

Teaching Strategy of Middle School Physical Education and Health Course Based on Core Literacy

Yuying Long, Guochang Yin*

Institute of Physical Education, Jiangxi Normal University, Nanchang, China

*Corresponding author

Keywords: Core literacy, Physical education and health course, Teaching strategy

Abstract: At present, core literacy has become one of the hotspots of education. Therefore, the teaching strategy based on core literacy is a valuable research. By reading a large number of domestic and foreign literature and combing them, it is possible to clearly distinguish the core literacy, the core literacy of sports disciplines, and the related concepts of sports and health courses, and to clarify the mutual concepts between concepts. Secondly, this paper studies the core literacy of the middle school students and the core literacy of the physical education discipline. Based on this basic framework, the physical education and health curriculum is used to analyze the core literacy of students. Finally, for the students Core literacy proposes appropriate teaching strategies. This paper mainly uses the literature data method to collect and summarize relevant literature. To sum up, in the cultivation of core literacy, the complex anima of human beings should be taken as the object, and the structure of the human body should be changed through the way of sports training. This paper studies the integration of moral education, intellectual education, aesthetic education and physical education classroom. (1) Combining moral education with sports helps to cultivate students' hard, perseverance and courage ability. (2) Combining intellectual education with sports can help students' brain activities and stimulate students' interest in sports. (3) Combining aesthetic education with sports helps to develop students' health awareness and form a healthy lifestyle.

1. Introduction

Core literacy and core literacy of sports disciplines have attracted the attention of experts and scholars all over the country and even the world. The core teaching quality of educating people in China is to cultivate a complete person, and at the same time regard the Lideshuren as the fundamental task of education, so as to further clarify the specific level that students should reach in each semester. Therefore, the development of core literacy requires the connotation and mutual relationship of both of them as the basis of research.

1.1 The Core Literacy and the Meaning of Core Literacy of Physical Education Discipline

The origin of core literacy has been mentioned above. Its concept is mainly derived from "literacy". Literacy refers to the cultivation and comprehensive quality of a person. The most obvious way is mainly in the handling of things by everyone. This is a kind of ability that is obtained from the usual training and practice. The United Kingdom proposed the concept of core literacy. He positioned the development of core literacy as "lifelong learning" to promote human development and better integrate into social life. Core literacy refers to the individual's necessary character and key ability to adapt to the needs of lifelong development and social development in the process of receiving the corresponding school segment [1].

The Core literacy, from a macro perspective, refers to the level of knowledge and ability that students acquire through the study of various disciplines, and the ability to discover and solve problems in the learning process. From a micro perspective, it should be specific to a specific subject, such as the core literacy of sports disciplines. In other words, the core literacy of the discipline is the concrete manifestation of core literacy in various disciplines, and the content is

more specific and subtle. The core literacy of the physical education discipline is the concrete manifestation of the value of the subject's education. It is the key ability, the necessary character and the value concept that the students can master and gradually form through the study of the physical education subject. Its appearance makes the physical education teacher more clear about his teaching goals in class [2].

1.2 The Relationship between Core Literacy and Core Literacy of Sports Discipline

The core literacy of physical education is an effective way to cultivate students' core literacy. Because the physical education is an important part of “moral education and intellectual education, aesthetic education and labor education”, this is a discipline that combines theory with practice, while other disciplines of theory are for intellectual education, with a focus on cultivating students' theoretical foundations. Therefore, sports plays an irreplaceable role in cultivating students' core literacy. From a global perspective, core literacy is related to the autonomy of student development, and its educational ideas and goals are to cultivate people's all-round development [3]. The concept of the core literacy of the physical education discipline is far less than the overall core literacy in terms of connotation and extension. As an important part, it should give full play to its value. Core literacy is influenced by a number of factors, such as individual self-improvement, thought, emotion, society and nature. The subject of sports, as a social practice, should make a certain contribution to the development of people's core literacy. The healthy life in core literacy clearly requires the mastery of motor skills and methods as well as the safety awareness of self-protection. From the above, we can see the importance and responsibility of the discipline of sports for cultivating people's core literacy [4]. Therefore, the core literacy points out the direction of how to develop the core literacy of the physical education discipline, while the latter provides a certain foundation for cultivating and developing people's core literacy.

From a microscopic point of view, the Ordinary High School Sports and Health Curriculum Standards (2017 Edition) puts forward the basic elements of sports ability, healthy behavior and sports morality. They have a close relationship and influence each other, and provide a good way for people's health to fully cultivate human development [5]. These three aspects can appear in the physical education classroom all the time, and can effectively solve various practical problems that appear in the classroom. As a basic way to cultivate core literacy, athletic ability can effectively train students' physical fitness and various physical indicators. At the same time, it can train and cultivate students' various morals for different sports, thus laying a foundation for healthy behavior and sports morality. Healthy behavior is the ultimate goal of developing athletic ability and sports morality. The focus of healthy behavior is to develop good exercise habits and social adaptability, lay the foundation for lifelong physical exercise, and directly point to the future healthy life [6]. Sports morality is an important obligation to improve the sportsmanship and moral character. The main point of cultivating sports morality is to go all out and follow the rules and ideological character. Compared with athletic ability and healthy lifestyle, sports morality tends to cultivate individuals in groups and social groups, thus helping students to form the sportsmanship, sportsmanship and sports character that should be possessed in sports [7].

2. The Characteristics of Physical Education in Cultivating Students' Core Literacy

At present, education is constantly undergoing various reforms and is receiving more and more attention from the world. Discussion and exploration of a certain concept and field can start from its extension and connotation, while education is transforming from expand to connotation, at the same time, it also transforms the quality of students into training students' core literacy and puts them into practice. The important task of cultivating students' core literacy requires the joint efforts of all disciplines, work together to shoulder this great task. And physical education classroom teaching is compared to other disciplines pay more attention to teamwork, practice and self-development. Sports is a discipline combining theory with practice. It plays an extremely important role in moral education, intellectual education and sports, while other disciplines focus on instilling theory. Therefore, physical education has great advantages in cultivating students' core literacy.

2.1 The Particularity of Sports and Other Disciplines

People start to receive education from the family from birth, and then step into the campus step by step, accepting different basic knowledge from all stages of each discipline. People's various thoughts, words and deeds are often not reflected in ordinary language, but are reflected in actual actions [8]. In our daily life, each person's external expression and interpersonal communication are carried out from social practice activities. This way is very similar to the expression of physical education. This is the particularity of physical education and other disciplines. In so many disciplines, sports are among them, and its responsibility is slightly larger than other disciplines [9]. Although sports is usually considered to be a “small three-door”, it is the longest running discipline in school teaching. It is an uninterrupted compulsory course from kindergarten to university, throughout the entire learning career. In the whole process of physical education, it can better carry out core literacy, because physical education runs through the whole school age, it is able to improve the overall quality of people and make systematic plans and goals for the comprehensive development of people in a more specific, systematic and complete manner, so as to be able to cultivate students' core literacy more comprehensively.

2.2 Sports is the Main Means of Physical Education

There are two main forms of physical education, one is practice class and the other is theory class, but sports is mainly based on practice. In the practical class, it is mainly the movement throughout the entire class. In the physical education class, it is mainly a teaching through various physical and quality exercises and various practical activities. But at the same time, the theoretical knowledge of sports and health courses is also very important. It is a discipline that combines theory and practice. Most other disciplines focus on theoretical indoctrination. This is different from the teaching of other subjects. In the physical education classroom activities, we can train students according to their various performances during the teaching process [10]. This kind of training can not be done by other disciplines.

2.3 The Richness of Physical Education Teaching Methods

The teaching content of the physical education and health classroom is very extensive and colorful. The course on sports and health is well integrated with people's ethics, teamwork and strong will [11]. For example, in the physical classroom teaching of middle and long distance running, can train the hard-working and persist quality of students, It can also feel the happiness of cooperation and mutual assistance and the sense of collective honor. At the same time, it can improve students' endurance quality, and so on. Let students practice fast running, can let them discover the importance of competition in sports, at the same time improve their sense of competition. The physical education discipline bears the responsibility of cultivating students to develop lifelong physical exercise habits, and the overall development of the combination of “moral education, intellectual education, aesthetic education, labor education” [12]. Only develop good health behaviors and exercise habits, to make us have a better body. This will enable us to devote ourselves to learning and working wholeheartedly, further promote students' healthy mental state, conducive to the school to train high-score, high-energy, all-round development.

3. The Methods and Ways of Physical Education Teaching to Cultivate Students' Core Literacy

The impact of the school on students is very large, because this environment is the longest they have been from small to large, the impact of teachers on students may be far greater than the impact parents have on them. Therefore, in order to improve the core literacy of students. First, we should start from the source of the school, change their ideas from the roots, thereby improving their core quality and overall quality. Second, the family and the environment are also two important factors, in the family, parents are the best example for children, family environment is stable and harmonious, good parental image will have a good impact on children, this is also a way to improve

the core literacy of students. Finally, social practice activities are also an effective way to improve students' core literacy, often let them participate in useful social group activities as well as artistic activities, can cultivate students' vision and artistic accomplishment. In the following, this article will elaborate on the teaching strategies from their three aspects of moral education, intellectual education and aesthetic education.

3.1 Starting from the Methods of Cultivating Students' "Moral Education" from Physical Education

Moral education is a kind of ideological quality that students must possess, is the foundation for students to have the right values, it also includes the concept of sports morality. Sports morality refers to the spiritual outlook that any person must follow in the conduct of sports-related activities. This has played a positive role in maintaining a stable society [13]. It consists of three parts, namely sportsmanship, morality and character. Whether a person loves sports is mainly reflected in their attitude towards sports and their enthusiasm for learning. Is it willing to use sports as a way of lifelong exercise mainly to see how often they exercise. Interest can be the best teacher, and if they are interested, it will be easy to achieve twice the result with half the effort. Therefore, the development of students' sports emotions and sportsmanship should mainly be carried out from the students' interest in sports programs, so that they can really like them; however, the character and spirit of sports are conceptually similar, as exemplified below. For example, during the learning process of 800 meters running or variable speed running, because the time is long, the speed is still relatively fast, and it is easy for students to quickly enter the fatigue state. Many students may feel uncomfortable or difficult to continue to complete the task. At the time, the teacher must strongly ask the students to complete the task, which is more conducive to cultivating the outstanding quality of sports that students are hardworking, persistent, and enterprising. In our usual game of you draw me guess, the game strongly reflects the cooperation, tacit understanding, unity and cooperation, and the spirit of struggle and hard work. Sports ethics is the various roles and activities in sports. The sum of the ethics that every group and individual should follow, which is reflected in any sport and role played in sports. If you want to effectively develop students' sports morality, you should pay attention to the following aspects: first, the teacher should cultivate different students to the different teaching contents in the physical education classroom teaching, which is the so-called the right medicine. For example, in physical education, let students play interesting games and cultivate students' interest in sports [14], to enable students to feel inner pleasure in the classroom, to achieve physical and mental satisfaction, to experience the joy of the success of the game; in the teaching of obstacles, the main purpose is to make students develop a spirit of fearless and courageous; Then: pay attention the characteristics of the physical and mental health of the subjects, and the selection of appropriate ways to teach students, is the teaching according to their aptitude, which is the so-called teaching in accordance with their aptitude. In the teaching of lower grades, the use of situational teaching method is the better method that students put into learning [15], in the upper grades, more competitions should be organized, which is in line with the characteristics of physical and mental development that students strive for. Using different teaching methods and strategies for different teaching objects will have a better effect.

3.2 Starting from the Methods of Cultivating Students' "Intellectual Education" from Physical Education

Intellectual education refers to the cultivation of students' overall knowledge, skills and intelligence. In the case of schools, it refers to the test scores of students. The skills mentioned in intellectual education can be started from two aspects. On the one hand, it is the most basic, on the other hand, it is special. This is a process of step by step and step by step. In our sports, we can first teach the most basic technology, and then basically promote the higher level of special items. Through this kind of training, students can improve their enthusiasm for exercise and enable them to develop good sports habits [16]. First of all, this requires the popularization of relevant knowledge from the leadership of the school, and then to the task of each teacher, the teacher is to classify students of different ages, because each of them has different goals to develop motor skills.

Because of the different objects, we should also summarize the teaching methods, and then correspond to the objects of all ages, so that even if the person who imparts knowledge is not present, the subject can exercise himself, and being able to provide a reasonable way can also reduce the rate of injury, and teachers can also pay attention to individual teaching. However, there are differences between the students in the upper and lower grades. For the lower grade students, the goals should be clear, the methods and methods should be specific, and they should not be eager to achieve, and try to do more recreational activities, so that it will not produce bad effect and eliminate to study enthusiasm. For senior students, let them know more about sports, and study the one or two projects that they are interested in, let them master at least one project, and then organize more competitions activity for them to participate. This will increase their participation and also meet the personality of senior students. Then: in the development of athletic ability and exercise habits, the school is connected with the student's family. For example, when students have plenty of rest time, the school can inform the parents to let the students watch some TV programs related to sports during their free time, and also improve the students' athletic ability through some social group activities, so that students develop good exercise habits [17].

3.3 Starting from the Methods of Cultivating Students' "Aesthetic Education" from Physical Education

Aesthetic education refers to the education of students' ability to appreciate beauty, discover beauty, create beauty and their own physical beauty. The beauty of form can be expressed from the health of a person, and healthy behaviors can be developed through physical exercise. Healthy behavior is a way of life. It is a combination of physical and mental health and the external environment. It is the key link to develop a healthy life [18]. In our classroom, the study of health knowledge education is still relatively lacking. This is an important issue that deserves our attention and should be solved as soon as possible. First of all, we should change from the concept and method of teachers, and then train students to promote they develop correct behavioral habits. In order to effectively train students in school, the first step is to start from the daily life, and pay attention to the health knowledge study in the daily physical education classroom. For example, according to the changes in the activities of human physiology, let them know the importance of warm-up activities in the whole process of sports, and understand how it contributes to people, thus promoting students to develop healthy behaviors before preparing for exercise. To prevent students from having sports injuries because they have not warmed up, and to prevent students from developing unhealthy behaviors[19].For example, in the process of imparting passing and catching techniques, the puts his hands on his chest and promptly popularizes the prevention knowledge of sports injuries that are prone to occur in this teaching process. For example, in basketball, the knowledge of preventing finger contusion to the chest and passing the ball, how to deal with these sports injuries and what kind of ball-fighting technique should be taken to avoid the problem of finger contusion. In the physical education classroom teaching, teachers should try to reduce the factors that cause students' sports injuries, and let the students pay attention to the potential risks of sports injuries. Through the joint efforts of teachers and students, the risk of sports injuries should be eliminated and reduced as much as possible [20].Second, schools should provide students with the means to understand relevant knowledge so that they form the basic framework of healthy knowledge in the brain, which makes it to transform from conscious to unconscious, so that they will notice this at all times.

4. Conclusion

The reform of the new sports curriculum standard once again set off a wave of core literacy. In the teaching process, we must pay attention not only to the teaching of basic movement techniques and skills, but also to the cultivation of students' core literacy. In the classroom, through teaching design, using a variety of teaching methods, from different angles to organize teaching strategies to promote the core literacy of students.

References

- [1] Shang Lipei, Cheng Chuanyin, Zhao Fuxue, Dong Peng. The Transformation of Physical Education Class and the Transformation of Teaching Based on the Development of Students' Core Competence[J].Journal of Physical Education,2018,25(02):68-75.
- [2] Sun Xiaona. Research on the core literacy training of high school students in sports and health disciplines [J]. Contemporary Sports Science and Technology, 2018, 8 (27): 128-129.
- [3] Yu Sumei. The Construction of the Core Literacy Framework System of Chinese Students' Physical Education Discipline [J].Journal of Physical Education, 2017, 24(04):5-9.
- [4] Wang Haidan. Research on the realization path of LideShuren in colleges and universities [D]. Jiangxi Normal University, 2018.
- [5] Yin Zhihua. On the relationship between the core literacy of three aspects of sports ability, healthy behavior and sports morality [J].physical education, 2019, 39(01):13-16.
- [6] Yao Lei, Li Ming letter. The relationship between sports ability, healthy behavior, sports morality and its teaching suggestions [J]. Physical Education, 2019, 39 (01): 19-21.
- [7] Liu Yuxin. Analysis of physical education curriculum based on sports core literacy [D]. Shaanxi Normal University, 2018.
- [8] Wang Hongtai. Investigation on the status quo and model construction of high school students' core literacy [D]. Qufu Normal University, 2018.
- [9] XuCuihua. Research on the Core Literacy Cultivation Path of Physical Education and Health Course [J]. Contemporary Sports Science and Technology, 2019, 9 (02): 73-74+76.
- [10] Yang Shuguang. On the cultivation path of core literacy of high school sports and health disciplines [J]. Chinese teacher, 2018 (S2): 142.
- [11] He Yi, Xiao Mingshan. Study on the teaching of physical education and health class in ordinary high school based on the 2017 edition of the Standards of Physical Education and Health Curriculum for General Senior High Schools[J].motion,2018(20):115-116.
- [12] Ji Liu. Cultivating the core literacy of disciplines is the starting point and the foothold of the curriculum of physical education and health--Interpretation of the core literacy and curriculum objectives of the Curriculum Standards (2017 Edition) [J]. Chinese School Sports, 2018 (04): 11-13.
- [13] Dai Yan, XinYanjun. Study on the Teaching Strategy of High School Physical Education Class Based on the Cultivation of Students' Core Literacy[J].Sports world(Academic Edition), 2018(08):135+128.
- [14] Hong huoxi. Effective teaching strategies and research in physical education classroom based on core literacy of disciplines [J]. Contemporary Sports Science and Technology, 2018, 8 (10): 85-86.
- [15] Yin Yuhua, Sun Qian, Du Jiangzhou. Analysis of the changes in the new curriculum standards. On the teaching strategies of high school physical education [J]. Chinese School Sports, 2018 (09): 20-21.
- [16] Yang Deguang. Building a moral, intellectual, and artistic education system [N]. China Education News, 2018-10-11 (006).
- [17] ZHAO Fuxue, CHENG Chuanyin. Study on the Theoretical Basis and Structural Elements of the Core Competence of Physical Education[J].Journal of Shenyang Sport University,2018,37(06):104-112.
- [18] Li Jiazhen, Zhao Chaojun. The mutual relationship, formation conditions and training path of

the core literacy of physical education disciplines [J]. *Physical Education*, 2019, 39 (01): 17-19.

[19] Huang Wenjie. Research on the construction of professional literacy of high school physical education teachers under the core of disciplines [D]. Jiangxi Normal University, 2018.

[20] Li Qiang. Research on core literacy training in middle school physical education and health curriculum [D]. Shandong Normal University, 2018.