

# Exploration on the Development Path of Yunnan Ethnic Traditional Sports from the Perspective of Sports and Education Integration

Wenqiao Wu<sup>1</sup>, Yaling Cu<sup>2</sup>

<sup>1</sup>Master of Physical Education, School of Physical Education, Yunnan Normal University, Kunming, Yunnan, China

<sup>2</sup>School of Physical Education, Yunnan University for Nationalities, Kunming, Yunnan, China

## Abstract

In this paper, through literature method, field investigation method, logical analysis and other research methods, aiming at the current development status and path improvement suggestions of the integration of yunnan ethnic traditional sports and physical education. In the research and analysis, it is concluded that the integration of yunnan traditional national sports and sports education is not only to train high-level athletes, improve sports skills and competitive ability, but also to maintain our national unity and love, and promote the harmony and stability between different regions. The development status of traditional ethnic sports in Yunnan is as follows: most of the traditional ethnic sports are not well known. The integration of yunnan traditional national sports and physical education is not rooted in fertile soil, but from point to line, and is still in a process of continuous optimization. In view of the present situation, the countermeasures are put forward as follows: establish and perfect the relevant system, implement the professional PE teachers' tenure standards, ensure the vital interests of PE teachers; Vigorously promote and publicize ethnic traditional sports for primary and secondary schools; Collaborative governance of school physical education, give play to the leading role of school leaders in physical education curriculum evaluation, and gradually improve the discipline system; The suggestions are as follows: combine physical education with education, pay close attention to basic education and establish long-term mechanism; Promote the traditional national sports into the campus, in the process of physical education to be inherited and developed; The government should invest enough funds to construct a complete competition incentive mechanism.

## Keywords

Sports and education integration; Yunnan nationality; Traditional sports; Development path.

## 1. The Introduction

After the reform and opening up, the disadvantages of the original training system became more and more prominent, and more and more do not conform to the law of the development of socialist market economy. Was promulgated in 2021 during the difference on deepening teaching fused implementation opinion "to promote the development of adolescent health (hereinafter referred to as" opinions ") promulgated the opinions of the various causes of sports and the social people from all walks of life wide public concern and discussion, but yunnan national traditional sports and body fusion has become a hot topic of domestic sports academia. At the micro level, "physical" refers to "sports training", and "teaching" refers to "cultural learning", that is, athletes should receive cultural education while receiving sports training. [1] Cultural education is as important as physical education, which is the wings of athletes'

achievements. Medium level: physical refers to "competitive sports", teaching refers to "various schools". The combination of sports and education is mainly for schools. Macro level: physical refers to "sports management department", education refers to "education management department". Teach fused for sports and education departments at all levels, in order to culture achievement and athletic comprehensive, harmonious and sustainable development, in order to "people-oriented" comprehensive development of high level sports talents, [2] from the national level, body teaching is in order to further improve student health, enhance physical fitness. From the social level, the integration of sports and education still shows that sports should serve the people and serve the needs of national development. It shows the importance of integrating traditional national sports with sports and education, maintains the stability and prosperity of our country, and embodies our spirit of sports unity. [3] From the personal level, after the integration of traditional national sports and sports education, our national confidence will become stronger, which demonstrates the cohesion of our sports spirit.

## **2. Research Purpose and Significance**

### **2.1. Research Objectives**

The idea of integrating sports and education is to promote school physical education, promote quality-oriented education, promote youth training, and cultivate high-quality competitive sports talents and excellent sports reserve talents for the country. Is the integration of sports resources, education resources and the implementation of talent strategy important measures. Embody the most fundamental training objectives of sports and education, in line with the internal and external requirements of personnel training. It is a close combination of physical education and education.

### **2.2. Research Significance**

2.2.1 The theoretical significance is that with the continuous promotion of comprehensive poverty alleviation into a well-off society and the development of sports in China, the development of ethnic traditional sports in various ethnic regions has become the coordinated development of culture and economy that affects and restricts the development of ethnic regions in China. At the same time, it also restricts the coordinated development of national and regional sports. After the combination of the two, it will better promote the vigorous upward development of sports undertakings in various regions, and sports talents will be better transported.

2.2.2 The practical significance is that the integration of traditional national sports with sports and education can make our traditional sports better develop, make competitive sports better sublimate, make traditional national sports better win the hearts of the people, and make the stumbling traditional national sports keep pace with The Times. Let gradually marginalized fitness, entertainment sports into the mainstream with the trend of The Times. To promote the relatively closed, depth and breadth of ethnic minority traditional sports.

## **3. Research Objects and Methods**

### **3.1. Research Object**

The present situation of ethnic colleges, primary and secondary schools in Yunnan province is studied.

## 3.2. Research Methods

### 3.2.1. Literature Method

Through cnKI, journal of Beijing Sport University, journal of Shanghai Sport University and other relevant domestic literature, this paper lays a certain theoretical foundation for the study of this topic.

### 3.2.2. Logical Analysis

The collected data are summarized and sorted out, and the status quo and countermeasures of the integration of traditional sports and sports education of ethnic minorities in border areas are analyzed based on the theoretical knowledge currently mastered, and suggestions are put forward for improvement.

### 3.2.3. Field Investigation Method

By visiting large, middle and primary schools of ethnic minorities in Yunnan Province, I participated in the PHYSICAL education class after the integration of traditional yunnan ethnic sports and physical education. Put yourself in the classroom atmosphere, record the harvest of students in the classroom, and explore the path of problems and put forward improvement measures.

## 3.3. Research Process

Through consulting relevant documents and literature, we visited some ethnic schools. Discussed and analyzed from four dimensions of relevant policies and regulations, schools, teachers and students. The problems are found as follows: located in the southwest border area, yunnan traditional national sports is relatively conservative, closed and backward in time and space, so there is almost no exchange of sports theories and technologies with other developed provinces and regions. Due to the shackles of physical education models, assessment methods and evaluation standards around the 20th century, the development and utilization of traditional ethnic school-based courses have many legacy problems [4]. Especially combined with the traditional sports of Yunnan ethnic characteristics, the school did not fully open PE classes, let alone the traditional ethnic sports characteristics courses. The allocation of resources is inadequate and sports equipment is somewhere between lacking and badly worn. The development and publicity of competitive events are not enough, and the mastery of sports technology and competitive ability need to be improved. There is a shortage of physical education teachers of traditional ethnic sports in Yunnan, and the physical education teachers' understanding of traditional ethnic sports is not deep enough, and their concept of traditional ethnic physical education needs to be improved. The integration of sports and education is difficult to be improved and sublimated in a short period of time, and students are not clear about the concept of integration with traditional national sports and physical education. This paper analyzes and summarizes the current situation of sports and education integration and the path exploration of yunnan ethnic traditional sports, and puts forward specific interpretation suggestions. Strengthen the communication and contact among different regions, make the traditional national sports closely linked with social production labor and traditional festivals after the integration of sports and education, and promote some traditional national sports projects regionally and internationally. We should improve the traditional physical education assessment method and renew the educational concept. Carry out characteristic ethnic sports courses, strengthen the propaganda of ethnic sports courses, optimize the school-based curriculum of ethnic sports. [5] Ethnic traditional sports can also be included in the entrance examination according to the reform of yunnan Physical Education Examination. The school strictly controls the funds for purchasing equipment for traditional sports projects, rationally uses and sets up special equipment rooms and equipment management personnel, so that the number of class hours of physical education courses can be effectively guaranteed.

Develop available resources, enrich the traditional physical education curriculum, develop the national traditional characteristic curriculum, and make the curriculum widely publicized. After being publicized by schools in each village, students popularize relevant knowledge and activity process to their parents. From the promotion of competitive sports to the international vision to show around the world, such a bottom-up development. In the re - policy and funds are effectively guaranteed to promote the development of traditional national sports from the top down. It is necessary to develop more competitive events and improve competitive ability. To train specialized physical education teachers and improve their professional qualities. Improve students' interest, so that students in the process of learning sports to learn the spirit of teamwork, struggle, unity and friendship.

## **4. Discussion and Analysis**

### **4.1. Development Path Exploration of Yunnan Ethnic Traditional Sports from the Perspective of Sports and Education Integration**

Most of the traditional ethnic sports in Yunnan are not well known. At present, the traditional ethnic sports in Yunnan are still in the enlightenment stage. Promoting traditional ethnic sports into the campus can not only promote ethnic sports culture, so that the inheritance of ethnic sports. Strengthen the communication and understanding between home and school, but also can effectively solve the problem of lack of sports equipment and sports venues in schools in ethnic areas, enrich the students, teachers, sports teaching and amateur cultural life. To achieve the purpose of improving health, strengthening physical fitness, cheerful body and mind.

#### **4.1.1. Status Quo of the Development of Sports and Education Integration in Ethnic Primary and Secondary Schools**

The document on self-teaching integration has been implemented for some time. But it is still in a process of continuous optimization, far from our expected goal from point to surface. It is an inevitable trend to combine traditional national sports with sports and education to form high-level sports teams. As the foundation and fertile ground for the development of athletes, our schools have always been carriers. To give full play to the role of sports and education, the integration of sports and education can better complete this important task. Under the double reduction policy, after-school services are carried out in an orderly manner, which gives the traditional ethnic sports an opportunity to be promoted to the campus. National aerobics has also gradually entered our physical education class or as an important means of recess activities to change the traditional form of recess activities. However, the current PE discipline system is not perfect, the system is not perfect, most schools do not have relevant traditional sports professional teachers. Most ethnic primary and secondary schools are still in the surface research and exploration stage for the integration of sports and education, there is no good definition of professional physical education teachers. Although the school is the training base of sports reserve talents, but the current system is not perfect, the construction and training of professional sports teams still need to be investigated.

### **4.2. Countermeasures for the Implementation of Traditional Ethnic Sports from the Perspective of Sports and Education Integration**

#### **4.2.1. Policy Countermeasures**

Establish and perfect the relevant system, and implement the professional PE teachers' standards. The diversity of PE teachers' roles and the flexibility of teaching methods should be utilized to enrich traditional ethnic sports projects, and primary and secondary schools should be encouraged to set up school sports associations and youth sports clubs. In this way, they can incorporate more traditional national sports elements and let more people know about these sports. Implement the policy of funds for PE teachers in extracurricular tutoring and organizing

competition activities. Carry out extensive inside and outside the school competition, establish the school representative team to improve the competitive level. Traditional ethnic sports will be included in the middle school entrance examination additional score items, middle and high school academic level examination scope. The premise is to determine the national traditional sports items scientifically and improve the quality of sports teaching step by step. Let the students and coaches and physical education teachers grow in the competition in a specific environment to practice, so as to improve the national traditional sports sports skills and competitive ability.

#### **4.2.2. Countermeasures at the Social Level**

Vigorously promote ethnic traditional sports for primary and secondary schools, gradually improve the discipline system, take a scientific, standardized and industrialized road. For the world, for the future, for the public, learn from the excellent cultural spirit of other countries and nations, improve their own existence, not easy for primary and secondary school students to absorb, do not adapt to the needs of the current social development. With the establishment of the second centennial goal of our country, especially under the background of vigorously advocating the development of sports industry and promoting people's sports consumption, we should combine national traditional sports with sports ecology and develop a new sports tourism industry. Paying attention to the marketization development of sports industry will become an important point of its development.

#### **4.2.3. Countermeasures at the School Level**

The collaborative governance of school education and physical education brings into play the leading role of the evaluation of school leadership physical education curriculum. Strengthen cooperation between education and sports departments. Integrate the traditional sports schools and sports characteristic schools. Stadiums and gymnasiums are open to the outside world, and sports skills are trained in winter and summer camps to improve the sports level of schools with traditional sports characteristics. Establish professional training teams, send special coaches to guide training, pay attention to the selection of professional athletes. Let traditional sports schools and characteristic schools transform to traditional ethnic sports, strengthen the strong implementation and implementation of school-based curriculum, train and promote the professional development of students, encourage local traditional sports schools to establish and improve the "one-stop" talent service system on the basis of developing traditional ethnic sports. The primary school, junior high school and senior high school form a pair of units to carry out the training of traditional ethnic sports, solve the problem of traditional ethnic sports talents entering schools, implement the "Management Measures for Part-time Teachers of School Physical Education Aesthetic Education" to formulate outstanding retired athletes of traditional sports into the campus as physical education teachers. [6] Let retired excellent athletes enter the school to train high-level athletes and improve their competitive level. Primary and middle schools should vigorously promote national aerobics, let it gradually replace the traditional broadcast gymnastics. Compared with the original broadcast gymnastics, it combines the artistic, soft, national, fitness and entertainment characteristics, and changes the boring of the original broadcast gymnastics. [7] and deal with national traditional sports into the campus, school education and sports growing demand, targeted intensify personnel training for athletes in the ascension movement skills at the same time can also be affected by cultural influence, and because of cultural education and sports skills are equally important, trains the student to do a culture of sports. At the same time, special personnel are invited to manage school sports equipment and make full use of beneficial resources. Vigorously propagandize the unique function of national traditional sports fitness keeping in good health.

## 5. Conclusions and Recommendations

### 5.1. The Conclusion

The integration of traditional ethnic sports and sports and education is not only to train high-level athletes and improve their competitive ability, but also to maintain our national unity and friendship, maintain the stability and unity of our country, which plays an irreplaceable role in promoting the diversified and multi-level development of ethnic sports culture in various regions of Yunnan. The integration of sports and education should not only strengthen the body and improve the competitive ability, but also do a good job in educating people. The stability and unity of all ethnic groups has a direct impact on the stability and prosperity of our country. Traditional ethnic sports have no geographical authority and can be participated by the whole people. With the development of our society, when our tourism industry is further optimized, our traditional national sports will naturally become a beautiful scenery line. Sports tourism will boost our economy and strengthen regional ties. The national traditional sports to all parts of the world, deepen our sports regionalization to bring economic transformation, our motherland will be more prosperous.

### 5.2. Suggest

#### 5.2.1. Pay Close Attention to Basic Education and Establish A Long-term Mechanism

Quality education is a key button to improve our country's comprehensive national strength. For students in the stage of quality education, they have strong learning ability but poor self-consciousness. Coaches and PE teachers should carry out cultural knowledge in their daily training and teaching, and on this basis, carry out the edification of national traditional sports culture, cultivate students' interests and broaden their horizons. It is the essence of the integration of sports and education. At the same time, students are gradually transferred to the traditional national sports knowledge in a progressive way, and at the same time, students are guided to carry out traditional national sports projects through practical courses, so as to cultivate students' sports skills and competitive ability of traditional national sports.

#### 5.2.2. Promote the Introduction of Ethnic Sports Programs Into Schools, and Inherit and Develop Them in the Process of Physical Education

Inheritance and development is our traditional virtues of the Chinese nation, in promoting the traditional national sports into the campus we took the baton of predecessors, will continue to inherit this excellent culture. Moreover, the promotion of this project has enriched the campus cultural life of students, made up for the lack of sports equipment resource allocation loophole, and also saved the extra cost in the purchase of sports equipment. Strengthen the balanced development of students in morality, intelligence, physique, beauty and labor, inherit and carry forward the excellent traditional culture of all ethnic groups. At the same time, it can also cultivate talents of national traditional sports.

#### 5.2.3. The Government Shall Invest Sufficient Funds to Establish A Complete Competition Incentive Mechanism

Ethnic primary and secondary schools to set up characteristic ethnic traditional sports, from coaches to athletes. Practice and compete frequently. Our government departments to strengthen the input of funds, the development of special competitions, reasonable arrangements for venues and facilities. Implement reasonable class fees for coaches and PE teachers, and establish reward mechanisms for competitions. At the same time, a reasonable arrangement will be made for retired athletes to enter schools or sports clubs. This can not only improve the level of competition in this area but also transport sports talents to a higher level.

## References

- [1] Wang Dengfeng. The Historical background and practical significance of sports and Education integration [J]. Sports Science,2020,(10):3-7
- [2] Gao Jianling. Path Analysis of Promoting the integration of Sports and Education in Chinese Universities [J]. Contemporary sports science and technology,2020,10(36):138-140.]
- [3] Lu Jinjiang: Research on The Development Strategy of Ethnic Sports in Southwest Border Area of China, Yunnan People's Publishing House, 2020.
- [4] Liu Bo, Wang Song, Chen Po. Journal of Beijing Sport University,2021,(01):10-17.
- [5] Rao Yuan, Liu Zhu, Liu Jian: Research on The Characteristics and Model of Sports Development in Southwest Border Area of China, People's Publishing House, 2011
- [6] NI Yike. On the Development of Chinese Traditional Sports [D]. Guangzhou: South China Normal University, 2004.
- [7] Yanyi; [Li X J.Research on protection and inheritance mechanism of ethnic Minority sports intangible cultural heritage under the Background of "One Belt and One Road" : A case study of Xinjiang [J]. Journal of Xi 'an University of Physical Education, 201,38(01):96-104.