

Optimization strategy of physical education curriculum in primary and secondary schools under the perspective of physical education integration

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Abstract: Physical education in primary and secondary schools plays a vital role in cultivating students' physical quality, exercising will quality and promoting healthy growth. This paper discusses the optimization method of physical education curriculum in primary and secondary schools, taking the development and implementation of ice and snow project curriculum as an example. This paper analyzes the importance of physical education curriculum reform, as well as the challenges and risks faced by the development and implementation of ice and snow project curriculum. In order to promote the curriculum improvement of physical education in primary and secondary schools and promote the good development of ice and snow projects, we have put forward a series of implementation plans and innovative measures.

The Beijing Winter Olympics has brought a new era of ice and snow sports in China, and the policy support has also provided it with unprecedented development opportunities. China has adopted a variety of methods to promote the development of ice and snow sports. It not only has an overall strategic plan, such as "south exhibition, west expansion and eastward expansion", but also has detailed measures, including venues, talents and funds. The introduction of ice and snow sports in physical education curriculum in primary and secondary schools aims to promote the progress of ice and snow sports and enrich the effective ways of the combination and form of physical education and education. At present, the traditional physical education teaching is faced with many restrictions, such as the repetition of curriculum, the outdated teaching methods and the single evaluation system. In order to better adapt to the needs of The Times for ice and snow sports, we should seize the opportunity of physical education curriculum optimization, and give full play to the educational role of ice and snow sports in cultivating students by improving teaching safety, optimizing teaching content, innovating teaching forms and enriching teaching means.

1. Background Review

1.1 The realistic dilemma of the traditional physical education curriculum

Physical education curriculum is an organic and important part of the school physical education system. The reform of physical education curriculum is the inevitable requirement of establishing and perfecting the system of five education simultaneously, but also the core of the school physical education reform^[1]. However, in the course of school physical education, there have been problems such as unbalanced allocation of resources, unsatisfactory practical results and insufficient connotation of education.

1.1.1 The teaching mode is old, and the ability of "education" is insufficient

Traditional physical education teaching methods are usually teacher-centered with teachers, who

play a leading role in the teaching process, while students can only passively receive education, and lack of opportunities for thinking and innovation. Lack of subjectivity and autonomy of students' activities. This one-way teaching method is not only boring, but also lacks interaction and participation, which fails to stimulate students' interest and enthusiasm in learning. In physical education, students generally only mechanically imitate the teacher's actions, lack of independent thinking and innovation opportunities, and no opportunity to learn sports knowledge deeply. The limitation of physical education is also manifested in the insufficient integration of physical education curriculum and other disciplines. Physical education courses often only pay attention to the learning of sports skills and rules, but ignore the cultivation of students' sports consciousness, sports spirit and sports ethics. In addition, physical education courses lack the integration of sports science, physiology, anatomy and other disciplines knowledge, and also lack the awareness to guide students to interdisciplinary learning. Physical education has obvious defects in cultivating students' comprehensive quality.

1.1.2 The evaluation system is single, and the connotation of "education" is missing

In terms of assessment course content, the new physical education curriculum standard focus on achievement evaluation, evaluation way of single, the resulting "achievement first" in students, parents, schools, evaluation content limited to a movement show effect, give priority to with rational, standard evaluation, lack of perceptual assessment, lead to large, medium and small schools pay attention to exam-oriented education, ignore the needs of students' personalized learning.

Under the influence of this imperfect curriculum concept and evaluation system, the function of "cultivating talents" of physical education class, including increasing health knowledge, learning sports skills, improving students' physical quality, etc., has changed or disappeared with the curriculum reform, leading to the lack of the connotation of "cultivating talents".

1.2 The era opportunity of physical education curriculum optimization

1.2.1 Policy support

1.2.1.1 "Double reduction"

The Opinions on Reducing the Burden of homework and After-school Training for Students in Compulsory Education was adopted at the 19th meeting of the Commission for Deepening Overall Reform of the CPC Central Committee. This measure is known as "double reduction". The main goal of this measure is to reduce the homework burden and after-school training burden of students in compulsory education to improve the quality of teaching^[2]. The release of the double reduction policy emphasizes the importance of students' physical and mental health development, and makes it as important as knowledge education. This change has prompted the physical education courses to pay more attention to the students' physical exercise and all-round development. Under the concept of multiple integration, the physical education curriculum constantly improves the curriculum, pays more attention to the concise and understandable theoretical knowledge and the diversity of game activities, and the school has the opportunity to carry out colorful science, sports, art, labor, reading, interest groups and club activities. In order to promote the diversified development of physical education courses, we need to enrich the students' learning and life, but also to strengthen the cultivation of students' interests and personality characteristics.

1.2.1.2 Ice and snow sports policy

The Announcement issued by the General Office of the State Council proposes to promote the development of the ice and snow economy, promote the growth of the whole industry chain of ice and snow sports, ice and snow equipment and ice and snow tourism, and guide the construction of the ski tourism resorts. This shows the significance of the ice and snow industry. In the field of education and teaching, ice and snow sports, as a thriving force, is being paid attention to by more and more regions. On November 11, 2015, Haidian District Education Commission issued the Implementation Plan of Ice and Snow Sports in Primary and Secondary Schools, which clearly

proposed the winter teaching goal of primary and secondary schools in Haidian District in the next few years, and included ice and snow sports as a unique sports project into the physical education curriculum of primary and secondary school students. In this case, the physical education of primary and secondary schools in our country should seize the opportunity to deeply understand the advantages of ice and snow sports, strengthen the promotion of ice and snow sports, and improve the reserve talent training system of ice and snow sports in primary and secondary schools.

1.2.2 Resource security

1.2.2.1 Cooperation between school and enterprise

The support of industry and education integration is an essential element for the efficient development of sports and education integration. Schools should take the initiative to adapt to the development needs of national strategy and local economy, effectively promote the development of ice and snow industry, promote the organic combination of "ice and snow +" education, talent, industry and innovation, and jointly cultivate talents. By strengthening the integration of industry and education, building practical teaching bases and school-enterprise cooperation bases, and conducting horizontal research, more talents with ice and snow innovation and practical ability can be trained, so as to build a high-level ice and snow talent training system and provide strong support for the development of regional ice and snow economy. While promoting the diversification of school physical education courses, it can also stimulate the passion for the development of the ice and snow industry.

1.2.2.2 Technical reform

With the progress of science and technology, the ice and snow sports equipment and equipment are constantly updated, which provides better material conditions for the implementation of ice and snow physical education courses. By using the advanced ice and snow and sports equipment, students can be safer and more comfortable in the process of learning and training. The use of smart wearable devices, sports monitoring systems and other technologies can also help teachers more accurately understand students' learning and physical conditions, more scientifically evaluate students' learning progress and existing problems, so as to make a more scientific teaching plan and promote the continuous improvement and improvement of ice and snow physical education courses.

2. Collaborative Path

2.1 The proper logic of ice and snow course incubation

2.1.1 The basic connotation of ice and snow sports

Ice and snow sports are sports played on ice and snow, requiring specific venues, equipment, professional skills and physical qualities. Ice and snow sports include ice sports such as fast skating, artistic skating, ice hockey and curling, as well as snow sports such as skiing, sledding and snow. Ice and snow sports need to rely on tools to compete and perform on the ice or snow, which has certain requirements on the participants' physical qualities such as muscle strength and physical coordination. Ice and snow sports is a multi-faceted exercise, which not only enhances cardiopulmonary function and muscle strength, but also has many benefits.

2.1.2 The "education" role of ice and snow sports

2.1.2.1 Physical appreciation

1) Strengthen personal physical quality, and build the pillars of the motherland

Ice and snow sports can not only increase the content of physical education courses in primary and secondary schools, but also stimulate students' interest and enthusiasm for sports. For some students, ice and snow sports are an opportunity for them to discover potential and develop expertise, but also provide more feasible options for their future career development. The health level of the young generation of students is not only a display of the physical condition and overall

national strength of the national students, but also an important symbol of the prosperity of the country. The popularization of ice and snow sports can promote students to develop comprehensively in balance, endurance and explosive power, and provide continuous impetus for them to grow into social advanced labor force.

2) We will deepen our social values and advocate healthy health

The significance of ice and snow sports lies not only in promoting the construction and development of ice and snow industry and promoting the consumption demand of ice and snow industry, but also lies in the spirit and culture contained in sports^[3]. In modern society, the demand for talents is not only limited to intellectual education, but also needs to pay attention to cultivating certain physical quality to cultivate high-quality and versatile talents. Those all kinds of activities and the wonderful moments of teamwork, can effectively cultivate the pupils' intelligence, enhance their sense of competition and enterprise. Sports culture education in primary and secondary schools can not only spread and continue the ice and snow sports culture, but also help students establish the concept of lifelong sports, and promote the popularity of advocating healthy body on campus.

2.1.2.2 Spiritual rescue

1) Boost your sense of self-efficacy

Self-confidence refers to an individual's belief in whether they can successfully complete a certain behavior in a specific environment. It plays a role in regulating and controlling students' learning activities, and is closely related to students' personal growth.

Participating in ice and snow sports, such as skiing, skating, etc., must master certain skills and movements. Through continuous practice and training, individuals can gradually master these skills and feel their progress in practice. The progress and successful experience of such skills can greatly enhance their personal self-efficacy and make them believe that they are able to overcome the difficulties. Ice and snow sports are often accompanied by some difficulties and challenges, such as alpine skiing, ice dancing and so on. In the face of these challenges, individuals need to respond bravely, overcome the fear, overcome all kinds of difficulties, and constantly challenge their own limits. This process of self-challenge can not only enhance personal willpower and tenacity, but also improve their sense of self-ability, making them more convinced that they have the ability to cope with and overcome various challenges in life.

2) Build a strong "firewall" against pressure

The primary function of sports is to improve physical health by directly affecting the human body and improving its function. Moderate physical activity can awaken individual cognitive activities and behaviors, promote psychological balance, and enhance self-awareness and positive emotions. The teenagers are experiencing a sensitive period when they face increasing study and life pressures, which directly leads to their interpersonal tension and triggers some negative emotions, such as jealousy, dissatisfaction, and hostility. This phenomenon can be alleviated by physical exercise. Students can improve their ability to move mentally and adapt to change by participating in sports. Sports is to promote students' mental growth through specific physical activities.

2.2 Explore the path of ice and snow curriculum development

2.2.1 Effective supervision to ensure teaching safety

In the specific investigation process, it is found that the promotion and popularization of ice and snow sports in primary and secondary schools are faced with some difficulties. In particular, because students are young, there are many safety challenges and various equipment calls for improvement, making many schools reluctant to pursue the course^[4].

Therefore, it is necessary to deeply optimize the management system and formulate effective regulatory policies to ensure the teaching safety of ice and snow courses. The school adopts effective management regulations to enhance the safety of ice and snow sports and ensure the safety of teaching. Schools should combine physical education courses, further stipulate various systems in detail, and clarify the management responsibility of snow and ice sports courses, the code of

conduct of physical education teachers, the code of conduct of students, the setting of ice and snow sports courses and other related contents. At the same time, it should also focus on the physical education teaching site management, equipment management and other related systems to effectively supervise the implementation of the system. Let the sports coaches, students and other relevant personnel can realize the importance of the ice and snow safety management system. Secondly, schools should take the initiative to establish a risk warning mechanism for ice and snow sports. By analyzing the cause of the accident, the dangerous level of the accident can be effectively evaluated. Through the establishment of a scientific management and evaluation mechanism and the establishment of a special inspection team, the school sports ice and snow sports venues, PE teachers 'teaching behavior and the safety of pupils' participation in ice and snow sports are timely evaluated, so as to further and effectively prevent the safety risks of ice and snow sports.

2.2.2 "Ice and snow + X", optimize the teaching content

The goal of ice and snow sports courses is not only to teach skills, but also to cultivate students' overall quality. The teaching focus of ice and snow sports course is to achieve the goal of educating people by cultivating students' comprehensive quality. Therefore, the teaching content should cover the basic skills, tactics, history and culture and related scientific knowledge of snow and snow sports, implement interdisciplinary teaching, and improve the teaching content of physical education courses through the integration of snow and snow with other subjects.

ESP can be guided by specific purpose English to consolidate students' theoretical foundation and professional English knowledge. Promote the establishment of a characteristic curriculum system of "Ice and snow + English", closely combine the needs of the ice and snow industry, and train students to become comprehensive sports talents with international vision, master English knowledge and systematic professional knowledge. For example, in the skill teaching, interspersed with ideological and political education content. By introducing the teamwork spirit in ice and snow sports, students can be guided to realize the importance of collectivism. By selecting typical cases of ice and snow sports, students can be guided to analyze and discuss, and ideological and political elements can be extracted to further deepen the understanding of ideological and political content. Or we can design the practical situation of snow and ice sports to be practical, so that students can experience the values of teamwork and fair competition in the simulation scene, so as to have a deeper understanding of ideological and political content.

Ice and snow sports courses should pay attention to the subject status of students, and at the same time, realize the unity of teaching and education, words and deeds, academic freedom and academic norms. In the teaching process, we should focus on exploring the integration path of moral education, professional skills training and innovative ability training, and at the same time, pay attention to students' learning enthusiasm and learning efficiency^[5]. By adopting the method of "hail + X", the practicability of hail professional courses can be effectively improved.

2.2.3 To promote learning through competition, innovative teaching forms

Traditional physical education courses often repeat physical education, and lack of in-depth learning of the deep theory behind sports movements. The experience of ice and snow sports in physical education course teaching is relatively little, and the teaching form is relatively single. In physical education classroom teaching, we should avoid unilateral individual-led exercises and the same homework of all students, but adopt stratified and phased teaching methods according to the difference level and development stage of students^[6]. Students can conceive diversified tasks with ice and snow sports as the core, and enhance their ability to solve practical problems through the comprehensive use of the knowledge learned. The results can also be displayed in groups by competition, so as to realize the exchange of roles of teachers and students and stimulate the initiative of students. Schools should continue to improve the teaching plan and expand the content and scope of physical education curriculum. Through continuous innovation of teaching methods, using task oriented, competition oriented, situation oriented, case oriented and other ways to stimulate students' enthusiasm in learning. By continuously strengthening students 'theoretical foundation and practical skills, we can comprehensively improve students' comprehensive quality

level.

3. Conclusion

Under the perspective of the integration of physical education, the improvement method of physical education curriculum in primary and secondary schools is a comprehensive task, and the restrictions of teaching methods, evaluation system and curriculum arrangement will directly or indirectly affect the speed and level of high-quality development of physical education. Under the success of the Beijing Winter Olympics, the ice and snow industry is booming, showing a vigorous scene. As IOC President Thomas Bach said, "With 300 million people participating in ice and snow sports, the history of ice and snow sports in the world will be divided by the Beijing Winter Olympics." The Beijing Winter Olympics will be a milestone in the development of ice and snow sports in the world. "As the main buyer, young people must actively participate in ice and snow sports, cultivate their preferences for ice and snow sports, so as to better respond to the appeal of "300 million people to participate in ice and snow sports", and actively invest in it. In this case, it is an inevitable choice to enrich the teaching content to incorporate the elements of snow and snow sports into the integration of sports and education. In policy support, social recognition and technical support, the school through effective supervision to ensure the safety of teaching, through the way of "ice and snow + other" to optimize the teaching content, through the innovation of promoting teaching form to stimulate students' interest in learning, through science and technology can assign to rich teaching means, so as to optimize the physical education course, achieve the goal of education.

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