

Research Progress of School Sports Policy in China

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Abstract: Based on the selection and induction of domestic literature on school sports policy research, this paper aims at analyzing the deficiencies of past domestic school sports policy research in three aspects: research objects, research projects and research perspectives. Combined with the development of sports policies in foreign schools, corresponding improvement suggestions are put forward.

1. Introduction

As an important way to promote the physical and mental health of young people and promote quality education, school sports have always been highly valued by the party and the state. The school sports policy is a political behavior proposed by the state regarding the development and integration of school sports interests, and has a positive guiding role in promoting the overall development of school sports [1]. In order to promote school sports work, the State Council, the Ministry of Education and other relevant departments have promulgated a number of policies, but the development of school sports work has not achieved satisfactory results under the supervision of school sports policies, especially in recent years, the physical health of young students. The downward trend has affected its benign operation.

On the basis of summarizing the existing research on school sports policy in the three dimensions of research object, research project and research perspective, this paper sorts out the advantages and disadvantages of current school sports policy research, so as to further optimize school sports policy and improve students' ability to master skills. The purpose of enhancing students' physical health and cultivating students' lifelong exercise habits.

2. A Literature Review of School Sports Policy in China

A literature search was conducted through the authors' library service using the CNKI database, one of the largest multidisciplinary abstract and citation databases of peer-reviewed literature in China. The search sentence is written as: "Topic = ("school sports" OR "physical education" OR "campus sports") AND Topic = ("policy research" OR "policy reform"); Time Span: 2014 – 2022; Language: Chinese". According to the literature inclusion criteria, 132 Chinese literatures were finally screened. Among them, there are 132 journal papers and no dissertation.

Through the analysis of the research content of the selected articles, the proportion of research topics such as research objects, research projects, and research perspectives is prominent. The specific proportion is shown in Figure 1. Therefore, this paper will summarize and analyze the Chinese school sports policy from three aspects: research object, research project and research perspective. The following sections of the article will discuss the above three aspects.

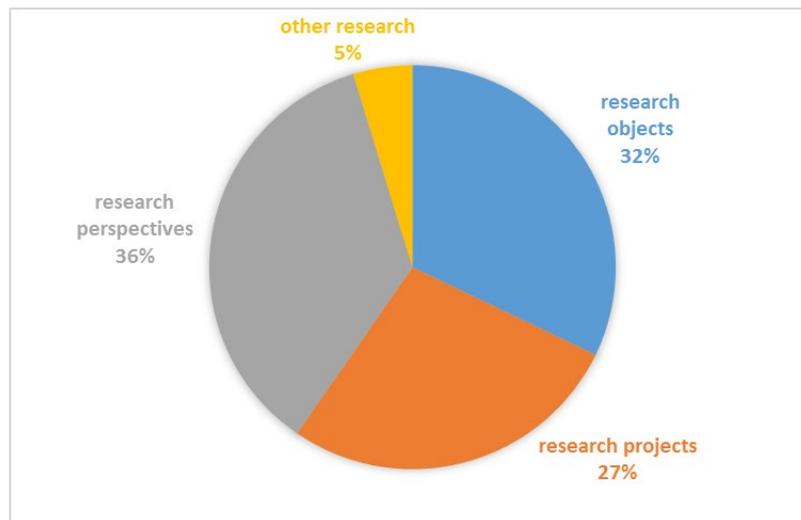


Figure 1 The research content of the selected articles.

3. Research Status

3.1. Status of Research Objects

3.1.1. Status of Research on Sports for Young Children

Tao et al. (2021) reviewed and sorted out the development of Chinese children's sports in the new era, and believed that under the background of the new era, children's sports development has ushered in unprecedented development opportunities and achieved certain results, but the development ideas are relatively chaotic and delayed [2]. In recent years, many governments have successively issued guidelines on physical activity for young children. American associations have revised the "Guidelines for Physical Activity and Exercise for Children Aged 0 to 5" many times, putting forward the importance of physical activity for children and suggestions for activities at various age levels as to Promote health-related physical and motor skills. Comparatively the Exercise Guidelines for Preschool Children (3-6 Years Old) (Expert Consensus Version) developed and launched in China has not been widely implemented by the national administrative department from top to bottom, and its implementation effect can only be used as a guideline. The absence of partial academic reference, scientific, unified, and systematic top-level design will directly lead to the lack of targeted implementation guidelines for physical activity classes in kindergartens.

Liu et al. (2021) reviewed, reflected and looked forward to the early childhood sports policies issued by China since the founding of the Communist Party, emphasizing that early childhood education is the initial stage of a person's life, and the all-round development of a person must start from early childhood education [3]. In this school period, only preschool education lacks special laws and regulations. The lack of preschool education legislation is a key factor leading to frequent problems in the field of preschool education. It is believed that the development strategy of the new era should focus on improving teacher policies, speeding up the legislative process, and improving top-level design. Improve monitoring and evaluation mechanisms.

At present, the development of children's sports in China is lagging behind. We can learn from the content of foreign programmatic documents on children's physical education, so as to ensure the time of children's physical activity in China, and scientifically design the content of children's physical activities, so that the content of physical activities is rich and interesting, and it can satisfy children's physical education. The demand for activities will lay a solid foundation for them to participate in physical exercise in the youth stage in the future, so as to realize the extensiveness of the integration of sports and education groups and the coverage of school segments.

3.1.2. Status of Research on Adolescent Students

On September 21, 2020, the State Sports General Administration and the Ministry of Education

promulgated the *Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Adolescents*. It will more comprehensively interpret the concept of "establishing health first" and the goal of "enhancing students' physique" in the integration of sports and education, and provide solid and reliable socialist builders and successors for the all-round development of moral, intellectual, physical, aesthetic and labor development.

In 2021, the General Office of the Central Committee of the Communist Party of China and the General Office of the State Council issued the *Opinions on Further Reducing Students' Homework Burdens and Off-campus Training Burdens in Compulsory Education* to clearly reduce students' homework burdens and reduce off-campus training institutions for disciplines. Xu et al. (2022) found that the academic burden of students in various places has been significantly reduced, after-school services such as club activities or physical exercise have been fully launched, the content of after-school services has been continuously enriched, the "false fire" in the training market has been greatly cooled, and the phenomenon of barbaric growth has been effectively curbed [4]. The space for physical education classes and extracurricular exercises in disciplines has been expanded.

The introduction of these school sports policies all take the adolescent student group as the main research object, and the main force in the implementation of Chinese school sports policy under the current background. Young people are the successors of socialism with Chinese characteristics and shoulder the heavy responsibility of realizing the Chinese dream. Their physical health lays a solid foundation for realizing the Chinese dream.

3.1.3. Status of Research on Sports Reserve Talents

Liu et al. (2020) Research on the new direction of the integration of sports and education: youth health promotion and sports reserve talent training [5]. The early three-level training network with "district and county sports schools-city-level sports schools-provincial-level professional teams" as the main model is no longer suitable for the development needs of competitive sports. However, the sports and education systems are still managed separately, and then the document on the integration of sports and education promulgated in the entry encourages localities to establish and improve "one The "Dragon" talent system consists of primary schools, junior high schools, and high schools to form counterpart education units to carry out sports training of the same project, solve the problem of sports talents' failure to enter a higher school, and form a one-stop talent system of leader-long-body-long-tail, which optimizes the process and vertically The training process of the talents behind the competitive sports covers the whole school period, and horizontally involves sports training, cultural learning, moral and aesthetic education and other aspects.

3.1.4. Status of Research on Students from Disadvantaged Groups in Sports

Ma et al. (2019) conducted a study on the disadvantaged groups of college students in sports under the background of the new era [6]. The disadvantaged groups in sports are defined as "certain deficiencies in physical function, shape and quality". Equal educational resources and educational opportunities.

Li et al. (2021) sorted out the changing context of school physical education policies for students with disabilities, and found the policy characteristics of its integration with the dream of building a strong country through sports (from 2008 to present) [7]. The main problem of the imperfect policy evaluation mechanism is that it is recommended to clarify the policy objectives based on the actual development of students with disabilities, and create a joint implementation mechanism; complete supporting policies and regulations to optimize the layout of sports policies in schools for students with disabilities; improve the supervision and evaluation mechanism to ensure the implementation of the policy.

3.1.5. Status of Research on PE Teacher Groups

In order to further promote the construction of teachers in the new era and respond to the series of requirements and challenges put forward by the "double reduction" for teachers, the Teacher Education Research Center of Beijing Normal University, a key research base of humanities and

social sciences in ordinary colleges and universities of the Ministry of Education, will be held in Beijing from January 7 to 9, 2022. The 2021 academic annual meeting will be held to jointly discuss how to improve the quality of teachers, empower teachers to re-energize, and the new situation and new tasks of teacher team construction under the background of "double reduction" [8].

Bo et al. (2021) analyzed the qualitative and quantitative challenges faced by school PE teachers, put forward five aspects of training ideas for PE teachers, and built a multi-source PE teacher training system with "one body and four wings", in order to enrich the school PE teacher reserve [9]. Comprehensively improve the professional quality and ability of school physical education teachers, and promote the efficient and high-quality achievement of school physical education goals in the new era.

3.1.6. Summary

There is no doubt that teenagers who are the future builders of the country and the "leader" physical education teachers of this group have become the popular research objects of school sports policy and the main force in the implementation of school sports policy, but some groups have also been ignored. About sports disadvantaged groups, the existing research is insufficient.

At this stage, although the main body of school sports policy research in China is adolescents, physical education in early childhood also plays a very important role. In this way, the breadth of the integration of sports and education groups and the overall coverage of physical education courses and teaching circles can be achieved.

3.2. Status of the Research Project

3.2.1. Status of Research on Students' Physical Health

Table 1 Policies Relating to the Physical Health of Adolescents.

Time	Policy Name	Promulgation of Agency
2003	National Students physical health standard promotion activities	Ministry of Education, General Administration of Sport, Central Committee of the Communist Youth League
2006	Suggestions on further strengthening school physical education and improving students' health quality	Ministry of Education, State General Administration of Sport
2007	Opinions of the CPC Central Committee and The State Council on strengthening youth Sports and enhancing youth physique	CPC Central Committee and State Council
2007	On the launch of hundreds of millions of students nationwide sunshine sports notice	Ministry of Education, State General Administration of Sport
2007	On the full launch of hundreds of millions of students nationwide sunshine sports notice	Ministry of Education, General Administration of Sport, Central Committee of the Communist Youth League
2007	Notice on the implementation of the National Standards for Students' Physical Health	Ministry of Education, State General Administration of Sport
2009	The Regulations on National Fitness	State Council
2016	an outline for the "Healthy China 2030" initiative	CPC Central Committee and State Council
2017	Medium - and Long-term Youth Development Plan (2016-2025)	CPC Central Committee and State Council
2018	Physical Activity Guidelines for Children and adolescents in China	National Children's Medical Center Shanghai Student Physical Health Research Center, etc
2020	Opinions on deepening the integration of sports and education to promote the healthy development of adolescents	Ministry of Education, State General Administration of Sport
2021	Suggestions on further reducing the burden of homework and off-campus training for students in compulsory education	CPC Central Committee and State Council

Li (2021) reviewed and summarized the evolution of Chinese youth sports policy since the reform and opening up, and believed that the theme of Chinese youth sports policy evolution has always revolved around the physical health of youth (Table 1), from syllabus to standardization, from state protection to state-led, Encourage social forces to participate together, mobilize the whole society to focus on solving the health problems of key groups such as children and adolescents, form a reasonable mechanism for promoting health, and transform youth sports from an early physical enhancement to a general concept of health first, which is to promote the construction of sports [10]. The only way to a strong country.

3.2.2. Status of Research on Student Physical Education Examinations

Yu et al. (2021) sorted out Chinese high school entrance examination sports-related policies, through the comparison of policies issued around 2016, combined with the General Office of the State Council, the State Sports General Administration, the Ministry of Education and other departments in 2020 to issue a series of youth "Integration of sports and education", "school sports", "healthy development" and other related content documents, among which the "Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Adolescents" clearly requires all parts of the country to include physical education subjects in the scope of junior high school academic examinations, "high school entrance examination sports" The improvement of the total score and the increase of the weight has become an inevitable trend, which not only enriches the evaluation methods of Chinese high school entrance examination, is conducive to the development of quality education, but also helps to establish the educational concept of "health first", but on the other hand, it is also conducive to "examination-oriented education"[11]. It provides new possibilities for students to "relieve the burden", distribute educational resources fairly, and promote the long-term benefits of school reform.

Hu et al. (2021) also re-examined and thought about the core functions of the physical education entrance examination, and believed that there are key problems in the selection of assessment indicators, the setting of evaluation standards, the equivalence of index difficulty and the fairness of the examination process [12].

Xu et al. (2022) researched that under the background of promoting the "double reduction" and comprehensive reform of education evaluation, the reform of school physical education will be further promoted, and physical education and extracurricular exercise will develop in a high-quality, efficient, balanced and sustainable direction [4]. The examination-oriented high school entrance examination evaluation system will comprehensively transform to develop students' core literacy of sports.

3.2.3. Status of Research on Student PE Assignments

Zhou (2020) proposed that home physical education homework refers to physical exercises that physical education teachers can do at home or in the community in their spare time or on holidays according to the actual situation of students' age, gender, health status, physical fitness, etc. [13]. As the main form, it aims to enhance the mastery of skills and physical health, cultivate students' lifelong exercise habits, and promote students' physical exercise time guarantee of "one hour in school and one hour outside school every day".

Xu et al. (2021) proposed that sports homework can help improve students' athletic ability, form healthy behaviors, demonstrate sports morals, and make students' core literacy of physical education real [14].

3.2.4. Status of Research on School Physical Education Curriculum

Yan et al. (2021) studied the physical education and health curriculum target system in ordinary high schools and concluded that the physical education and health curriculum objectives have unique functions and values for implementing the fundamental tasks of morality and cultivating people, developing quality education and cultivating all-round development of people [15]. The core literacy of students and the basics of cultivating lifelong sports, the practicality of extracurricular sports competitions through physical exercises, the selectivity of systematically

learning 1 to 3 sports techniques, the promotion of sports and health, and the comprehensiveness of moral education are put forward. To meet the relevant requirements, it will help to form a positive and healthy personality.

Xia et al. (2021) proposed to standardize venue facilities, pay attention to the standardization and innovation of teachers and special sports settings, and take a typical special as an example to design a complete set of texts for specialized teaching content [16]. From point to point, we will promote the establishment of a scientific and perfect teaching system for each special subject, so as to achieve the expected goal of "cultivating interest, using skills, forming habits, and lifelong development".

3.2.5. Status of Research on School Sports Facilities

Zhao et al. (2020) pointed out that in the process of moving towards a new era, school sports have been given a new historical mission, and new problems and contradictions have arisen in the development of school sports facilities, because safe and high-quality school sports venues The facility environment is of great significance to the smooth development of students' sports activities and the healthy growth of young people [17].

3.2.6. Status of Research on Sports Event System

Zhong (2020) proposed to improve the reform path of the youth sports event system by locking in core values, building an organic combination of relevant departments, giving play to the role of individual sports associations and student sports associations, and jointly responsible for various forms of competition by the sports department and education department [18]. The integration of sports and education promotes the healthy development of young people.

3.2.7. Summary

The background of the in-depth integration of sports and education is that the physical health of Chinese adolescents and children is declining year by year, obesity and chronic diseases are becoming younger, which leads to mental health problems of adolescents and becomes a pain point and difficulty for the nation in the new era. Promote the coordinated development of youth cultural learning and physical exercise, strengthen school sports work, and improve the quality of physical education classroom teaching by designing complete sets of teaching content and promoting the establishment of a scientific and comprehensive teaching system; Channels to enhance skill mastery and physical fitness level, and cultivate the habit of lifelong exercise.

3.3. Status of Research Perspectives

3.3.1. Status of Research from the Perspective of System Construction

Zhou (2020) believes that students' physical exercise time of "one hour in school and one hour outside school every day" cannot be guaranteed, build an "integrated inside and outside class" exercise system, explore the source of homework and specific operation strategies, and reflect the intensity of exercise, Reflect family sports culture, and introduce social forces to make home sports homework effectively improve students' physical health [13].

Zhou et al. (2021) clearly stated that the "Opinions on Comprehensively Strengthening and Improving School Physical Education Work in the New Era" issued by the General Office of the CPC Central Committee and the General Office of the State Council in 2020 clearly stated that it is necessary to strengthen the construction of school physical education curriculum and teaching material system, and pay attention to the relationship between large, medium and small children. Connect, focus on improving the core literacy of students [19]. The promulgation of policies at the national level indicates that the connection between university and middle school physical education teaching should be studied in depth in accordance with the guiding ideology of "Healthy China" and "Health First". Through the index screening of the Delphi method, construct an evaluation system for the connection between university and middle school physical education, promote the research and construction of university physical education and health curriculum

standards to optimize the connection structure, build a platform for the connection and exchange of university and middle school physical education, and strengthen university and middle school physical education. Teachers' teaching, research, learning and exchanges, promoting the inclusion of physical education into the compulsory subjects of the college entrance examination, strengthening the supervision and inspection of school physical education teaching, etc., in order to promote the reform and development of school physical education in China.

Zhao et al. (2022) Based on the principle of "integrated design and integrated promotion" of youth football events put forward in the "Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Youth", they proposed to build an integrated campus football event system and optimize the Chinese youth football event system [20]. It will strengthen the integration of event resources in the education system and sports system, clear the growth channel of youth football talents, and lay the foundation for the revitalization of Chinese football.

3.3.2. Status of Research from the Perspective of Policy Implementation

Dai et al. (2018) studied the current situation of school sports policy implementation in China, and pointed out that there are conflicts of interest between subjects and objects, lack of enforcement resources, unfavorable enforcement environment, and imperfect enforcement mechanisms [21]. Paths such as the cross-interest range of school sports policy implementation enhance the power of school sports policy implementation.

3.3.3. Summary

In-depth school sports policy research requires not only continuous interpretation and updating of existing connotations, concepts and functions, but also continuous refinement of implementation plans and contents, so as to truly promote the physical health of the student group and promote the organic integration and healthy development of sports and education in China.

3.4. Status of Research on School Sports Policies Outside the Territory

Luna et al. (2021) conducted a study on Japanese school sports policies and found that the continuous improvement of policies has played a long-term and effective guiding role in enhancing the physical health of local students [22]. Through combing and summarizing, it is proposed that school sports not only need to enhance students' physique in terms of physical exercise, but also provide professional guidance on students' dietary health. According to the different requirements of nutrition for students' physical growth, we will provide reasonable and nutritious meals in a targeted manner, and continue to refine and implement them, so as to truly promote the physical health of young people.

Li et al. (2019) conducted a study on American school sports health promotion policy and found that it has policy guarantee and program support, policy quality assurance and policy potential exploration, full use of time and active participation in strengthening, and the way schools, communities and families share policy resources [23]. Collaborate below. In view of the lack of this aspect, according to the "Healthy China 2030" Planning Outline, Chinese school sports will build a healthy support environment in schools, form environmental support policies and intervention measures, give full play to the potential influence of a healthy environment, and improve students' awareness of participating in activities and activities. Improve the level of education, shorten the distance between schools and families, establish a resource sharing mechanism with the community, guide parents to support their children's participation in school sports activities, and mobilize all available resources from schools, families, and society to improve students' participation in sports activities.

4. Summary

In view of the above problems, suggestions for optimization and improvement are put forward:

1) Pay attention to the disadvantaged groups in sports, pay attention to the development of

children's sports, and lay the foundation for promoting the physical health of young people, so as to realize the extensiveness of the sports-education integration group and the coverage of the school period.

2) Improve the quality of physical education classroom teaching, broaden the channels for classroom extension to enhance skill mastery and physical health, and cultivate the habit of lifelong exercise.

3) The importance of research lies in practice. Most of the existing research is based on the theoretical research of school sports policy, and it mostly discusses the advantages and disadvantages of existing policies, but there is little practical research on school sports policy. In order to maximize the significance of theoretical research, we should continue to strengthen practical and applied research on school sports policy.

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