

Thinking on Physical Education Teaching in Grade Schools in Western China

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Keywords: Western Region, Primary School Physical Education Teaching, Health Education

Abstract: Through the methods of field investigation, logical analysis and expert interview, this paper analyzes the current situation of primary school physical training in the western region in the new era, combined with teaching experience, This paper makes an objective analysis on the direction of physical education in the future (adhere to the principle of "health first", gradually improving the thought and mode of physical training, and actively improving the evaluation mechanism), pay attention to the general trend of "sports + education", carrying out traditional sports teaching according to local conditions, and promoting "home school combination" teaching activities, The purpose is to promote the development of grade school physical training in the western region in the new era and contribute to the obvious improvement of primary institution students' basic physical training in the western region in the future.

Primary school is the most critical period for the growth and development of adolescents, and it is also a period of rapid development of physical and psychological quality. However, some advantages of school sports are not available in other courses, especially the development of physical fitness, the promotion of physical and mental health, and the ability to learn movement skills. Because some people in our country are bound by traditional thinking, the value of sports for students' development is often ignored, and it is even believed that physical education courses affect students' learning of other courses. Therefore, physical education classes are often marginalized, which also makes the status of physical education teachers low.

However, in the new era, school physical education and sports are gradually included in the high school entrance examination, and the proportion of scores is increasing year by year. It can be seen that the proportion of school physical education in school education is no less than the teaching of other disciplines. Therefore, it is the goal of our school sports to promote the coordinated development of youth cultural learning and physical exercise, promote their healthy growth, temper

their will and sound personality, and cultivate socialist builders and successors for the all-round development of morality, intelligence, body, beauty, beauty and labor [1].

1. The Dialectical Relationship between Social Consciousness and Social Existence

At present, there are still a lot of primary schools in the western region that only focus on the academic performance of students, ignoring the phenomenon that physical education can improve students' physical quality, mental ability, moral, intellectual, physical, aesthetic, and labor-oriented. This kind of absurd thinking is especially in some, It is more obvious in township and town schools. Elementary school students are a group with incomplete physical and psychological development, and the burden of culture further makes the psychological burden of students too large, but many teachers still occupy physical education classes to study the so-called "three major subjects", which has caused primary school students to complain. The psychological pressure cannot be vented, and the psychological quality and physical quality are greatly reduced. There are also schools that ask physical education teachers to take students in Chinese, mathematics and other subjects. As the so-called technical profession has specialties, physical education teachers should concentrate and work hard to complete the teaching of physical education and the research of physical education. On the other hand, there are some problems with the configuration of teachers.

Secondly, many parents of students often only pay attention to their children's academic performance and whether they can be promoted to a better secondary school in the stage of further education, so that children can spend a lot of time on cultural studies, but spend a relatively small amount of time. Carry out physical exercise behavior of primary school students in a short time and energy. The primary school students' biggest perception of physical education is play. They can put down the heavy ideological burden in the cultural classroom and fully enjoy the fun that sports should bring to their age. It is precisely because of this aspect that it is almost the reason why parents deny physical education courses, so parents always subjectively believe that the development of physical education courses is the main culprit for students to avoid learning and even lead to the decline of academic performance. Some parents even ask schools to reduce the physical education class hours. They think that primary school physical education takes up too much study time of students and directly leads to the decline of primary school students' academic performance. This kind of remark is really shocking [2].

2. The Future Development Path of the Western Region

2.1. Adhere to the Educational Philosophy of "Health First"

As a crucial link in the national strategic deployment of "Healthy China", it should play a fundamental basic role in school sports. In July 2019, the "Healthy China Action 2019-2030" document was comprehensively referred to the issue of health education in primary and secondary schools [3]. Child health is the lifeblood of the country's future development of sports teachers, and physical and mental health promoters, education knowledge and education concept, it requires sports teachers will education knowledge and health first education concept, promote youth culture learning and physical exercise coordinated development, help students to enjoy fun in sports learning and sports, enhance physical fitness, perfect personality, temper will, cultivate comprehensive development of socialist builders and successors.

2.2. Gradually Improve the Idea and Mode of Physical Education Teaching

In view of the serious lack of sports skills and vague knowledge of sports and health among the current school sports middle school students. The Chinese government has proposed the school physical education teaching mode of "health knowledge + basic sports skills + special sports skills" school physical education teaching model, and pointed out that it is encouraged and promoted that 1 physical education class should be offered every day in basic education schools [4]. Physical education, as a compound subject combining theory and practice, has various teaching methods and organizational forms, but its purpose is to firstly allow students to develop physically and mentally, secondly to master corresponding sports skills, and finally to form sports specialties. The three-in-one teaching and training model of "knowledge + skills + expertise" is consistent with the idea of integrating physical education, which is to incorporate competitive talents into the national education system. Physical and health knowledge and basic sports learning are alternately carried out, so that while theoretical knowledge can be used in practice, practice can better assist students in learning theoretical knowledge, so as to play the basic role of school sports in improving sports competition.

2.3. Actively Improve the Evaluation Mechanism

First of all, the school should establish a student physical fitness monitoring station in time, and carry out the joint examination mechanism of the basic sports skills and special sports skills test in the semester assessment. The school should timely record the students' sports participation status and the physical fitness monitoring results, and regularly give feedback to the students' parents. Secondly, the evaluation of sports teachers should take ethics as the first standard of the basic quality, focus on the student learning effect, teaching and training work attitude, from the previous quantity of teaching into teaching quality, after school sports guidance, after school sports training and teaching task work into the physical education teacher evaluation system, but must ensure that physical education teachers in subsidies, work promotion, science and education evaluation, and other subject teachers enjoy the same treatment. Finally, the post structure of physical education teachers is optimized, the career development channel of PE teachers is unblocked, the scientific research ability of physical education teachers is improved, and the special sports project is set up in the national education science planning project and the humanities and social science research project of the Ministry of Education [5]. On this basis, strengthen the commendation of physical education teachers, in the teaching results, research topics and other selection and commendation, to ensure that physical education teachers occupy the corresponding proportion [6].

3. Future Teaching Direction in the Western Region

3.1. Form a Real "Physical Education and Health Curriculum" System

At this stage, "Physical Education and Health Course" is mainly dominated by the sports skills teaching of physical education, and health education, whether as a teaching content or teaching hours, can not meet the purpose of meeting the students' health. The biggest difference between foreign basic physical education courses and Chinese basic physical education courses is that they can combine physical education and health education well, and the content of health education accounts for a large proportion. For example, the United States selects and compiles health knowledge such as anatomy, physiology, health hygiene, psychology and other health knowledge in the "Sports Health Textbook" used by primary and secondary school students, and organically combines physical activity with health education [7]. Therefore, we really incorporate health

education into the PE curriculum of schools in the teaching of PE. Build the organic combination of "sports + health", and form a real "physical education and health curriculum" system.

3.2. Carrying Out the Teaching of Traditional Sports According to Local Conditions

The most widely used traditional sports in school physical education in our country is martial arts, but school leaders and physical education teachers should also investigate and learn other traditional sports of the Chinese nation, and carry out physical education, training, competition and other activities according to local conditions, and integrate them into school sports Teaching, training and competition mechanism, thus forming a traditional Chinese sports competition system. For example: Yunnan Naxi traditional sports games, Hunan Xiangxi traditional sports, etc. Introducing the traditional sports of the Chinese nation into schools is of great significance to the inheritance, development, protection and promotion of traditional sports culture. But first of all, the traditional sports must adapt to the development requirements of the new era, take its essence, and innovate in methods, forms, and organizations, which is the so-called "new application of ancient methods", and then introduce the integrated sports programs into The school forms a school-based curriculum that conforms to the school's unique characteristics.

3.3. Promote "Home-school Integration" Teaching Activities

Schools should promote the development of "home-school integration" teaching activities, and encourage parents to participate in students' physical learning and sports [8]. Schools and teachers should provide parents and students with a platform for participation and communication in various forms and channels in the "home-school integration" physical education activities, so that students can understand each other in physical activities with their parents, trust each other. For example, the school organizes sports open classes, parent-child sports meetings and other activities that parents participate in. "Home-school integration" physical education and activities can not only make the connection between students and parents more closely, but also promote parents to increase the time to accompany and educate their children, and also improve the level of parents' support for school physical education and work. Parents' attitudes towards participation in school physical education teaching and activities. Therefore, school physical education should reasonably and effectively integrate the value and role of the family in physical education teaching. concluding remarks [9].

4. Conclusion

Primary school physical education teaching is one of the important parts of basic quality teaching in China, but there are still great deficiencies, on the one hand is due to the traditional concept of the importance of the importance of sports and health courses, on the other hand is also due to the school and sports teachers own various factors lead to the serious shortage of education teaching level. Therefore, we should start from all walks of society, school teachers and parents and other aspects, and gradually let people pay attention to physical education and health courses, thinking that this is an indispensable course in the basic teaching stage. In the teaching stage, students should be guided to pay attention to the value of sports, fully participate in every sports activity, and arrange some content in line with their interest, so that they can maintain their interest in sports learning. The setting of physical education curriculum structure should change the mode of single, simple and fixed of the previous curriculum structure, set the curriculum structure with modern ideas and the purpose of health first, and get out of the traditional physical education

teaching. Then in the near future, the primary school physical education teaching in the western region will certainly achieve excellent results and make great contributions to the basic education in the western region of China [10].

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