

## Vocational colleges physical education into ideological and political education research

Ying Li

School of Information and Communication, Sichuan Vocational College of Science and Technology,  
Meishan City, Sichuan Province 620500, China

461415740@qq.com

**Keywords:** School physical education; Integration; Ideological and political education; Lide tree people; The overall development of people

**Abstract:** Aiming at the lack of integration of physical education and ideological and political education, and the problems of formalization, utilitarianism and poor effectiveness of ideological and political education, according to Marxist humanism theory and western education theory, literature method and case method are used to analyze the reasons of the problems. To find out the mechanism of the integration of physical education and ideological and political educators. It puts forward many solutions from mining sports resources, improving curriculum methods and so on, and constructs the corresponding strategies and evaluation system. Practice has proved that the integration of school sports into ideological and political education can enhance the educational effect and promote the all-round development of students.

### 1. Introduction

School physical education not only needs students to strengthen their physical fitness, but also needs to shape their character and stimulate their patriotic feelings. Ideological and political education guides students to establish a correct world outlook, outlook on life and values, which has the same goal as physical education. In order to cultivate students with all-round moral, intellectual and physical development, it is necessary to study the integration of physical education and ideological and political education [1].

The integration of physical education and ideological and political education is of great significance to the overall development of students. It not only imparts skills and knowledge for college students to strengthen their body and mind, but also promotes students' physical and mental harmony, students' will quality and humanistic spirit [2]. Comprehensively promoting the ideological and political construction of physical education courses in colleges and universities can guide and help college students gradually form a correct world outlook, outlook on life and values, and implement the first priority of cultivating morality and cultivating people [3] the goal of building a strong sports country forces us to speed up the process of ideological and political construction of physical education courses. The spirit of courage of hardships, courage of struggle, unremitting self-improvement, never say die, unity and cooperation, patriotism and dedication embodied in the process of self-transcendence of sports people is what the ideological and political construction of the curriculum pursues, and sports inherently has its own advantages [4]. The "spirit of women's volleyball" is used to describe the educational value contained in sports [5]. Considering several problems that need to be solved in the ideological and political education of the current physical education curriculum, the first is to improve the attention of school leaders, and the second is to improve the evaluation system of physical education classroom teaching [6]. Researchers discuss the necessity of college physical education from the ideological and political perspective, and on this basis, integrate the analysis of curriculum management, teacher level and evaluation system into the strategy. Exploring the way and method of integrating school physical education into ideological and political education, and realizing the organic combination of the two, has become an important task of current education reform.

Starting from the new situation of national development, the new form of school physical education, the new problems of ideological and political education and the new characteristics of students' development, this paper deeply analyzes the internal relationship between school physical education and ideological and political education, expounds the theoretical basis and value presentation of school physical education into ideological and political education, and puts forward the targeted strategy and evaluation system. This study aims to provide useful reference for innovating ideological and political education mode, enriching educational content and improving educational effectiveness, and helping to cultivate socialist builders and successors with all-round development of moral, intellectual, physical, American and labor.

## **2. The mechanism of integrating physical education into ideological and political education**

### **2.1 Deep understanding of the connotation of sports**

The connotation of sports is that sports is one of the important means to enhance people's physical fitness. It is a conscious, purposeful and organized social activity that is based on physical and intellectual activities to promote overall development, improve physical fitness and comprehensive education level, enhance physical fitness and improve sports ability, improve lifestyle and improve the quality of life.

The essential characteristic of sports is to develop the body, strengthen the physique, promote the all-round development of people and serve for the development of society by means of physical exercises. It contains many elements such as sports culture, sports education, sports activities, sports competitions, sports facilities, sports organizations, and sports science and technology. In the process of social development, sports is restricted by certain politics and economy, and serves for certain politics and economy, which has both natural and social attributes. Natural attributes such as methods, means, etc.; Social attributes such as sports ideas, institutions, etc.

Sports spirit is also an important part of the connotation of sports. It refers to the spirit of positivity, fair competition, respect for opponents and pursuit of excellence reflected in sports activities. Sportsmanship encourages perseverance in the face of challenges and the constant pursuit of self-transcendence.

From a broader point of view, the construction of sports culture is not only an important content and support of the construction of sports power, but also a platform and window to display the new glory of socialist culture. Therefore, it is of great significance to dig deep into the unique cultural connotation of sports, especially Chinese sports, to promote the all-round development of sports and enhance the country's soft power.

School physical education takes students as the center, and is committed to improving students' physical quality and cultivating their sports interest, habits and professional skills through systematic planning and organization of sports teaching, training and competition activities [3]. School sports is not only a place for physical exercise, but also an important position for shaping students' healthy lifestyle and cultivating healthy personality, which occupies an indispensable fundamental position in the process of students' all-round development.

### **2.2 The internal relation between school physical education and ideological and political education**

School physical education and ideological and political education have a natural internal connection, and this connection is reflected in many aspects:

The goals of school physical education and ideological and political education depend on each other. School physical education aims to cultivate students' physical and mental health, while ideological and political education focuses on shaping students' ideas, moral qualities and values. Although the emphasis of the two is different, they both serve the overall development of students and point to the same educational goal.

School physical education and ideological and political education contain each other in content. The sports spirit, rule consciousness and fighting spirit contained in school sports activities are all

important contents of ideological and political education. At the same time, the ideas of patriotism and collectivism in ideological and political education are also reflected and strengthened in school sports activities.

School physical education and ideological and political education promote each other in methods. Through physical education, students can experience competition and cooperation, success and failure, so as to cultivate positive mental state and tenacious will quality. These qualities are the goals pursued by ideological and political education, and are also difficult to fully achieve through the traditional classroom. In turn, the guidance of ideological and political education can also help students better understand the spirit of sports and stimulate their enthusiasm and motivation to participate in sports activities.

The school sports can also provide a practical platform for ideological and political education. By organizing sports competitions and sports activities, schools can guide students to pay attention to social fairness, justice and people's well-being, and cultivate their emotions of actively participating in social affairs and caring about the fate of the country. This practical experience helps to transform the theoretical content of ideological and political education into practical actions of students and improve their sense of social responsibility and citizenship.

There is a natural internal connection between school physical education and ideological and political education. The two promote and complement each other, and jointly provide strong support for students' all-round development.

Ideological and political education lays a solid foundation for the education function of school sports [5]. Guide students to deepen their understanding of sportsmanship and ethics in sports practice. Through ideological and political education, students can internalize the behavior norms in sports activities into their own moral principles, extend the teamwork spirit in sports competitions to social interaction and collective life, so as to realize the synergy and progress of sports and ideological and political education in the process of students' growth, and jointly help students improve their overall quality and perfect personality.

### **2.3 Sports is a form of ideological and political education**

The forms of integrating sports into ideological and political education mainly include integrating sports spirit into ideological and political class, strengthening practical education, constructing ideological and political education in sports curriculum, and creating a new fashion advocating sports morality.

Integrate sports spirit into ideological and political class : By explaining the patriotism, collectivism and indomitable enterprising spirit of sports spirit, and combining it with the patriotism, collectivism and socialist core values in ideological and political education, the teaching content of ideological and political class is enriched.

Enhance practical education : Organize students to participate in sports practice activities, such as sports meetings, sports competitions, etc., so that students can experience sportsmanship in practice and cultivate values such as teamwork, competition consciousness and fair play.

Build Ideological and political education in PE courses : Integrate ideological and political education elements into PE courses, such as rule explanation and team cooperation training in PE courses, so as to cultivate students 'awareness of rules, teamwork ability and social responsibility.

Create a new fashion advocating sports ethics : Create a good atmosphere advocating sports ethics through campus culture promotion and the establishment of sports role models, guide students to establish a correct concept of sports ethics, and promote the deep integration of sports and ideological and political education.

Through the development of special education models such as "sports ideological and political gold courses", the school integrates sports culture stories and sports role models into ideological and political education, so as to enhance students 'ideological and political learning effects with vivid and appealing materials. These forms together constitute a diversified path of integrating sports into ideological and political education.

### **3. The theoretical basis of integrating physical education into ideological and political education**

#### **3.1 Theoretical origin**

The theoretical basis for the integration of sports into ideological and political education is mainly reflected in the fit between sports spirit and ideological and political education goals, as well as the support of national policies .

Sports spirit, as a series of thinking activities, consciousness and psychological state formed in people's sports practice, has rich connotation, including humanism, fair competition, rule consciousness and other levels. These spiritual elements are highly consistent with the goals of ideological and political education. For example, humanism emphasizes the value and dignity of people, which echoes the people-oriented concept in ideological and political education. The spirit of fair competition reflects social justice and moral principles, and is closely related to moral education in ideological and political education. Through sports, students can experience competition and cooperation, success and failure, thus cultivating a positive mental state and perseverance, which are the goals of ideological and political education .

National policies also provide strong support for the integration of sports into ideological and political education. In recent years, the state has attached great importance to the development of sports, especially in the inheritance and promotion of sports spirit, and has provided strong policy support. With the vigorous development of the sports industry and the enhancement of people's health consciousness, the importance of sports spirit is increasingly recognized, which provides a good atmosphere and theoretical basis for the integration of sports spirit into the ideological and political education in colleges and universities.

The theoretical basis of the integration of sports into ideological and political education lies in the internal fit of sports spirit and ideological and political education objectives, as well as the strong support of national policies for the integration development of sports and ideological and political education.

#### **3.2 Based on Marxist humanism theory**

The Marxist view of sports emphasizes the important role of sports in the overall development of the human being.

Marx and Engels believe that sports is an important way to promote the all-round development of people. They pointed out that intellectual education, physical education and technical education should be combined to form the complete content of education. In the Instructions to the Delegates of the Provisional Central Committee on Certain Questions, Marx explicitly mentioned that education should include three things: intellectual education, physical education (such as that given by gymnastics schools and military training) and technical education. This suggests that Marx saw physical education as an integral part of education.

Marx and Engels also stressed the importance of physical exercise for physical health and mental sanity. They believe that a healthy body is the basis of work and the premise of mental health. Marx himself, who had been weakened by overstudy, recovered his health by increasing physical exercise, which reinforced his belief in the importance of physical exercise. He also advised Engels to pay attention to his health and exercise.

Marxism also points out that sports play an important role in cultivating people's strong willpower. Physical training can enhance people's positive and arduous struggle of willpower, shape people's physical beauty and health beauty.

The Marxist view on sports reflects the high importance of sports in the all-round development of people, and emphasizes the important role of physical exercise in the cultivation of physical health, mental integrity and willpower.

#### **3.3 Take foreign education theory for reference**

Foreign educational theories bring multiple perspectives and methods for school physical education into ideological and political education. The theory of naturalistic education emphasizes

that education follows the law of nature and the rhythm of students' physical and mental development, which enlightens us to respect students' subject status and individual differences in the integration process, rationally design the teaching content and method of the integration of physical education and ideological and political education, and realize the organic fit between education and students' natural growth. Pragmatic education theory pays attention to the close connection between education and actual life, advocates "learning from doing", urges us to integrate physical education and ideological and political education into students' daily life and practical activities, enhances the practicality and effectiveness of education, and improves students' ability to use knowledge and skills in the real situation. The multiple intelligences theory breaks the traditional single intelligence evaluation model, reminds us to pay attention to students' multiple intelligences advantages in the field of physical education and ideological and political education, teaches students in accordance with their aptitude, stimulates students' learning potential and creativity, instilled innovative vitality and multiple thinking for integrated education, and expanded the possibility boundary of educational practice.

### **3.4 Guided by the Chinese sports ideology**

Chinese leaders' views on sports are mainly reflected in the emphasis on building a sports power, the promotion of national fitness and the praise of Chinese sportsmanship.

Sports are an important way to improve people's health and an important part of realizing the Chinese Dream. Sports play an important role in social development and human progress. It is an important reflection of comprehensive national strength and the degree of social civilization. Therefore, we should give priority to the development of sports and speed up the construction of sports power.

China has made national fitness a national strategy and promoted the deep integration of national fitness and health. By popularizing the national fitness campaign, we will improve the people's physical quality and health level, and promote the all-round development of human beings.

Chinese sportsmanship is highly praised. This spirit, with the main content of "winning honor for the country, selfless dedication, scientific and realistic, law-abiding, unity and cooperation, tenacious struggle", inspires every Chinese son and daughter inside and outside the stadium. He believes that China in the new era needs this spirit of mission and struggle to promote the development and progress of the country.

## **4. The significance of integrating sports into ideological and political education**

### **4.1 School physical education promotes the overall quality of educational objects**

School physical education plays an irreplaceable cornerstone role in improving the overall quality of students. In terms of physiological function improvement, school sports activities, such as physical education, competition and exercise, can effectively stimulate students' body organs and systems, promote metabolism, enhance cardiovascular function, promote brain development, and then improve physical quality. For example, long-term participation in aerobic exercise can enhance heart and lung function, regular physical exercise helps to strengthen bones and muscle development, laying a solid physical foundation for students' study and life.

Sports is the key force to promote the organic unity of students' "body" and "mind". In traditional education, sports is often ignored to shape the role of thought, but in fact, sports activities in the team cooperation, competition and hard work experience, can promote students in the physical exercise to realize the substratum of thought, cultivate the spirit of perseverance, cooperation and responsibility, break the physical and mental binary opposition, promote the overall growth of students.

From the perspective of people's free and comprehensive development, students' internal demand for sports is an important driving force for its all-round development. Sports provides a platform for students to show their personality and challenge themselves, stimulate their inner potential, help students realize their pursuit of self-value in physical exercise, cultivate independent personality and innovative spirit, and become free and comprehensive individuals. It conforms to the Marxist theory

of human development, and highlights the core value position of school sports in the process of students' growth.

#### **4.2 School physical education expands ideological and political education content from multiple perspectives**

School physical education has injected rich connotation into the expansion of ideological and political education content. In the aspect of honing the will quality, the challenge and competition of sports activities require students to have a strong will. In the face of the hardships of sports training and the pressure of competition, students need to overcome difficulties and persevere. In this process, their will quality can be tempered, from passive response to active persistence, and from setbacks to draw growth strength. The will quality cultivated through sports practice can be effectively transferred to study and life, providing a vivid and convincing practice path for ideological and political education.

Sports are also a powerful carrier for cultivating patriotic feelings. In sports events, the striving spirit of athletes to win honor for the country, the national pride aroused when the national flag is raised and the national anthem is played, and the important role of sports in displaying the national image and national spirit cohesion can all be influenced by students. By participating in sports activities and paying attention to sports events, students can deeply appreciate the depth and strength of patriotic feelings, enhance their sense of identity and belonging to the country, and make patriotic feelings take root and grow robustly in the sports atmosphere.

In promoting team cooperation and enhancing the awareness of rules, the group characteristics of sports highlight its value. Team sports, such as football and basketball, require close cooperation and tacit cooperation among members. Students learn to communicate, help and trust each other, and improve team cooperation ability and collective sense of honor. At the same time, sports activities strictly follow the rules, from competition rules to daily training norms, students constantly strengthen the consciousness of the rules in the process of participation, understand the importance and authority of the rules, and internalize the rules into the code of conduct, which lays the ideological foundation for the construction of a harmonious society and a legal society, and enriches the practical dimension and content breadth of ideological and political education.

#### **4.3 School physical education promotes the innovative development of ideological and political education**

The integration of school sports into ideological and political education has strongly promoted the innovative development of ideological and political education. In helping the ideological and political education "main front", sports for ideological and political education discipline to bring new direction and vitality. Its characteristics of being close to the reality of students' life and full of interest can effectively improve the attractiveness of the subject and the participation of students, promote educators to improve teaching methods, enhance the interaction between teachers and students, promote the transformation of ideological and political education from theoretical instill to practical experience and emotional resonance, realize the leap from spontaneous education to conscious education, and build a solid foundation for the development of the subject.

Sports stimulates the "vitality" of ideological and political education. Its innovative educational form and intuitive educational effect break the dull mode of traditional ideological and political education. The spiritual quality and values shown in sports activities, such as struggle, fairness, unity, etc., inject fresh content into ideological and political education, make education return to life, pay attention to life growth, promote students to achieve comprehensive development in the integration of sports and ideological and political education, and improve the ideological and political level.

## **5. The present situation of the integration of sports into ideological and political education**

### **5.1 The successful practice of integrating school physical education into ideological and political education**

On the broad stage of educational practice, many successful cases of integrating school physical education into ideological and political education have emerged. The "Double Olympic Games" is a typical representative, its successful holding is not only the victory of sports competition, but also the vivid practice of ideological and political education. In the process of preparation and holding, the Olympic spirit has been widely spread, the values of fairness, integrity, hard work and unity have been deeply rooted in the people's hearts, which has greatly inspired the national pride and patriotic feelings of the people, fully demonstrated the powerful power of sports in consolidating the national spirit and strengthening the national identity, and successfully transformed the sports elements into valuable resources for ideological and political education.

At the school level, the "Physical Education Workshop" of Shaanxi Normal University has achieved remarkable results. The workshop adheres to the innovative concept of "sports + ideological and political" and carefully organizes various sports activities. The football workshop cultivated students' teamwork spirit through the cloud bouncing challenge and classic game review. Badminton workshop with the help of the exchange competition between the old and new campuses and the historical review of the Olympic Games, to improve students' physical quality and will quality; Marathon workshop to carry out campus mini marathon and talk about marathon culture to promote students' all-round development; Basketball workshop through "I am a basketball commentator" and other activities, enhance students' collective sense of honor and fighting spirit. These activities fully prove that school physical education can effectively promote the growth of students in moral character, personality, will and other aspects after integrating ideological and political education, and provide a successful model for educational practice.

### **5.2 The reality dilemma of integrating school physical education into ideological and political education**

Although some achievements have been made, the integration of school sports into ideological and political education still faces many difficulties. In the aspect of educating people, there is a serious phenomenon of materialization and alienation in sports. Under the influence of utilitarianism, physical education is simplified as a tool to deal with examinations, students pay more attention to performance than experience in physical education, and their interest and enthusiasm for physical education are extinguished. As a result, the function of physical education in shaping students' healthy personality and tempering their will quality is missing, and they cannot give full play to its due value of ideological and political education.

In terms of curriculum integration, due to the differences in subject characteristics, physical education courses and ideological and political courses are difficult in the integration process. The connection between different courses is not smooth, the teaching methods are difficult to coordinate and unify, the educators' cognition and ability of integration is insufficient, and there is a lack of scientific and effective evaluation system. These problems cause the integration of the two to become a formality, and the deep integration and collaborative education cannot be realized, which seriously restricts the improvement of educational effects.

In addition, the "fragmentation" of education is prominent. The concept of integration has not been deeply rooted in the hearts of the people, and educators lack systematic planning in practice. The exploitation of sports resources is scattered, failing to form an organic whole; The main body of education is independent, and there is a lack of effective coordination among schools, teachers and students. The combination of these factors makes it difficult for school physical education and ideological and political education to form an organic integration of education ecology, hindering the realization of educational goals.

### **5.3 The cause of predicament of integrating school physical education into ideological and political education**

In-depth analysis found that the dilemma mainly stems from the following aspects. First of all, there is a lack of research on the synergistic relationship between "sports" and "moral intelligence, beauty and labor". Failing to fully understand the key role of physical education in the overall development of education, ignoring the internal connection and mutual promotion mechanism between physical education and the other four educations, resulting in physical education in a marginal position in the education system, unable to effectively integrate into the overall framework of ideological and political education.

Secondly, lack of understanding of the internal relationship between school physical education and ideological and political education. The contradictions between the freedom of sports and the standardization, penetration and indoctrination, individuality and sociality of ideological and political education have not been properly dealt with. Educators fail to fully explore the convergence of the two, resulting in disconnection and conflict in educational practice, which affects the integration effect.

Finally, limitations in the current educational context cannot be ignored. Under the long-term leadership of exam-oriented education, school physical education and ideological and political education have been distorted to varying degrees. The lack of understanding of the importance of the integration of the two, the unreasonable educational content setting, the lack of security mechanism, and the lack of professional guidance and effective management make the integration work lack of systematicity and continuity, and it is difficult to make substantive breakthroughs.

## **6. The strategy of integrating sports into ideological and political education**

### **6.1 Follow scientific principles to lead the direction of integration**

Through sports activities to enhance the ideological and political quality of students. Here are some specific implementation strategies:

#### **1) Clarify the integration goal of physical education and ideological and political education**

First of all, it is necessary to clarify the unique role of sports in ideological and political education, that is, sports can not only exercise students' bodies, but also cultivate their teamwork spirit, perseverance and positive attitude. Therefore, the goal of integration should be set to enhance the ideological and political consciousness of students and promote their all-round development through sports activities.

#### **2) Excavate the ideological and political education resources in sports**

Physical activity itself contains rich ideological and political education resources. For example, telling heroic deeds in the history of sports can stimulate students' patriotic feelings and national pride. By organizing team competitions, students' collectivism and cooperative spirit can be cultivated. By challenging themselves and breaking the limit of sports, students can exercise their willpower and ability to resist pressure.

#### **3) Innovate the integration mode of physical education and ideological and political education**

Sports activities are combined with ideological and political courses, and ideological and political elements are integrated into physical education courses, such as explaining sports rules and sportsmanship, to guide students to establish correct values. Organize sports themed ideological and political activities, regularly hold sports themed ideological and political activities, such as sports knowledge contests, sports ethics lectures, etc., so that students can be educated in participation. Use sports events to carry out ideological and political education, organize students to watch important sports events at home and abroad, and carry out ideological and political education for students through the fighting spirit and teamwork in the events.

#### **4) Strengthen the construction of teachers in physical education and ideological and political education**

Teachers are the key to the integration of physical education and ideological and political education. Therefore, it is necessary to strengthen the construction of teachers, improve the



ideological and political quality of teachers and physical teaching ability. Teachers' professional quality and ideological and political level can be improved through training and communication, so that they can better combine physical education with ideological and political education.

5) Establish the evaluation mechanism of physical education and ideological and political education

In order to ensure the effective integration of physical education and ideological and political education, it is necessary to establish a scientific evaluation mechanism. Through the comprehensive evaluation of students' participation in sports activities and the learning effect of ideological and political courses, problems are found in time and adjusted. At the same time, it can also be combined with the ideological and political results as an important indicator to evaluate the comprehensive quality of students.

To sum up, the integration of physical education into ideological and political education is a systematic project, which needs to clarify objectives, tap resources, innovate methods, strengthen the construction of teachers and establish a scientific evaluation mechanism. Through the implementation of these strategies, physical education and ideological and political education can be effectively combined to promote the overall development of students.

## **6.2 Multi-dimensional cooperation promotes the fusion process**

In terms of educational content, we should make full use of sports resources and construct a rich, diverse and hierarchical educational content system. It closely focuses on the development of students' core literacy, such as learning ability, healthy life concept, humanistic connotation, scientific spirit, responsibility and practical innovation, and cleverly integrates sports elements and ideological and political connotation. Through the promotion of sports spirit and the dissemination of sports culture, the struggle stories in sports events and the inspirational experiences of sports stars are transformed into vivid educational materials, which can stimulate students' inner motivation, cultivate students' correct values and noble morality, and realize the deep integration and organic unity of sports and ideological and political education in content.

At the level of curriculum construction, it actively promotes the deep integration of school physical education and ideological and political education courses. It is closely connected with the integration construction of ideological and political courses in national universities, middle schools and primary schools. According to the cognitive characteristics and development needs of students in different stages, it scientifically plans the curriculum objectives, content and teaching methods of integrating physical education into ideological and political education to ensure the coherence and progression of the curriculum system. We should vigorously develop school-based courses, make full use of school characteristic sports resources and local cultural advantages, and create sports ideological and political integration courses with school characteristics, such as sports cultural history and sports celebrities ideological and political courses, so as to enrich the form and content of courses, and enhance the attractiveness and effectiveness of courses. At the same time, we promote the coordinated development of "ideological and political courses" and "curriculum ideological and political courses", strengthen the complementarity and mutual promotion of the two in educational functions, and form an all-round and whole-process educational curriculum pattern.

In the innovation of teaching methods, we adhere to the concept of "right medicine", deeply analyze students' individual differences and learning needs, and accurately select suitable physical teaching activities and ideological and political education methods. For students of different ages, interests and learning backgrounds, personalized teaching programs are tailored, such as designing competitive sports ideological and political projects for active students, and arranging cultural experience sports ideological and political activities for introversion students, so as to effectively enhance the pertinence and adaptability of education. We actively explore blended teaching methods, integrate online and offline teaching resources, and adopt diversified teaching methods such as case teaching, group discussion and practice exploration to stimulate students' enthusiasm and initiative in learning, improve teaching effects, and promote the coordinated development of students' knowledge, skills and values.

Physical education is skillfully integrated into the elements of ideological and political education, which guides students to feel the spiritual qualities of teamwork, abiding by rules, striving and enterprising in physical exercise, and realizes the normalized integration of physical practice and ideological and political education. We actively organize service sports activities, lead students into communities, welfare homes and other places to carry out sports volunteer services, enhance students' social responsibility and dedication; Relying on sports competitions, an open and competitive education atmosphere is created, so that students can exercise their sentiments in the participation of events.

## **7. Conclusion**

Sports is an important way to improve people's health and an important part of realizing the Chinese Dream. We must carry forward the Chinese sports spirit, win glory for the country, selfless dedication, science and truth, law-abiding, unity and cooperation, tenacious struggle.

Physical education is an important way to promote people's all-round development. Intellectual education, physical education and technical education should be combined to form a complete educational content. We should fully understand the role of sports in shaping students' spiritual quality.

We should innovate the integration of sports and ideological and political education, and integrate ideological and political elements into physical education courses, such as explaining sports rules and sportsmanship, to guide students to establish correct values. We should regularly carry out ideological and political activities with sports as the theme, such as sports knowledge competitions, sports ethics lectures, etc.

The integration of physical education into ideological and political education is a systematic project, which needs to clarify objectives, tap resources, innovate methods, strengthen the construction of teachers and establish a scientific evaluation mechanism. We should create a good atmosphere in the whole society to support the integrated development of school sports and ideological and political education, and jointly contribute to the cultivation of socialist builders and successors with all-round development of moral, intellectual, physical, American and labor.

## **Acknowledgment**

The authors greatly appreciate the following sponsors for their support to the study: Soft Science Project of Science and Technology Department of Sichuan Province, "Intelligent numerical control system based on physical motion control principle" 22RCYJ0005..

## **References**

- [1] Zhang Yao-can, et al. Modern Ideological and Political Education [M]. Beijing: People's Publishing House, 2006.
- [2] QIU Jun. Western Sports Sociology: Theory, Viewpoint and method [M]. Beijing: Tsinghua University Press, 2010.
- [3] Wu Yunrui, Yuan Dunli. Principles of physical education [M]. Shanghai: The Commercial Press, 1933. Your Majesty.
- [4] Fu YUNLONG. A Tour of Japan and the Post-Historical Period [M]. Changsha: Hunan People's Publishing House, 1983.
- [5] Chen Xuejian. Teaching Reference Materials of Modern Chinese Education History (the First Volume) [M]. Beijing: People's Education Press, 1986.
- [6] Gao Shuping. The Complete Works of CAI Yuanpei (Vol. 3) [M]. Zhonghua Book Company, 1984.