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Exploring the Integration Path of Extracurricular Physical Education Competitions and Subject Core Literacy in Primary and Secondary Schools

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Abstract

Guided by the core quality of physical education, the sports competition of primary and secondary schools is as the entry point. By means of literature and logical analysis, the core elements of sports competition are sorted out, and the new path of optimizing sports competition after school is explored under the background of school sports reform in the new era. Its purpose is to attract more primary and middle school students to participate in it, and make the competition itself better implement the requirements and norms of discipline literacy, and put forward the above three optimization paths of the diversification of competition content, the subjectivity of the competition process and the diversification of competition evaluation.

Keywords: Core discipline literacy; Primary and secondary school students; Extracurricular sports competitions

1. INTRODUCTION

In April 2022, the Ministry of Education issued the compulsory education sports and health curriculum standard (2022 edition) "(hereinafter referred to as "new curriculum")," new curriculum "proposed the three components of sports core literacy: sports ability, health behavior and sports moral character, to implement the fundamental task of cultivating good character and "health first" education concept, improve and enhance students' physical and mental health. At present, the physical quality level of Chinese students shows a downward trend, the main reason for this trend is that students' sports courses and extracurricular sports activities are difficult to guarantee^[1]. As an important part of school physical

education, extracurricular physical activities are the continuation and supplement of physical education. Together and physical education constitute the main body of school physical education, and cooperate with physical education, which plays an important role in realizing the goal of core physical education literacy^[2].

2. CORE QUALITY OF THE DISCIPLINE AND THE CONNOTATION OF EXTRACURRICULAR SPORTS COMPETITION

It is very important to understand the core quality of physical education and the connotation of after-school sports competition for primary and middle school students. Under the guidance of the former, the goal and purpose of after-school sports competition are standardized, and under the promotion of the latter, it adds a powerful way to realize the goal of the core quality of the discipline.

2.1.ABOUT THE CORE LITERACY OF THE DISCIPLINE

The core of sports discipline literacy, as a concept of core literacy, represents the actual sports in the discipline of core literacy, including PeiShaoZhi and Yu Sumei think sports core literacy is mainly the students in the process of sports course learning knowledge, skills, emotion, attitude, etc, it is the students to form a lifelong physical exercise consciousness and all-round development of emotion and character, sports ability and habits, the foundation of health knowledge and behavior. "New Curriculum Standard" defines the core quality of physical education as the correct values, necessary character and key abilities that students gradually develop in the teaching process of physical education and health, including sports ability, healthy behavior and physical education character. On April 24, 2022, the Ministry of Education issued the Compulsory Education Sports and Health Curriculum Standard (2022 Edition) (hereinafter referred to as "New Curriculum Standard 2022 Edition"), which constructed the compulsory education and health curriculum oriented by the core quality of disciplines, which marks a big step forward in the eighth physical education curriculum reform after more than 20 years. In particular, the curriculum content system constructed in the framework of "health education" and consolidated the health attribute of physical education curriculum. The independence of health education content not only answers the debate of physical education curriculum and health education undertaking in the academic circle, but also guides the academic focus from the pure theoretical discussion in the past to the practical action. In practice, it will be a long time around "how to cultivate students' core discipline literacy". Although more than 20 years of compulsory education sports curriculum reform in the curriculum objectives, curriculum content, teaching methods and methods, teaching evaluation are profound changes have taken place in, but we also realize that the sports course in the process of carrying health education there are sports teachers lack of health literacy, teaching content and teaching selection, teaching materials or single problem. Enriching the physical education teaching content and paying attention to the integration of health knowledge in physical education are two important factors affecting the reform of physical education curriculum. Health education is an important part of physical education curriculum, which points to the cultivation of core literacy. Grasp the "new curriculum 2022 edition" the new changes of health education content, based on the health education content, grasp health education content to the core of core literacy cultivation, optimize the health education content system, enrich the sports teaching content, also realize the health knowledge in physical education curriculum, so as to promote the further development of physical education curriculum reform.

2.2.ABOUT THE EXTRACURRICULAR SPORTS COMPETITION

Competition "(competition), also known as" competition "," Modern Chinese Dictionary " explains the competition is in sports activities and production activities in accordance with certain rules

by multiple people to participate in the comparison of skills and technical activities. Summarize the scholars' interpretation of the concept of extracurricular sports competition, The meaning of after-school sports competition can be summarized as the following points: (1) with students as the main body to participate in the sports activities of after-school sports competition; (2) To enrich students' extracurricular cultural life, Use of spare time to enhance the students' physical fitness of the sports competition; (3) Physical exercise competitions focusing on sports, games, activities and physical training, This paper holds that the goal of extracurricular sports competition should be both competitive and educational, That is, the goal of primary and secondary schools should be health first, core literacy as the guiding ideology, Focusing on developing and cultivating students' comprehensive quality, Through after-school sports competitions, In order to improve students' physical, psychological, will and social adaptability and other aspects. After-school physical education is an important part of school physical education, is one of the basic ways to achieve the goal of school physical education, after-school physical education and physical education cooperate with each other to complete the goal and task of school physical education. The two are interrelated and complementary. After-school sports provides students with a practical activity condition to test the learning effect of physical education. The relevant sports knowledge and skills should rely on the students in the extracurricular sports to test, use, brave and tenacious will quality, excellent sports ethics style more need the students to go through the extracurricular sports to hone and cultivate.

3. KEY POINTS OF EXTRACURRICULAR SPORTS COMPETITION IN PRIMARY AND SECONDARY SCHOOL SCHOOLS UNDER THE GUIDANCE OF THE CORE ELEMENT

From the three aspects of sports skills, health behavior and sports morality, including the core quality of the discipline, the purpose, value orientation and action strategy of the core quality of the extracurricular sports competition are expounded.

3.1.CULTIVATE IDEOLOGICAL AND MORAL CHARACTER, LAY THE FOUNDATION AND CAST THE SOUL FOR THE ALL-ROUND DEVELOPMENT OF BODY AND MIND

Physical education is not only an important part of education, but also as a sports competition that reflects the important characteristics of sports, it should also show its educational function. Therefore, in the process of implementing quality education in primary and secondary schools, we must give full play to the educational effect of sports competition. Sports competition is a kind of educational method with clear goals, well-planned plan and orderly organization. Compared with other educational methods, sports competition has a unique influence on the physical and mental growth of primary and secondary school students. After-school sports competitions in primary and secondary schools are usually participated collectively, and even in the name of individuals, they often represent a specific group of students. In this way, student athletes can work together and go all out, which not only helps to enhance students' collective sense of honor and responsibility, but also helps to shape and develop the spirit of collectivism. Therefore, the method of holding extracurricular

sports competitions in sports teaching should cultivate students' good will quality, so that they know self-restraint, self-control, abide by social merit and improve civilization. The after-school competition of primary and middle school students, just like the gorgeous stage on their growth road, not only shows their sports talent, but also exercises their ideological and moral quality virtually. On this dynamic platform, they have learned to struggle and persist, experience the power of team and collaboration, and understand the importance of respect and tolerance. These competitions are not only the competition of skills, but also the baptism of the soul, so that the children can harvest and grow in the sweat, and cast a tough soul in the laughter. Every participation, is a spiritual exercise, for their future life road has laid a solid foundation.

3.2. LEAD HEALTHY BEHAVIOR, AND ESCORT FOR THE FORMATION OF LIFELONG SPORTS

Lifelong physical education is the extension of the connotation of lifelong education, and is the inevitable development of lifelong education. The famous French adult educator Paul long Grang pointed out in the Introduction to Lifetime Education: " If the role of school physical education is regarded as an insignificant matter and does not pay attention to school physical education, then the physical activity will not exist; if physical education is only regarded as a matter of school, then physical education becomes an 'episode' in education." This clearly tells us that school physical education is actually a part of a lifelong education. Lifelong sports is the product of the development of human society to a certain stage, reflecting the whole and long-term thought. According to this thought, sports should run through life, and be inseparable from life. According to the data of "2004 National Education Development Statistical Bulletin", school students have become the main body of China's sports population, so from the whole national physical development situation, especially teenagers and children students, "lifelong sports" is imperative Through the sports knowledge and technology skills used in the preparation and in the competition, the feeling of unity and cooperation with students, the psychological experience of success and failure of the competition, and the fun of the sports project itself, students are attracted to devote themselves to extracurricular sports activities and strengthen their interest in sports. By participating in extracurricular sports competitions to promote the cultivation of sports activities, sports emotion, sports awareness, to lay the foundation of students' lifelong sports ^[3].

3.3. STRENGTHENING MOTOR COGNITION TO PROVIDE CONDITIONS FOR MASTERING MOTOR SKILLS

By participating in extracurricular sports competition, students can understand the origin of various sports activities, skills, strategies, basic principle, exercise, and the rules of the game, and further grasp the relevant sports knowledge. After-school sports competition can effectively strengthen sports cognition, and the key lies in providing a practical and interactive environment. After-school sports competitions include a variety of sports, such as football, basketball, track and field, etc., to meet the interests and specialties of different students. Diversified programs can expose students to a wider range of motor knowledge and skills, which can enrich their motor cognition. Competition is the best place for

students to put what sports knowledge learned in class into practice. In the competition, students need to apply the sports skills, rules and strategies they have learned, and this practice can deepen their understanding and memory of sports knowledge. After-school sports competition not only cultivates students' sense of competition, but also promotes team cooperation. Competition can stimulate students' morale, while cooperation makes them learn to support and coordinate with each other. This interaction can enhance their motor cognitive ability. In accordance with the provisions of the "new standard" and requirements, detailed longitudinal competition level, in accordance with the different levels, different stages, make the students master the way of improve technology. On this basis, expand the students' knowledge system of students, continue the spirit of sports, edify the sports consciousness, enrich the sports emotion.

4. POINTING TO THE CORE QUALITY OF EXTRACURRICULAR SPORTS COMPETITION MAIN CHANGES

On the basis of understanding and distinguishing the value connotation of the two and the key points of the latter, this paper puts forward the main path of reform or innovation of extracurricular sports competition at the present stage.

4.1. THE DIVERSIFICATION OF THE COMPETITION CONTENT

Individual skill competition, sports culture festival and entertainment competition are added to improve the horizontal structure of the event system. Among them, the individual skill competition mainly takes the specific action in a certain sport as the game content, such as 1 minute fixed-point shooting match, 1 minute football cushion match, etc. Through multi-disciplinary activities, develop students' morality, intelligence, physical education, beauty and labor to meet the needs of different student groups ^[4], and then play the educational role of competition. Entertainment competitions mainly use simple and easy competitions, such as caterpillar, wheel rolling wheels and other recreational competitions to stimulate students to participate in the competition and create a good school sports culture atmosphere. Strengthen the connection between family and school in the form of parent-child sports meeting, and enrich the form and content of after-school sports competition. If any, should be placed before the references section without numbering.

4.2. PERSONALIZATION OF THE COMPETITION PROCESS

The design of the competition process should highlight the dominant position of the students. Can according to the role of students in the game and different responsibilities, divided into many types of students, such as team, refueling team, news team, the referee team, etc., and request for all kinds of team, to play the competition carrier educational function, meet the demand of different students competition, create a good atmosphere of competition. In team competitions, although collaboration is required, each member can also be encouraged to play different roles in the team, give play to their strengths, and make the team more distinctive and competitive. In addition to providing a variety of different types of competition projects, to meet the interests and specialties of different students, so that each student can find a suitable stage, fully show their own personality. Using personalized declarations is feasible, such as encouraging students to make

personalized declarations or slogans before or during the competition, to express their determination and beliefs and show their unique charm. Make sports competition become a familiar and loving activity for every student, and further strengthen students' sense of participation and role identity.

4.3.3. THE DIVERSITY OF THE COMPETITION EVALUATION

Competition evaluation is mainly based on the requirements of cultivating students' athletic ability, healthy behavior and physical education moral character under the guidance of core qualities, comprehensive evaluation of the students' performance in the competition, specifically, the comprehensive evaluation can be made according to the level stage of students, the role of students in the competition process and the different competition items, in addition, in order to achieve extracurricular sports competitions for all students. Try to stipulate that students must participate in a competition at least twice a semester or at least twice a semester, after completing the corresponding number of races, give the students a certain score, and give it to the appropriate rewards, in addition to the quantitative evaluation of the competition results, such as the score, ranking, etc. This is the most basic evaluation method, which can intuitively reflect the performance of students. It should also include the evaluation of the competition process: pay attention to the students' performance in the competition process, such as skill application, teamwork, innovation ability, etc. This evaluation method can reflect the students' comprehensive quality and ability level more comprehensively. Competition attitude evaluation is also crucial: evaluate students' attitude performance in the competition, such as enthusiasm, seriousness, compliance with rules, etc. This evaluation method can cultivate students' good quality and moral concepts. by recording the students' final sports results and comments, In order to enrich the diversification of competition evaluation methods.

5. CONCLUSIONS

Current extracurricular sports competition in school sports work play more and more important role, under the background of the new curriculum, more put forward higher requirements, its daily work should be around the core three elements, so should take appropriate measures to change and innovation, Suggestions from the content of competition, competition, competition evaluation of the three aspects to optimize the existing model.

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