

# Adhere to the Education of People, Scientifically Promote Physical Education

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## Abstract

The General Office of the Central Committee of the Communist Party of China and the Office of the State Council issued the "Opinions on Comprehensively Strengthening and Improving School Sports Work in the New Era", which stated that it is necessary to "improve the content, methods, and scoring methods of sports testing for senior high school entrance examinations, scientifically determine and gradually increase the scores." Raising scores in middle school entrance examination" has aroused widespread concern and heated discussions in the society. According to the current situation of physical education in our country, this article analyzes the problems that may be caused by "raising scores in Physical Education in middle school entrance examination", and proposes countermeasures based on this. In order to reasonably strengthen teenagers' physical exercise, physical education in primary and secondary schools should spit out the old and absorb the new, teach students according to their aptitude and adjust measures to local conditions.

## Keywords

Sports scores; Test-taking effect; Be cautious and slow.

## 1. Introduction

Recently, the "raising of sports scores in the middle school entrance examination" has aroused widespread concern and heated discussion in the society. The General Office of the Central Committee of the Communist Party of China and the General Office of the State Council issued the "Opinions on Comprehensively Strengthening and Improving School Sports Work in the New Era", which stated that it is necessary to "improve the content, methods and scoring methods of sports testing for high school entrance examinations, scientifically determine and gradually increase the scores." Local policies are being actively followed up. Yunnan Province has increased the sports score for senior high school entrance examination from 50 to 100, Jiangxi has increased its score from 55 to 60, and Shenzhen has also increased its sports score from 30 to 50 starting from 2022. Facing the fact that various provinces and cities have joined the "High School Entrance Examination Sports Score Raising" one after another, some parents think: "Sports? Raising scores? This will undoubtedly increase the burden of the children's exams!" There are also parents who think: "it's a good thing. Now the child's physique is comparable to bean sprouts. Practice well!" Parents' beautiful ideals are in sharp contrast with severe anxiety.

Strengthening physical exercise for middle school students is a common practice in education all over the world, and it is also a tangible measure for my country to implement the "five education simultaneously". The US "Healthy Citizen 2020" strategy requires minors aged 6-17 to exercise for at least 60 minutes a day. The form of exercise should include moderate-intensity aerobic training, muscle strengthening training, and bone strengthening training[1]; The "Future of Sports-A New Strategy for a Vigorous Country" in the United Kingdom pointed out that the positive sports experience of adolescence will have an impact on sports participation

in the future. The adolescence should focus on cultivating ABC physical fitness, that is, agility, balance and coordination[2]. My country's "Healthy China 2030" Planning Outline" pointed out that the implementation of a youth sports promotion plan, cultivate youth sports hobbies, basically realize that young people are proficient in more than one sports skills, and ensure that students' daily sports activities in school are not less than one hour[3]. The "sports score raising in the middle school entrance examination" fully reflects China's attention to strengthening physical exercise for teenagers. If the sports are strong, the youth is strong, and the country is strong. Improving the scores of physical education subjects in the senior high school entrance examination can to a certain extent stimulate the interest of young people in physical exercise, temper their will, and enhance their physical fitness; It is conducive to the development of students' comprehensive quality, and cultivates socialist builders and successors who are comprehensively developed in moral, intellectual, physical, and artistic; It is conducive to the promotion of national fitness sports, and promotes the vigorous development of sports and a "healthy China". However, blindly using the policy tool of "raising scores in high school entrance examination" to highlight the value of sports is easy to show its mechanical simplicity; If you do it carelessly, you may fall into the stereotype of "score omnipotence" and "examination supremacy", causing social public opinion that is detrimental to education reform. Taking into account China's special national conditions, the tradition of examination education is deeply rooted, the "exam oriented education" is too heavy, the students' homework burden has been criticized for a long time, and there are problems such as insufficient sports resources and unbalanced regional distribution, When strengthening school physical education, we should prevent increasing students' schoolwork burden and avoid taking the road of examination oriented physical education teaching, Eliminating the regional differences of physical education and developing strengthening physical exercise and physical quality into the internal and real lifelong needs of students is the due move of school physical education work.

## **2. "Raising the Score of Physical Education in the Middle School Entrance Examination" Beware of "Too Much Is Not Enough" and Increase the Burden of Students' Schoolwork**

The current common problems faced by students are: tight time, too much homework, and heavy tasks. The original intention of raising physical education scores is to promote the development of physical education and reduce the burden on students. However, can students really relax, the improvement of sports scores will inevitably arouse the attention of junior high school students. Then, when students are busy with sea tactics, should they be busy with "body sea tactics"?

In fact, physical education does not conflict with the learning of other subjects, but has a positive impact. Professor Zhang Yimin believes: "Strengthening outdoor activities can prevent myopia, or prevent the child's vision from deteriorating. For children with weak physique, practice and be stronger, and the children will be more lively and cheerful." [4] However, because the idea of "academic supremacy" is rooted in the hearts of our parents and students, it is very important to change the parents' and students' cognition of sports itself. We should cultivate sports as an interest rather than a burden. The primary and secondary schools affiliated to Tsinghua University are promoting the reform of "1 + X" physical education curriculum, implementing one physical education class, one fitness break and one independent elective project every day; At the same time, it also provides students with a variety of elective sports, such as student Shuimu show, John Ma cup, aerobics, football and so on. The combination of routine physical education and diversified physical education elective items has steadily improved the physical fitness monitoring results of Tsinghua affiliated primary school in the national primary school students' physical fitness monitoring for four consecutive years, and the academic level outside

the language number has been ranked in the forefront of Shuangyou District, Haidian District, which reflects that good physique and high-quality studies complement each other. [5] Children do not think sports is a burden, but a hobby and enjoyment. They did not delay learning because of physical exercise, but learned a lot of good qualities in sports. Combining with the Tsinghua Primary School model, other schools in our country should reasonably allocate the time of physical education and culture classes, improve the teaching efficiency of culture classes, reduce cultural extracurricular homework, and ensure the amount of students' physical activities in the school; Schools can set up sports associations and sports clubs to carry out a variety of sports and stimulate students' sports enthusiasm; Organize sports competitions, enrich competition items, and set up different types of groups such as men's group, women's group, mixed group and parent-child group to attract the participation of students and parents and cultivate their sentiment in the competition.

### **3. "Raising the Score of Physical Education in the Middle School Entrance Examination" Beware of "Exam-Taking Effect" and "Short-term Effect", and Learn for the Examination**

As we all know, the phenomenon of "exam oriented education" was common in East Asian cultural circles in the past. Will the improvement of sports scores backfire? At the end of 2019, the Department of education of Yunnan Province decided to improve the physical education score in the middle school entrance examination to 100 points. Subsequently, some education and training institutions in Kunming also included sports items in the training scope, and some parents signed up for sports improvement classes for their children early. However, a principal of a middle school in Qujing found that many students scored full marks on volleyball in the physical education entrance examination for high school, but they could not serve [6]. In addition, before the middle school entrance examination sports test, there has been a phenomenon of surprise training and sprint for the middle school entrance examination. Some training institutions offer 3000 yuan for five "sports middle school entrance examination sprint" courses, which is a common choice for parents to let their children cram for their feet temporarily. Obviously, sports have not been able to escape the "exam-oriented mode." In fact, parents report classes based on sports scores, physical education teachers teach classes based on sports scores, and students learn based on sports scores, which will inevitably cause sports "exam-taking effects." So, how to stop sports from repeating the old way of "exam-taking phenomenon"?

Physical education should be carried out based on cultivating students' interest, forming good physical habits, and promoting all-round development; To learn from the reform of physical education, it is necessary to give play to the guiding role of the examination baton, remove the point of view of "score-only", strictly control the discipline, unify the examination frequency, and abandon the stubborn disease that one examination determines life; German physical education teaching evaluation uses the evaluation method of the combination of summative and process evaluation, focuses on process evaluation and value-added evaluation, and evaluates students' physical education learning with personal progress is the focus of teaching evaluation. The content of its teaching evaluation includes three aspects: cognition, technical skills and emotion, rather than a single skill assessment [7]. In contrast, China's physical education teaching evaluation is mainly summative evaluation, ignoring the process evaluation, and the examination content is relatively single. In this regard, it is particularly important to change the evaluation methods of physical education teaching in China, pay attention to the students' learning process, combine the usual results with the unit assessment results, and take the students' learning attitude and learning behavior as the evaluation criteria, for example: the school sets up a sports club, the students choose the corresponding club according to their

hobbies, the teacher records the performance during the activities of the students, and the club project assessment is performed at the end of each semester. The assessment results are the sum of daily performance results and on-site assessment results. The assessment results are recorded according to 40% of the sports results at the end of admission. Cultivate students' interest in the process of physical education and help students form a habit of participating in sports activities independently, so as to avoid students from "temporarily clinging to the Buddha's feet" for exams.

#### **4. "Raising Scores in Physical Education in Middle School Entrance Examination" Should Prevent New Unfairness Caused By Unbalanced Resources**

"Raising the score of physical education in the middle school entrance examination" has aroused the concern of some parents, especially in remote rural areas, the problem of structural shortage is serious, and there is little problem in ensuring the teaching of foreign languages and numbers, but it is difficult to guarantee the opening of music, sports and beauty courses, and it will be a difficult problem to open enough physical education courses. According to the survey: The ratio of full-time physical education teachers to students in rural primary schools in Shishou City, Hubei Province is 1:1212 [8]. Primary and secondary schools with more than 200 students in rural areas that do not meet the requirements of the "National Trial Basic Standards for School Physical Health Conditions" are equipped with at least one full-time physical education Teacher's standards.

Physical education teachers with junior college, undergraduate and master's degrees in Zhuzhou City, Hunan Province, the ratio of the number of PE teachers in rural primary and secondary schools to the number of PE teachers in urban primary and secondary schools is 542:105, 398:617 and 30:139. The teacher-student ratio of PE teachers in urban primary and secondary schools is 1:276, while the teacher-student ratio of PE teachers in rural primary and secondary schools is 1:320 [9]. It can be seen that there is a large gap between urban and rural teachers. In addition, the distribution of sports venues and facilities is not balanced, and the quality of teaching is difficult to guarantee. According to the survey: In 2014, 3.3% of schools in Guangxi Zhuang Autonomous Region had sufficient sports facilities, 30.8% of school sports facilities basically met teaching needs, and 60.7% of school facilities could not meet teaching requirements or there was still a big gap [10]. Urban children can easily get full marks by participating in a competition, while children in remote mountain villages need to spend more time training to get the ideal score. In view of this, rural and urban students will not be on the same starting line, so how to ensure the fairness of sports testing?

The development of physical education should take into account the uneven distribution of rural sports venues and the lack of teachers, expand the sports venues, and improve sports facilities; Recruit qualified physical education teachers to enrich the team of rural physical education teachers; take care of the development of local sports, incorporate traditional ethnic sports into the teaching curriculum, and inherit traditional ethnic sports culture. In the research on the liking degree of national traditional sports of primary and secondary school students in Lipu County, Guilin City, Guangxi Zhuang Autonomous Region, it is found that 97.78% of the students like traditional sports. Traditional sports are responded by primary and secondary school students. If Wushu, national dance and other national sports are integrated into students' big recess, the headmaster or teacher can personally demonstrate and take the lead in participating, so as to form a pleasant learning atmosphere, which will help to inherit the national traditional sports culture and stimulate students' interest in physical exercise. In addition, we should also pay attention to the construction of teachers of Minority Traditional Sports and improve the quality of education; Compile instructional materials that highlight the

national characteristics and reflect the localization of traditional ethnic minority sports in elementary and middle schools; Adjust the teaching mode to form a "fun team building + course learning" mode. For example, students can independently choose sports team building projects (jumping bamboo poles, pearl balls, grabbing fireworks, etc.) 15 minutes before each physical education class, and study Physical education courses in the last 30 minutes; At the same time, it is necessary to prepare the equipment needed for ethnic sports events, adapt measures to local conditions and teach students in accordance with their aptitude.

Sports are about the happiness of the people and the future of the nation. Children are the future of the motherland and the hope of the nation. In the face of the "little glasses" in the class and the swollen "little chubby" on campus, it is especially important to strengthen physical exercise and develop lifelong exercise habits. However, while we improve the sports scores in the middle school entrance examination and pay attention to physical exercise, we should fully consider the students' learning situation, not blindly pursue the sports scores, and strengthen the students' sports training without restrictions, which will cause a burden to the students; We should improve the quality of physical education, improve the level of physical education teachers, pay attention to cultivating students' sports interests and hobbies, and put an end to the phenomenon of sports for examination; We should reasonably allocate sports resources in combination with the actual situation and ensure the fairness of physical education. For every teenager, sow a seed of loving sports for them, form a good habit of loving sports and exercise, and help them enjoy fun, enhance their physique, improve their personality and exercise their will in physical exercise. In the near future, we will reap luxuriant branches and leaves.

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