

Path and Countermeasures of Traditional National Sports Entering Primary and Secondary School Campus

Lihong Zheng, Xianqiong Ding and Chaohe Chen

School of Yunnan Normal University School of Physical Education, Kunming 650000, China

Abstract

Traditional national sports is an important part of Chinese traditional culture and human sports culture. It is not only the expression of a cultural form with national characteristics, but also a cultural form with traditional color. School education is the foundation of carrying forward and inheriting traditional national sports, Taking traditional ethnic sports as an important part of school education can not only improve students' patriotism, strengthen national unity, inherit and carry forward the traditional Chinese culture, but also meet the needs of quality education and bring new vitality to school sports. Through the analysis of literature, this paper puts forward that the paths for traditional ethnic sports to enter the campus are: 1. Creating the inter-class exercises with national characteristics; 2. Bringing traditional ethnic sports into physical education classes; 3. Opening regional traditional ethnic sports music classes; 4. Adding traditional ethnic sports events in sports games; 5. Opening ethnic interest activities classes; 6. Holding parent-child national experience summer camps during holidays; In order to better carry out ethnic traditional sports on campus, this paper gives the corresponding countermeasures from the perspectives of school sports, community sports and competitive sports: 1. Relevant policy support from local governments and attention from schools; 2. Innovating and reforming ethnic minority sports; 3. Intensifying publicity, establishing characteristic school demonstration sites, holding inter-school sports meeting of ethnic traditional sports; 4. Strengthen teachers' training on knowledge, skills and teaching methods of related traditional national sports; 5. Attach importance to personnel training; 6. Strengthen the construction of community traditional national sports and mobilize more families to participate.

Keywords

National traditional sports; Primary and secondary school campuses; Paths and countermeasures.

1. Introduction

Yunnan has many ethnic groups, and there are 25 ethnic minorities in Yunnan, accounting for 33.12% of the province's population. Traditional national sports into the campus can better strengthen the communication and understanding among all ethnic groups, promote national unity, unite people's hearts, inherit the cultural spirit of the Chinese nation, and at the same time, add interest to school sports activities. Due to the limited venues, teaching facilities and equipment in various schools, the development of diversity of sports events is limited, which leads to the fact that many schools now carry out similar sports events. Except the students who like this event, others feel that physical education class is boring, and it has become a free activity class that has nothing to do with sports. The extensive adaptability of traditional national sports, Students will be encouraged to choose suitable sports activities according to their physique, hobbies and needs. The choice of equipment, venues and facilities can be adapted to local conditions, or local materials can be used, thus providing strong convenience for schools to carry out sports activities.[1]In addition, the reform of senior high school

entrance examination for physical education advocated by the state now further urges parents to pay more attention to physical education. On weekends, I will take my children to take the subjects required for these exams, which will inevitably cause students to be physically and psychologically tired of these sports. However, compared with ordinary sports, traditional ethnic sports are more interesting, competitive, fitness-oriented, entertaining and extensive. Coupled with students' curiosity, to a great extent, it will arouse students' enthusiasm, and at the same time meet the quality education, it can also inherit the traditional national sports. Therefore, in order to better integrate traditional national sports into school sports, this paper analyzes the path of it entering the campus, and puts forward corresponding countermeasures for its normal and smooth operation.

2. The path of National Traditional Sports into the Campus

Chinese schools should bear the brunt of the responsibility for the inheritance and development of Chinese traditional ethnic sports. Only by entering formal school education can traditional ethnic sports be effectively promoted and spread to all fields of society[2].

2.1. Create a Class Exercise with National Characteristics

Exercises between classes help to eliminate the fatigue caused by intense study, so that the brain can have a positive rest and improve learning efficiency. At the same time, it is also beneficial to students' health. To integrate traditional ethnic sports into class exercises, first, let students understand the significance and purpose of integrating traditional ethnic sports into class exercises. Increase the interest of exercises between classes, and relieve the pressure and tiredness brought by students' study. Folk music can cultivate people's sentiment and relax their mood. Ethnic dance and sports can enhance physical fitness, increase national identity, unite classmates and people's hearts, so that excellent traditional culture can be passed down and exercise can be passed down correctly. Second, it is beneficial to make full use of the school's publicity equipment and related facilities to spread the traditional national sports culture and explain its origin, development and significance. Third, make good use of the influence of the head teacher in the class. The class teacher is required to carefully organize and urge students to do exercises during recess, pay attention to observe students' individual differences, set reasonable goals for students who do well, encourage them to innovate and arrange exercises during recess, and praise bad students to enhance their self-confidence. And do a good job of classmates' guidance and help. Fourth, when arranging the exercises between classes, we should pay attention to the time for the exercises between classes, the time for students to gather teams, and a certain rest time. The intensity of exercise should also be arranged reasonably, and the music should be cheerful, relaxed and rhythmic as far as possible.

2.2. Incorporate Traditional Sports into Physical Education Classroom

Modern sports play a very important role in China's current sports development. The integration of national traditional sports should gradually enter from the aspects of cultural system, etc. Direct subversion will make students, parents, teachers, schools, etc. unable to understand and adapt. Therefore, it should be introduced into the existing physical education class step by step, Take the form of combining modern sports with traditional sports of ethnic minorities.

At the beginning of part of the announcement of the teaching content, the theoretical knowledge related to national traditional sports is probably stated, so as to increase students' understanding of national traditional sports; Part of the preparation will be put into warm-up activities after the adaptation of national traditional sports and games, and warm-up will be carried out in different forms, which will be entertaining and also achieve the purpose of warm-

up; Reasonable allocation of curriculum proportion between some basic national traditional sports and current sports;

In the end, we can use some cheerful and simple ethnic dances or traditional ethnic sports with low exercise intensity to reduce the activity level of the whole body and keep the balance and stability of the internal environment, so as to achieve the relaxation effect.

2.3. Opening Regional Traditional Ethnic Sports music Classes

The promotion of traditional ethnic sports involves material culture, spiritual culture and institutional culture, covering the categories of competition, games, dance, health preservation and festivals[3]. In order to better inherit and promote traditional ethnic sports, it is necessary to bring music and dance from ethnic minority areas to campus. Difficult folk dances need teachers with a certain foundation. However, for most of the existing teachers, it is very difficult to teach folk dance. Professional people do it, and so is the teaching of folk music songs, so it needs to be taught by professional teachers. In music class, besides teaching basic music theory knowledge, folk dances and songs are the main course contents. First, compile special local folk music teaching materials; Second, schools can recruit music teachers who can speak local languages, and after special training, teach local folk dances and songs to children; Third, organize students to perform art performances, so that more people can feel the beauty of national dances and the beauty of national songs. In many aspects, students can have a more comprehensive understanding of traditional sports of ethnic minorities.

2.4. Add Traditional National Sports Events in the Games

For the school to hold sports meeting every year, in order to improve students' sports ability and stimulate their interest in sports. Stimulate students' enthusiasm through sports events, and let all ethnic groups show their national strength and characteristics. At present, school sports events are generally divided into field events and track events, and traditional minority sports events can be added as a separate section. That is, the content of the school sports meeting is divided into field events, track events and traditional sports of ethnic minorities, so as to enrich the content of the sports meeting and guide more students to participate in it. First, we should choose appropriate national traditional sports in all aspects to join, and transform some of them to make them more interesting and competitive; Second, it is necessary to establish the corresponding scoring standard of rules and systems, and allow multi-ethnic participation; Third, the teacher-student interaction project of traditional minority sports with simple content can enhance unity, and strengthen communication, exchange and understanding between teachers and students. The strengthening of traditional fun sports events is not only beneficial to the long-term planning and development of sports, but also clear the goal and direction of the development of national traditional sports in schools. Providing effective cultural support for school physical education, promoting the process of social civilization, arousing students' interest in participating in national traditional sports, promoting students to carry forward the spirit of traditional sports culture and shaping sound personality[1].

2.5. Offering Courses of National Interest Activities

After-school service is a kind of social activity caused by the contradiction between parents' off-duty time and children's off-duty time. On February 24th, 2017, due to children's early off-duty time and parents' late off-duty, the General Office of the Ministry of Education put forward the Guiding Opinions on Doing a Good Job of After-school Service for Primary and Secondary School Students[4]. Solve the problem that parents can't send their children to extracurricular tutoring classes and receive their children in time. Combining with the relevant national policies and systems, the traditional national sports will be set up as an interest activity class combining theory with practice. Learn and master project-related skills and skills through practice;

Through theoretical knowledge study, Let students know the origin, development process, fitness efficiency, development scope, customs, solar terms, personnel composition, competition arrangement, etc., increase students' deep understanding of Chinese traditional culture, strengthen students' cultural self-confidence, and cultivate students' cultural habits and cultural consciousness of carrying forward Chinese traditional sports[1].

2.6. Parent-child National Experience Summer Camp will be held During Holidays

Summer camp lets students feel a life different from family and campus, and try a new experience. Especially in the summer camp training process, every child actively participates in it, has fun and improves students' practical ability. Many students' behaviors and interests will be influenced by their parents. Choose representative ethnic villages, Enterprises jointly organize ethnic summer camps, experience the daily work of ethnic minorities, customs and customs during festivals and traditional sports of ethnic minorities, let parents participate in them, and rationally assign the tasks of parents and students. Both parties should not interfere with each other. By arranging some parent-child cooperation projects, students' enthusiasm for participating in them can be better improved, and they can actively learn about the ethnic groups. Parents' participation can also promote the communication between students and parents, and at the same time, it can also strengthen the communication between students, increase their emotions and enhance cohesion. This will not only better inherit the traditional national sports, but also increase the economic income of ethnic minorities.

3. Countermeasures and Suggestions for National Traditional Sports to enter the Campus

3.1. Relevant Policy support and School Attention

At present, the development momentum of modern sports is strong, and the development of traditional ethnic sports is seriously hindered and slow, and some of them have even been lost. Although the state has relevant policy support, it lacks specific policy support, and the school lacks the necessity for traditional ethnic sports to enter the campus. Therefore, it is necessary to establish relevant system guarantee, strengthen organizational leadership, At the same time, under certain conditions, sponsors are allowed to join, and sufficient financial support is provided for the development of the national traditional sports campus project. The policy of "one place, one place", the government introduced policies suitable for the development of local ethnic traditional sports in combination with local conditions, and supported ethnic traditional sports to enter the campus in terms of policies. For example, In some minority areas, traditional sports can be included in the senior high school entrance examination. In traditional minority sports events, extra points will be added according to the ranking of the competition. With concrete and tangible rewards, parents and students will pay attention to it, and the inheritance problem of the younger generation will be solved by external force[5]. Students and parents pay attention to it, Naturally, the school will pay attention to it, give sufficient project funds, encourage teachers to establish relevant scientific research projects and actively innovate classroom teaching, and at the same time, avoid the phenomenon that "the PE teacher is ill" and other teachers of major subjects occupy physical education class and music classes.

3.2. Innovative Transformation of Traditional Sports

According to local conditions, combining with the national traditional sports events, students' physical conditions and school facilities, a national traditional sports event with characteristics suitable for schools has been adapted. It is entertaining, interesting and competitive, and it is also necessary to pay attention to science and explore and develop students' sports potential.

At the same time, it is necessary to standardize the names and rules of national traditional sports, establish a unified standard, and lay a good foundation for future development.

3.3. Increase Publicity, Establish Demonstration sites of Characteristic Schools, and Jointly hold Traditional Minority Sports Meetings among Schools.

At present, some schools have integrated ethnic traditional sports into the class exercises and courses, but there are still many problems. First, older teachers and temporary invited local folk traditional sports talents are not familiar with the rules of physical education teaching for primary and secondary school students, and they can't make reasonable innovations in sports, so they can't satisfy students' appetite. Resulting in scholars unwilling to learn and teachers unwilling to teach; Second, young teachers lack in-depth understanding of traditional national and folk sports or have cognitive bias; Third, leaders lack understanding of the characteristics of school sports and long-term planning[6]. In view of the existing problems, we can focus on observation, experiment and improvement in schools where traditional sports of ethnic minorities have been developed. Create a demonstration school with demonstration characteristics. The Education Bureau will organize physical education teachers of all schools to observe and study, hold symposiums, and share experiences with teachers, and put forward opinions and suggestions for future work, so as to integrate national traditional sports into school education.

Traditional national sports have the characteristics of nationality, regionality, inheritance, natural simplicity, unity and harmony. Co-hosting between different schools can enhance the communication and skill exchange among different ethnic groups. Schools in various places take turns to hold inter-school traditional sports meetings for ethnic minorities according to their own local conditions, so as to promote mutual understanding among ethnic groups and national unity.

3.4. Strengthen Teachers' Training on Knowledge, Skills and Teaching methods of related Traditional National Sports.

First of all, teachers should not only simply learn the subject knowledge, but also integrate multiple disciplines, be a teacher with deep cultural background, and not try to teach freely. They should always strengthen their own teaching methods so that students can actively learn and enjoy learning.[7]Secondly, the education department should organize more teachers to carry out knowledge training and practical training on traditional national sports. And hire inheritors of folk minority traditional sports events to work as instructors or full-time teachers in schools for a long time, so as to guide and improve the shortcomings of school teachers in national traditional sports, so that school teachers can also guide others to carry out national traditional sports events; Finally, strengthen teachers' professional quality, Avoid discrimination against different ethnic groups and disrespect for certain ethnic customs.

3.5. Pay Attention to Personnel Training

Schools should do a good job in cultivating talents of national traditional sports, and strengthen training for those students who have sports talents. Under the condition of not delaying their studies, some appropriate training can be carried out after class, and the links between schools and sports schools or sports teams can be well done to avoid the occurrence of faults and transport talents for higher-level national traditional sports competitions. For those students who work hard, like traditional national sports but have ordinary qualifications, they should focus on cultivating their theoretical knowledge, and at the same time, combine with practice, so that they can have the ability to teach or guide others to carry out traditional national sports and independently develop new resources of traditional national sports.

3.6. Strengthen the Construction of Community National Traditional Sports and Mobilize more Families to Participate.

It is the continuation of the community development of traditional ethnic sports. The interaction among family members, families and families can better promote the development of traditional ethnic sports. The traditional ethnic sports that students study at school can go home and drive people in the family to participate in it. This not only consolidates the learning content but also extends more people's understanding of this national traditional project. Square dance is popular in the community, so we replace it with folk dance. Through recruitment in the community, we hire volunteers who can dance folk dances, let volunteers lead the community residents to dance folk dances, or hold ethnic talent activities in the community through selection, regardless of age. As long as you are good at it, you can drive community residents to participate. In this atmosphere, what students have learned in school can also be better consolidated.

4. Conclusion

Children are inheritors of China's excellent traditional culture, which is of great significance to the development of minority traditional sports. Carrying out minority traditional sports through school sports can better develop and inherit minority traditional sports, improve students' sports motivation, improve students' awakening mechanism for inheriting national traditional sports, and establish cultural consciousness. So as to enhance cultural self-confidence and build up the sense of Chinese national community.

References

- [1] Zhangyan, Zhao Zhongwei. The value, problems and countermeasures of integrating traditional national sports into public sports in colleges and universities in China [J]. Educational Science, 2020,36(06):34-39.
- [2] Li Ying, Yang Fenglei. On the value and strategy of developing national traditional sports to enhance cultural self-confidence [J]. Sports Culture Guide, 2020(02):1-5+23.
- [3] Yin Jilin. Experience and enlightenment of traditional Chinese sports promotion in ASEAN [J]. Sports Culture Guide, 2019(11):78-83.
- [4] Guiding opinions of the general office of the Ministry of Education on doing a good job of after-school service for primary and secondary school students Ministry of Education of the People's Republic of China. 2017-03-02[citation date 2020-03-31]
- [5] Li Hongyi, Han Chongyang, Yao Lei, Ma Huijun. The inheritance dilemma and development countermeasures of traditional minority sports [J]. Sports Culture Guide, 2020(05):49-54.
- [6] Xia Minghai, He Guojian, Liu Tianyu. Re-understanding of the cultural value of traditional ethnic and folk sports on campus and strategic research [J]. Journal of Guangzhou Institute of Physical Education, 2020,40(06):69-72+90.
- [7] Han Long, Prince Xia. Analysis of the path of traditional national sports into the campus [J]. Charming China, 2020, (No.17).