

# Research on the Dilemma and Strategy of Physical Education Curriculum Integration in Practice under the Background of "Double Minus"

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## Abstract

In this paper, through literature method, logical analysis method and other research methods, put forward the corresponding countermeasures to the difficulties in the practice of physical education curriculum integration under the background of "double minus". From the perspective of school development, this paper analyzes curriculum objectives, teaching evaluation and motor skills. In the process of analysis, it is concluded that "double reduction" provides a lot of time and space for primary and secondary school students, and improves the possibility of PE curriculum integration in teaching practice. Therefore, in the implementation of the "double reduction" policy, the integration of physical education curriculum should be actively played. Especially in the effective connection of teaching content, pay attention to the skill training of each learning section, take all students as the highest goal to pay more attention to. I hope it can be helpful to the related research on the integration of physical education curriculum under the background of "double minus".

## Keywords

Double reduction; Integration of physical education curriculum; Teaching practice; The mire; Strategy.

## 1. Introduction

### 1.1. Topic Selection Basis

On July 24, 2021, the General Offices of the CPC Central Committee and The State Council issued opinions on Further Reducing the Burden of Homework and Off-campus training for Students in Compulsory Education (referred to as the "double reduction" policy). This is a new milestone in the development of education in China. The promulgations of the "double reduction" policy have aroused heated discussion among the educational circles and people from all walks of life, and become a hot topic in the domestic academic circles. The "double reduction" policy promotes development for the country, society and individuals.

From the national level, according to China's national conditions, the "double reduction" policy has carried out great changes for the future education cause, rectified the current shortcomings of education, laid a good foundation for the new development of China's education cause, and promoted the better development of China's education cause. From the social level, the "double reduction" policy has also promoted the development of China's sports undertakings. Many sports training classes and interest expansion classes have been launched, which not only create employment opportunities, but also improve social and economic benefits. From the individual level, the "double reduction" policy reduces the academic burden of primary and secondary school students, so that they have more time to exercise and develop themselves, and pay more attention to their own growth.

## 1.2. Literature Review

On October 15, 2020, the General Offices of the CPC Central Committee and The State Council issued the Opinions on Comprehensively Strengthening and Improving School PHYSICAL Education in the New Era (hereinafter referred to as the Opinions), which pointed out that the school physical education teaching mode of "health knowledge + basic sports skills + special sports skills" should be gradually improved. It teaches students scientific exercise and health knowledge, instructs students to master basic sports skills such as running, jumping and throwing, and special sports skills such as football, basketball, volleyball, track and field, swimming, gymnastics, martial arts and ice and snow sports. Construct high school, junior high school, primary school sports curriculum content integration.

China's 156 million primary and secondary school students have been relieved by the release of the Policy, which aims to lighten the burden of homework and after-school training for students.[1]

"Double reduction" is a strategic arrangement made by the state at the height of The Times. It is an important measure to control excessive academic burden, build a good education ecology and promote the all-round and healthy growth of students. In "Efficiency and Guarantee of After-school Delayed Sports Service for Primary and Secondary Schools in China under the policy of" Double Reduction ", Li Yanlong analyzes the multiple logic and practical dilemmas of after-school delayed sports service in China with the logic line of "subject-object-contents-means". It is concluded that the weak faculty restricts the supply of after-school delayed sports service subject, the sports safety concerns restrict the participation of after-school delayed sports service object, the single content blocks the comprehensive and balanced development of after-school delayed sports service, and the limited means of support hinders the social connection of after-school delayed sports service.[2]

In 2016, the Opinions of The General Office of the State Council on Strengthening Physical education in Schools to Promote the All-round Development of Students' Physical and mental Health were released, explicitly requiring the establishment of a physical education curriculum connection system between universities, primary and secondary schools. Guo Yuxuan in the physical education curriculum integration of dilemma and path selection, a brief overview of the physical education curriculum integration under the logic of lifetime sports students the main line, to the health of body and mind development as the main demand, through the vertical, horizontal consistent, unified, form joint within the overall framework, from the basis, improve and expand through three aspects: physical education curriculum system.[3]

ZhuangJingJie in primary and secondary school physical education curriculum integration under the core literacy status and optimization of path analysis, according to the situation of primary and secondary school physical education curriculum integration, puts forward under the core quality of primary and secondary school physical education curriculum integration optimization path, respectively from three aspects, the integration of teaching content, curriculum integration, integration of teaching evaluation.[4]

Xu Yongchen, in the Practice and Exploration of Constructing the Integration of Physical Education Courses in Senior High School, Junior High School and Primary School, proposed the basic ideas of segmental connection: Laying "foundation" in primary school -- mastering "skills" in junior high school -- segmental connection of "selective teaching" in senior high school: In terms of curriculum setting, according to the idea of teaching content guided by goals, each semester, each academic year, each sports project gives full consideration to the "recent development zone" of students, teaching content from simple to complex, from easy to difficult, step by step, interlinked, make the content of physical education curriculum integration.[5]

### 1.3. Research Purpose and Significance

#### 1.3.1. Research Objectives

Research objectives: On the one hand, the heavy workload of contemporary primary and secondary school students has aroused widespread concern, and it is hoped that the discussion and analysis of the integration of physical education curriculum under the background of "double reduction" can reduce the workload of primary and secondary school students and promote the development of physical education. On the other hand, "double reduction" is a policy which is beneficial to the development of China's educational cause and has a guiding role in the development of China's educational cause in the future. It can speed up the construction of sports power and promote the development of education and sports.

#### 1.3.2. Research Significance

Theoretical significance: through the research and application of physical education curriculum integration in teaching practice, students' physical education curriculum learning has cohesion, physical education learning is logical, not only like physical education, but also like physical education.

Practical significance: The current physical education teaching content of primary and secondary schools presents a simple and repetitive dilemma, because the "double reduction" policy provides enough time and space for primary and secondary students, but also for the school physical education teachers to play the stage. Therefore, the integrated development of physical education curriculum under the policy of "double reduction" has strong operability and realization. If the integration of physical education curriculum can be realized in primary and secondary schools, it will play a great role in the cause of physical education and education in China. To promote the common development of the country, society and individuals.

## 2. Research Objects and Methods

### 2.1. Research Objects

The research object is the predicament in the integrated practice of physical education curriculum under the background of "double minus".

### 2.2. Research Methods

#### 2.2.1. Literature Method

Before writing this paper, I consulted a large number of relevant domestic literatures about the "double reduction" policy and the integrated development of physical education curriculum through the university library, CNKI.com, Global Academic Letters and other resources, which laid a certain theoretical foundation for the research of this topic.

#### 2.2.2. Logical Analysis Method

The collected data are sorted out and analyzed, and combined with their existing theoretical knowledge, the problems in the integrated practice of physical education curriculum under the background of "double minus" are analyzed, and the corresponding countermeasures are put forward.

### 2.3. Research Process

Through consulting documents, collect and organize related "Shuangjian" policy and sports curriculum integration of the literature, contemporary integration of primary and middle school students' physical health and physical education curriculum development as the research Angle of view, respectively from the school, the teacher, the students discussed and analyzed from three aspects, in view of the school under the background of "Shuangjian"

analyzes the problems in the development of physical education curriculum integration, The corresponding strategies are put forward.

### **3. Discussion and Analysis**

#### **3.1. Lack of Effective Grasp of Course Objectives**

Because the curriculum target is not specific enough, the content of teaching material is repeated and incoherent, which makes the physical education curriculum of our country lack logic.[6]The integration of physical education curriculum plays a great role in the learning of physical education curriculum for primary and middle school students, but at present, there is not much research on the integration of physical education curriculum, and there is no effective method for its application in teaching practice.According to the promulgation of the "double reduction" policy, the development of China's sports undertakings has also received the attention and attention of the broad masses of the people.Mastery of course objectives, need from school, teacher, student's actual situation, but the current physical education curriculum is formulated according to the sports teaching outline, teaching outline is fixed, and the school, teacher, student's development is changing, when the objective can't keep up with the development of students, is inevitably there will be a problem.Unable to effectively grasp the establishment of curriculum objectives will only hinder the development of school physical education work and the progress of students' curriculum learning.

#### **3.2. Ignoring the Role of Teaching Evaluation in Teaching**

The problem that the integration of physical education curriculum faces to break through is still the systematization and operability of evaluation.[7]Teaching evaluation is of great value and significance to both teachers and students.But in teaching practice of physical education curriculum integration, and no attention to the role of education evaluation, evaluation, not just don't know if there are any problems in the process of curriculum development, would not have to think about and solve the problem, which hindered the development of physical education curriculum, in the long term, the teaching level and quality of course not effectively improve, The integration of physical education curriculum cannot be carried out effectively in teaching practice.At the same time, lack of evaluation and positive evaluation, students can not establish the confidence of learning, the learning atmosphere in the classroom will be bad, the quality of physical education is not a relatively good level.The evaluation of PE teachers is also less, which is not conducive to the all-round development of PE teachers themselves.

#### **3.3. Repeatedly Learning Low-level Motor Skills**

Big in our country at present stage of primary and secondary school students is currently faced with low levels of motor skill learning difficulties repeatedly, such as elementary school, middle school, high school, college are learning the football technique, but have to stay in the basic of the low level of sports skill learning, the students master the basic theory and technology, only But not enough to master one or two motor skills.Students repeatedly learn low-level sports skills, unable to experience the fun of self-defeating in sports and the satisfaction of learning new skills, resulting in the weariness of physical education.[8]Football playing foot inside this basic skill, from primary school to learn university, only the most basic movement technology, a bit deep skills and theory, has largely failed to system is studied, and not just because of time and the teachers, but there is no cohesion between learning, no one from easy to difficult, from simple to complex of the learning process.Thus, the learning and cohesion of motor skills is crucial.However, at present, the problem has not been effectively improved.

## 4. Conclusions and Suggestions

### 4.1. The Conclusion

According to the current situation of education development in China, the policy of "double reduction" is an important measure to reduce the heavy academic burden of primary and secondary school students, build a good education ecology and promote the overall and healthy growth of primary and secondary school students. It is of great significance to the growth of teenagers and the education of our country. At present, primary and middle school students are overweight in their studies. "Double reduction" can let students have more time to pay attention to their growth and development, which has revolutionary significance for the integration of school PE curriculum. This article discusses the "Shuangjian" in our country under the policies of physical education curriculum integration in practice, from the perspective of school level, the plight of the current sports curriculum integration mainly include: the lack of effective grasp the course objectives, ignoring the role of teaching evaluation in the teaching, learning the low level of sports skills over and over again. In view of the current difficulties, the strategies are put forward as follows: connecting teaching contents effectively, attaching importance to the role of teaching evaluation, and taking all students as the highest goal.

### 4.2. Suggest

#### 4.2.1. Effectively Connect the Teaching Content

According to the actual learning situation and the characteristics of students' physical and mental development, formulate reasonable teaching content. Follow the law of students' physical and mental development,

The teaching content is from simple to complex, from easy to difficult. The primary school stage is mainly based on games, through walking, running, jumping, throwing, rolling, climbing, throwing and other forms of activities, the development of students' basic activity ability, in line with the physical and mental characteristics of primary school students and the law of development, to promote the physical development and growth of primary school students; In the upper primary school, basic movements of games and sports are the main content, focusing on laying the foundation; Junior middle school has entered a new stage, physical and mental characteristics have changed, sports skills can be based on primary school sports learning, appropriately increased difficulty. Junior high school to skills, skills, through physical education teaching, extracurricular sports activities, so that students master the basic knowledge of sports and health, basic skills, improve physical fitness, improve physical quality, cultivate students' interest in sports, happy body and mind, to help students master 1-2 sports skills. From primary school to junior high school, the physical movement ability and skill development ability are gradually improved. Through learning, students can generally master one or two motor skills.

#### 4.2.2. Attach Importance to the Role of Teaching Evaluation

Through systematic evaluation of physical education curriculum, not only can improve the academic quality of physical education curriculum, but also can carry out periodic evaluation for the non-classmate section, so as to carry out rectification and improve the non-classmate section in the teaching process. At the same time, the positive evaluation of students is helpful to improve the confidence of students in learning. The better the learning atmosphere in class is, the better the quality of PE class will be. The establishment of the evaluation system also plays an important role for PE teachers. While feeling the value and significance of the evaluation system for the integrated implementation of PE curriculum, PE teachers can also grasp and implement the integrated PE curriculum more accurately. Teachers who receive

positive evaluation will also take the initiative to improve their comprehensive ability and devote themselves to the cause of physical education and education in China.

#### 4.2.3. The Highest Goal Is to Face All Students

The integration of physical education curriculum ultimately faces the subject or students, therefore, to face all students as the highest goal. At present, due to economic development and neglect of physical exercise, there are some primary and middle school students generally have the problem of obesity, which puts forward a difficult problem for the development of PHYSICAL education and students to learn sports. Due to the gap between urban and rural children, there is a significant difference in athletic ability between urban and rural children. Body quality and ability of primary school students have high low, in the teaching practice of physical education curriculum integration, need to be targeted for guidance, the school teacher resources is limited, can hire retired athletes, the coaches to school part-time, reasonable open school sports location at the same time, this needs the government and the schools put more money and social support. For all students, overcome the difficulties of students' own factors and the lack of teachers, improve students' motor skills step by step and realize the effective increase of motor skills, rather than repeatedly learning low-level motor skills.

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