

Current Situation and Thinking of Physical Education in Chinese Urban Schools

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Abstract: Sports can not only improve the physical fitness of the people, but also realize the dream of a sports power. Based on the in-depth development of quality education, urban school physical education has been significantly improved. However, from the overall situation, the current situation of physical education in urban schools in China is not optimistic. This article first analyzes the status of physical education curriculum in urban school education, and then analyzes the current situation of physical education in urban schools in China, and finally proposes relevant countermeasures for Chinese urban schools. The research on the status quo and countermeasures of physical education has very practical significance.

1. Introduction

In the process of quality education reform, physical education has received a certain amount of attention. However, due to heavy schoolwork and lack of time and energy for students to participate in physical education courses in many schools, the status of physical education courses in school education is not high, which is inconsistent with the concept of quality education. Based on this, it is of practical significance to strengthen the research on the current situation and countermeasures of physical education in Chinese urban schools.

With the development of the world economy, education funding in many countries has not increased, but has been declining. How to allocate limited educational resources? To a certain extent, it depends on the contribution rate of the curriculum to the development of students. The entire education system has always been affected by the body-mind dualism, and does not provide for activities beyond the cognitive and intellectual fields. Enough attention, emphasizing the importance of intellectual activities. Intellectual education courses such as language, science, and mathematics are courses that receive priority attention and development. In the exam-oriented education system, sports are regarded as game activities and leisure activities, only for entertainment, rather than part of the educational process. In this situation, the funding for physical education is pitifully small, and physical education is usually regarded as dispensable.

It is generally believed that high academic achievement and high socioeconomic status depend mainly on academic performance and hard work. Physical education has not yet convinced parents and policy makers that physical education is actually an important professional field, especially in the process of pursuing the benefits of higher education, physical education is not favored by parents and educators. Therefore, physical education courses are often squeezed to the edge by other subjects. The student stage is the vigorous stage of vitality. The student's body is in the period of growth and development, and the functions of various organ systems are in a good operating state, and there are basically no physical health problems. Sports failed to become their first need, and more importantly, the entertainment sports they needed could be replaced by community sports. In the world, several physical education systems in developed countries, especially elementary schools, have been replaced by community sports programs, because politicians see opportunities to reduce education costs.

The low status of school physical education has a lot to do with the poor achievement of physical education goals. Although we theoretically analyze that physical education has important value and can better promote the overall development of people, especially in the protection of human health, it has a unique role, but the results of physical education practice have not shown in this respect.

2. Current Status of Physical Education in Urban Schools in China

At this stage, there are still some problems in physical education in urban schools in our country, which restrict the development of physical education. It is embodied in the following aspects:

The goal of physical education curriculum is out of reality. The purpose of setting up physical education courses in schools is to improve the physical fitness of students, but the goals of physical education courses in many urban schools are not. In the process of continuous strengthening of social and economic conditions, many students' food has improved and their weight has also shown a tendency to be obese, which has led to many physical education courses not being implemented as planned. Due to the inability to carry out physical education courses normally, the students lack normal physical exercise, which makes more students gain weight and forms a vicious circle. The root cause of these problems is that the school physical education curriculum goals are out of touch with reality, and effective guidance cannot be given to the students' own physical conditions, which is equivalent to depriving students of opportunities for physical exercise and has a certain inhibitory effect on the improvement of students' physical fitness.

Physical education has more limitations. In many urban schools, physical education is only limited to physical education courses, and there are relatively few physical training and exercise activities in daily life. The use of scientific physical education curriculum is an important way to enhance students' physical exercise. However, in the curriculum arrangement, it is difficult to maintain students' physical exercise in one or two physical education classes a week. In order to meet the needs of students' physical exercise, daily physical exercise must be emphasized. In addition, factors such as serious morning air quality problems in cities and school space restrictions have caused many urban schools to be unable to arrange daily physical exercise for students, which has also caused the limitations of physical education in urban schools.

Urban school sports facilities and venue restrictions. In the process of urbanization, more and more rural students are entering the cities to study, increasing the number of students in urban schools. Many school sites are relatively small. In addition, in order to meet the enrollment requirements, they have to build on the basis of the planned land for school sports venues. The teaching building has led to a serious shortage of sports grounds in urban schools and has restricted students' sports activities. In addition, many schools spend all their funds on the teaching of cultural courses, and invest less in the construction of physical education courses, site construction and facility construction, resulting in a serious shortage of school sports facilities, which cannot meet the needs of students for daily physical exercise under quality education.

3. Reasons That Affect Students' Participation in Sports Activities in Chinese Urban Schools

The factors that affect the participation of middle school students in Chinese urban schools in sports classrooms and extracurricular sports activities mainly come from school, family, self and society. Family education includes not only the education of students' learning, ideological quality, social ethics, etc., but also the education of children's physical education. Students are greatly influenced by their parents. The participation of parents and children in sports activities can be said to be The first step in cultivating students' interest in sports. In many families, children will follow the sports that their parents are good at to choose their own sports preferences. Parents can also help build harmonious family relationships and deepen family relationships when they participate in sports activities with their children. Side effects; when students leave the home environment and enter the school, their sports values and interest will change with the school's sports culture atmosphere, and teachers have a serious impact on the education of students, the sports venues, equipment and facilities provided by the school Due to the influence of the economic and geographical environment, the school's venues, equipment, and facilities cannot meet the needs of students to participate in physical exercise. Students can only choose self-exercise activities when the school has only physical resources. Facing those sports that often participate in, students will inevitably get bored. In this process, teachers need to attract students' interest through innovations in the organization of physical education courses and classroom content, so that students can truly

feel the physical education. With the charm, teachers can innovate the organization of modern sports events based on the existing sports resources, tap the existing sports resources and potential sports resources in the school, and strive to build a diversified campus sports culture, so that students can deeply feel the campus. Actively participate in the charm of sports culture. The key to the construction of campus sports culture is the importance of school leaders. Only on the premise that school leaders pay enough attention, the school will provide funds to improve sports equipment, facilities and actively organize after-school sports activities; The organization and exhibition will also affect the enthusiasm of students to participate in sports. The social groups surrounding students' life and study organize influential sports activities in the local area, which not only promotes the development of local sports culture, but also contributes to the construction of school sports culture. Development has brought a certain impact, of course, it also has a certain impact on students' participation in sports activities. At the same time, the construction of basic venues and facilities for regional sports is relatively backward, so there are fewer sports activities organized by social organizations. In the entire survey, it is found that the one factor that has the greatest impact on students' participation in sports activities is the students themselves. The cognition of physical education, the cognition of the function, role, status and sports values of physical education, seriously affect the attitude and enthusiasm of students to participate in physical education and physical activities. Only students start from the self and fully understand that physical education and physical activities are themselves. The impact of their study and life will allow students to voluntarily and actively integrate into the school's physical education system subjectively. Physical education teachers' teaching concepts are low and their ideological education to students lags behind other regions.

4. Countermeasures for the Current Physical Education Problems in Urban Schools in China

Clarify the educational goals of the school physical education curriculum. At present, the purpose of many schools' education is to increase the enrollment rate. Insufficient attention is paid to students' physical fitness and morality, which leads to the failure of students' physical fitness to keep up, which has a negative impact on the enrollment rate. The result of excessive pursuit of enrollment rate is bound to be counterproductive. In order to effectively solve the problem of physical education in urban schools in my country, it is necessary to clarify the goals of physical education according to the physical fitness and physical problems of our students, and continuously improve the physical fitness of students to provide basic guarantees for their healthy growth and improved performance. On the one hand, the setting of physical education curriculum goals should be based on the physical fitness of students. If the goals are too low or too high, they will not be able to exert their due effect; on the other hand, the principle of gradual progress must be adhered to in the physical education curriculum planning to promote students Comprehensive development of comprehensive quality is the ultimate goal.

Strengthen students' daily physical exercise. In order to break through the limitations of physical education in our country at this stage, we should clearly realize that physical education is not a day's work, and physical education for students should be integrated into students' daily lives. First, it is necessary to establish an effective school morning exercise system so that students can use the morning to carry out reasonable physical exercises to lay the foundation for a day of study and maintain a full learning state; second, plan the school's existing afternoon exercise system to allow students to learn I can relax and worry through sports and maintain a good learning state; third, encourage students to use their spare time to exercise and choose their favorite forms of sports, including basketball, football, street dancing, etc., to enhance students' physical fitness. Promote the development of my country's physical education.

Strengthen the construction of school sports venues and facilities. On the one hand, we should make full use of site resources and build small sites into long sports land. At the same time, change the mindset. It should not be considered that basketball and football cannot be carried out without sufficient venues, and strive to develop small sports venues; on the other hand, relevant departments must strengthen support for urban school sports education, increase financial support, etc., and

improve school sports facilities , Provide guarantee for students' physical exercise. On the premise of rational use of its own resources, schools can use social forces to introduce funds to update school equipment and facilities. At the same time, they can also use sports equipment and facilities around the school to develop sports activities. Although the sports needs of middle school students are becoming more and more fashionable, They are always curious and eager to participate, so they only need to introduce fashion sports projects without focusing on their construction. This will ensure that they don't need too much capital, but they can be used in fashion projects. The types of sports are expanded to a certain extent, and more fashionable and novel sports items are introduced to meet the needs and interests of students.

Increasing the awareness of physical education in middle school physical education. Physical education is not only a part of the middle school teaching system, but also an important part of quality education in middle schools. In the process of implementing physical education, it is also the process of implementing quality education. For middle school students To realize the improvement of self-quality includes not only the improvement of internal quality, but also the awareness of sports awareness. Of course, the burden of instilling sports awareness in middle school students should be done by physical education teachers, and the education of middle school students' sports awareness can be done through school physical education, school extracurricular sports activities, amateur sports training, and communication with parents to coordinate family physical education. School physical education is to achieve the educational purpose of enhancing middle school students' physical awareness, so that students can consciously participate in future physical exercises after middle school physical education, and gradually achieve lifelong physical exercises. Only when students are fully aware of the role, function, and value of sports, can students pay enough attention to sports. After middle school students have a strong awareness of sports, they can participate in sports activities to improve their own will and quality. The perseverance and the character qualities of solidarity and mutual help are well exercised, which helps self-learning and ultimately achieves self-life goals.

5. Conclusion

Through the above analysis, it can be seen that the physical education curriculum is an indispensable part of our education system and a key means to improve students' physical fitness. In view of the problems existing in physical education in urban schools in my country at this stage, it is necessary to clarify the goals of physical education courses, strengthen the construction of venues and facilities, and integrate physical education into students' lives, continuously improve students' physical fitness, and cultivate more comprehensive qualities for the country and society excellent talent.

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