

# Feasibility Research on Integration of Physical Education Curriculum in Universities, Primary and Secondary Schools

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**Abstract.** In order to further improve the physical education curriculum, it is effective to avoid the lack of connection between the teaching content in each semester, the serious repetition of teaching content, and the lack of student interest in physical education. Recently, the reform of physical education curriculum integration in universities, primary and secondary schools is on the agenda. Integration is to divide the courses into several modules according to logic, and then to learn the modules corresponding to students in different primary and secondary schools. The author believes that the physical education curriculum conforms to the laws of students' physical and mental development and the teachers' teaching is targeted through the reform. Also, the teaching content is no longer repeated, and the students' desire for learning is stronger. The learning content is more diverse. However, some difficulties will also be encountered during the reform process. In view of the difficulties, the author offers the corresponding countermeasures for reference only.

## 1. Introduction

With the development of society, different fields are undergoing procedural and systematic changes. Starting from the definition of physical education, the integration of physical education curriculum in universities, primary and secondary schools gives new meaning to physical education from the historical perspective in the new era, and emphasizes the essential functions of physical fitness and education. From the standpoint of human life development, the laws of body movement development and physical exercise formation in the process of human body development and improvement should be recognized. It is necessary to build the academic foundation of the integration for physical education curriculum system construction in universities, primary and secondary schools, and to form the theory and method of dividing the physical education curriculum content categories. Furthermore, a layered and sub-item system for each section of the physical education curriculum in universities, primary and secondary schools should be constructed, and plans for large, medium and small physical education curriculum should be prepared.

## 2. The Definition of Physical Education Curriculum Integration

Integration is the formation of independent individuals into a closely linked and coordinated whole. Curriculum integration refers to the failure of a course to form an organic whole in different learning stages. In fact, as far as the curriculum itself is concerned, each curriculum is a whole according to the course objectives strictly according to certain logic. Teacher Yu Sumei believes that "the construction of integrated physical education curriculum system takes the development needs for students' lifelong physical education and physical and mental health as the logical mainline. It should construct the overall framework of curriculum with vertical convergence, horizontal consistency, internal unity and form association. Based on the basic theories of students' movement development law, cognitive law, sports skill formation, etc., the curriculum content system of which learning section is re-established from three aspects: foundation, improvement and expansion. The evaluation standard of physical education learning is developed from two aspects: learning section and single item".

### **3. The Necessity of Physical Education Curriculum Integration in Universities, Primary and Secondary Schools**

The reform of China's physical education curriculum has not been interrupted and each reform is a thunderstorm and a little rain. Physical education has not been able to remove the "sub-curricular" hat. The teaching method is to adopt a lamb-style for physical education in universities, primary and secondary schools and is to grasp the eyebrows and beards in universities, and a basketball teaching plan basically takes all the semesters. Primary school students pass with both hands on their chests, and college students also pass with both hands on their chests. Middle school physical education teachers do not know the content of primary school students, college physical education teachers do not know the middle school teaching plan, such as railway police each section [1]. Low-level repetitive learning content causes students to like physical education ideologically and resist physical education in action. Therefore, physical education teaching in China needs to be reformed in an integrated way, thus reorganizing the physical characteristics of each school segment and improving the ability to receive knowledge. A scientific education and teaching system that conforms to students' physical and mental characteristics of all ages should be built.

### **4. The Advantages of Physical Education Curriculum Integration**

#### **4.1. In accordance with the law of students' physical and mental development**

Different school-age stages have their own characteristics. Pupils are curious and easy to distract attention, and learning content is mainly game-based. The actions are simple and easy to understand, do more and less talk, and focus on imitation. Technical action is mapped in the game, and a small number of principles are adopted. However, middle school students should reduce games and focus on learning technical skills. College students should focus on cultivating their sports consciousness. Anyone's sports consciousness is not inherent, but gradually formed through exchanges and interactions with others, the continuous influence of social environment and a large number of sports practice activities in long-term social life [2]. Once sports consciousness is formed, it will affect people's sports activities, and will continue to increase in sports activities.

#### **4.2. In accordance with the formation of sports technology**

The primary school stage has a preliminary understanding or vague preliminary grasp for the movement. The middle school period is the movement connection stage, deeply understands the movement essentials and the muscle body feeling, and unceasingly improves the technical movement and establishes the muscle memory. In the college stage, the movement has been constantly improved, focusing on competitions [3].

#### **4.3. Effectively avoiding repeatability of the same content and preventing rolling forward to the end**

At present, the school physical education curriculum is not systematized. Different semesters are the same content, and the same content is repeated continuously, so that students not only have no freshness but have a feeling of boredom. Students with a good elementary school physical education can take excellent grades without studying in the university, thinking that the content of learning assessment is basically the same.

### **5. The Difficulties of Physical Education Curriculum Integration in Universities, Primary and Secondary Schools**

The physical education integration in universities, primary and secondary schools can plan what to learn in that section, what to learn and to what extent. These are not difficult problems, and the biggest difficulty is the setting of disciplines. The development is different in different regions, and economically developed regions can fully develop the curriculum set by the Ministry of Education. Economically underdeveloped areas are constrained by economic development for lack of equipment, space and teachers [4].

## **6. The Feasibility of Constructing the "Integration" Physical Education Curriculum System in Universities, Primary and Secondary Schools**

### **6.1. Establishing a practical and operational curriculum system**

The construction of the "integration" physical education curriculum system in universities, primary and secondary schools must be heard from teachers who have been engaged in physical education for a long time at the grassroots level. Experts and scholars must use behavioral research methods to carry out continuous practice and summarize their experiences. It is necessary to have the spirit of "nothing venture, nothing gain", and develop a set of integrated theoretical system for physical education curriculum with "university, middle school and elementary school". It should prevent the situation that the theory is feasible and the practice cannot operate. The implementers of physical education curriculum are mainly front-line physical education teachers. Therefore, excellent front-line physical education teachers and experienced physical education researchers can participate in the construction of the curriculum system, which can achieve a high degree of unity of theory and practice.

### **6.2. The deep integration formed by the physical and mental development and movement law**

Based on objective laws and scientific evidence, the construction of the "integration" physical education curriculum system in universities, primary and secondary schools must be established. The "innovation" of "integration" construction is reflected in the humanity of the main logic, which conforms to the laws of students' physical and mental development. Different school ages have different characteristics and the difficulty of their learning actions is different. Therefore, the substantive content must be suitable for students of this age, and it should not be too difficult or too simple. If it is too difficult, students will have adverse emotions and affect their interest in learning. If they are too simple, they will lose their motivation to learn, become inert and have no initiative. Therefore, the curriculum system must ensure that the course content allocation accurately matches the needs of student development based on human movement development characteristics, cognitive characteristics, quality development sensitive period distribution, and skills formation rules, etc.

## **7. Countermeasures to Solve Physical Education Curriculum Integration in Universities, Primary and Secondary Schools**

### **7.1. Increasing investment in sports venues, equipment and facilities**

Students want to exercise and have local exercise. By investing in special funds, running schools frugally and making their own equipment, they can improve the conditions for school sports facilities and meet the basic needs of school physical education and student physical exercise. Eastern and western mutual learning is conducted, and eastern schools became married by holding hands. Through mutual visits to schools and short-term training, help schools in the western regions to donate venues and equipment. The field equipment is a condition for carrying out physical exercises. Any sport requires a field, but the size of the field is different. Through mutual visits to schools and short-term training, schools in the western regions have been helped to donate venues and equipment. The field equipment is a necessary condition for carrying out physical exercise. Any sport requires a field, but the size of the field is different. For sports, most sports require equipment, such as ball games, etc. To solve physical education curriculum integration in universities, primary and secondary schools, it must solve the venue and equipment. It is very easy to complete teaching content if there are spacious fields and sufficient sports equipment for the protection of physical education. Teachers are easy to teach and students are comfortable to learn. With the field equipment as the guarantee, physical education not only has been carried out smoothly, but also the teaching effect will be improved obviously.

### **7.2. Establishing sports training camps**

In order to actively crack the shortage of sports resources in universities, primary and secondary schools, and break the traditional thinking of "painting the ground as a firm ", it is suggested that colleges use their holiday time to actively open youth sports training camps for all kinds of sports

events under the government guidance. It should explore the radiation-driven incentive mechanism of universities in the region. The majority of students in elementary and middle school can share college sports resources during the holidays, and colleges must plan holiday sports training camps in a planned manner. Establish a learning platform for sports enthusiasts of primary and middle school students, and promote the development of sports. It is necessary to establish a learning platform for sports enthusiasts of primary and middle school students, and promote the development of sports. The purpose of holding holiday sports training camps for primary and middle school students is to make full use of the idle sports resources during vacations, to enrich the holiday life of teenagers, to promote sports and to improve their sports level. Teenagers' sports interests are cultivated and their sports potential is stimulated, so that students can enjoy sports in a professional and happy atmosphere, and improve their independence and self-confidence in sports training camps [5].

### 7.3. Strengthening the construction of teachers

To strengthen the construction of physical education teachers, first of all, the number of physical education teachers should be increased, and the training of physical education teachers should be increased. It is necessary to constantly update professional knowledge, improve the professional level of teachers, and broaden the field of teachers' knowledge. It should constantly update the educational ideas, change the concept of teaching, and conscientiously perform the duties of the post, rigorous scholarship and meticulous teaching. The cultivation of teacher's morality, dedication and dedication to others should be strengthened. Also, it should study business and keep improving, optimize the teaching process, care for students, teach and educate people [6]. The formation of a "dedication, moral education, rigorous learning" good teaching atmosphere makes the majority of teachers strive to form a correct outlook on the world, life, values and talent. With selfless dedication, good professional ethics and healthy psychological qualities for the cause of higher education, this truly realizes consciousness, self-motivation, self-esteem and love of school, job and student.

## 8. Discussion

Promoting integrated physical education curriculum in universities, primary and secondary schools, and effectively avoiding repeated learning of the same content in different semesters, the content of physical education curriculum and learning section organic unity together. This not only makes the physical education subject more scientific and standardized, but also more in line with the law of students' physical and mental development. However, it is a great mission and responsibility to construct the "integration" physical education curriculum system in the new era. It must seek improvement in stability, establish experimental areas and summarize the experience in different regions, wait for the appropriate time to promote widely.

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