.1 Enrich College Sports Activities and Enhance Students' Cooperative Ability**

Red sports is a cultural system gradually formed by the Communist Party of China in the long-term struggle and practice. Adhering to the leadership of the Communist Party of China is the choice of the people and the inevitable trend of historical development. Therefore, when the red sports culture is integrated into the process of physical education reform in Colleges and universities, we should make clear the core idea of red sports culture and always adhere to the leadership of the Communist Party of China, Grasp the correct direction of teaching reform. In the teaching process of integrating into the red sports culture, we should give full play to the dominant position of students' learning. Teachers should complete the teaching in the form of questions and answers, and increase the cooperative links in the classroom teaching, so as to enhance the students' cooperative ability and cohesion, and fully feel the core connotation of the red sports culture. To determine the direction of college physical education reform, we should fully integrate the spiritual connotation of the red sports culture, carry forward the red spirit of the Communist Party of China that is not afraid of hardship and fatigue, and formulate the red sports spirit in the constitution of college physical education reform, so as to convey the red spirit of hard work to the students and make the college physical education reform in the right direction. Only by adhering to the correct ideological leadership of teaching reform can the traditional red sports culture be fully integrated into modern college physical education. Therefore, the teaching reform ideology should always be guided by Marxism Leninism, Mao Zedong thought, Deng Xiaoping theory, the important thought of “Three Represents” and the scientific outlook on development, and establish the teaching concept of serving students, Give full play to the main position of students.

### **6.2 Integrating “People Oriented” Education Thought into Physical Education Teaching to Enhance Students' Will**

The fundamental purpose of college physical education reform is to promote the comprehensive and coordinated development of students, so that they can become excellent builders of the socialist cause<sup>[5]</sup>. Therefore, college physical education reform should take students as the main body of reform, implement the “people-oriented” education thought, and strengthen students' will, give full play to the main position of students' learning. The revolutionary spirit carried by the red sports culture is embodied in the characteristics of militarization, popularization, interest, cooperation and innovation in the long-term struggle of the Communist Party of China. The application of this characteristic in the reform of education and teaching will help students establish correct socialist values and morality, and promote the overall improvement of students' mental health and physical

quality. In the process of classroom teaching, teachers should actively introduce the revolutionary spirit of red sports culture, enhance the interest of classroom teaching, and actively set up cooperative learning links, so that students can feel the core connotation of red sports culture in the process of interesting teaching. At the same time, the interesting and cooperative teaching process is also conducive to students to master the knowledge more skillfully and accurately, And gradually improve the cohesion of students.

### **6.3 Set Up Scientific View of Physical Education and Develop Students' Innovative Thinking**

The teaching concept conveyed by the red sports culture is to focus on teaching with distinctive and valuable teaching resources. In the process of classroom teaching, teachers should guide students to deeply analyze valuable learning resources and draw inferences from one instance, so as to effectively develop students' divergent thinking, And then use the scientific concept of red sports teaching to guide more valuable teaching courses to be effectively developed and utilized, and enhance the value and practicality of classroom teaching. The reason why red sports culture can establish a scientific teaching concept for colleges and universities in the process of reform lies in its ability to enrich the teaching connotation, create a variety of teaching forms and breed unique teaching functions. Therefore, applying the scientific teaching concept to the process of teaching reform can deepen the teaching content of college physical education and innovate teachers' teaching methods and means, So as to really improve the teaching efficiency of colleges and universities.

### **6.4 Establishing the Educational Mechanism of Red Sports Culture to Enhance the Interest and Comprehensiveness of Teaching**

Integrating the red sports culture into the modern college physical education teaching process is conducive to enriching the college teaching content, innovating teachers' teaching methods, and making the students' learning process more scientific and effective. In order to ensure the effective development of red sports culture in college physical education, we must establish the education mechanism of red sports culture, and give full play to the comprehensive education function and compulsory role of red sports culture. We should actively promote the integration of red sports culture into modern education and teaching, take the core spirit of red sports culture as the guiding ideology, and carry out teaching activities around the red sports culture education mechanism. We should clarify the responsibilities and work contents of school leaders, teachers and other management personnel, and set up special management departments, equipped with full-time cadres and management personnel, so as to provide targeted guidance for college health and education Physical education and discipline should be inspected and supervised regularly to form a teaching process with reasonable division of labor and mutual cooperation, so as to ensure the coordinated and comprehensive development of students<sup>[6]</sup>. At the same time, we should give full play to the compulsory role of the education mechanism of red sports culture, formulate corresponding regulations and regulations, and punish the teachers and leaders who do not comply with the teaching regulations, so as to ensure the effective development of red sports teaching activities; Teachers who are conducive to the innovation of teaching activities in Colleges and universities should be rewarded, so that more teachers can integrate into the education and teaching reform activities, give full play to their creativity and constructiveness, and ensure that the red sports culture can be effectively carried out in the process of physical education reform in Colleges and Universities.

## 7. Conclusion

This paper analyzes and studies the reform of physical education in Colleges and universities, through the integration of red sports culture, determines the direction of teaching reform, implements the “people-oriented” teaching concept, establishes a scientific teaching concept, establishes the education mechanism of red sports culture, and realizes the effective development of red sports culture in Education and teaching reform. I hope this study can provide theoretical basis and reference for the reform of college physical education.

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