

# SWOT Analysis of Short Tennis Entering Primary School Physical Education Class

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**ABSTRACT.** *With the living standards in China improved, people pay an increasing attention to the importance of sports and form a good atmosphere of “all-people sports”. People can make various choices when they participate in sports. As a sports project, tennis has gradually become one of the favorite sports. At the same time, the Chinese Ministry of Education recently announced that tennis officially entered the national examination project in 2020, indicating that the country attaches great importance to the training of young children's tennis. Short tennis is a product of the high-speed development of tennis, and has its unique advantages and significance. In order to achieve the sustainable development of short tennis, great effort need to be carried out to promote short tennis into the primary school physical education class. This paper takes China's short tennis as the research object, and uses the literature research methods -Citespace software analysis and SWOT analysis method- to analyze short tennis in China. And in the final part, some suggestions and implications on how to promote the implementation of the short tennis in primary school physical education classrooms and how to create a good atmosphere of the national sports.*

**KEYWORDS:** *Short tennis; primary school physical education class; SWOT analysis*

## 1. Introduction

With the increasing improvement of living standard, people are no longer limited to the needs of material life, and they are more attracted by the enjoyment that sports bring to them. Tennis becomes much more people's sports choices with its unique fitness and, entertainment. The Chinese General Office of the Ministry of Education issued a notice about the selection of the 2019 national youth campus tennis ,which accelerates the promotion of the comprehensive reform of physical education: greatly changing tennis teaching, enriching students' extracurricular activities, improving the quality of the tennis training, and fueling the tennis development in schools. At the same time, the Ministry of Education in China recently announced that tennis officially entered the national assessment project since the year of 2020, which also speeds up the implementation of tennis into

primary and secondary school physical education classes. Short tennis is derived from tennis and it actually has the same content as tennis. It is designed for children and is suitable for children's physical and mental development and their capacities. Tennis players are able to play short tennis directly at an early age, which gives them a primary understanding of tennis sports and lays a solid foundation for their smooth transition to tennis. The short tennis plays a vital role in starting children's tennis training and it is a fundamental stage for an transition to tennis training. Therefore, it has also aroused people's attention and interest, who hope to cultivate children's fascination and interest in tennis through playing short tennis. At present, short tennis has been developed in China for many years. Short-term tennis has aroused the love and interest of children and adolescents in China to a certain extent, and has been well promoted and developed within a certain range. This paper focuses on how to promote short tennis into elementary school physical education classroom in China by using the SWTO analysis. The study identifies the advantages and disadvantages of short tennis in elementary physical education classes and also discusses the potential problems existed in the process of the project, and puts forwards some corresponding countermeasures for these problems.

## **2. Brief introduction to short tennis**

### ***2.1 Characteristics of tennis***

Tennis is a physical exercise which requires more strength, speed and endurance and the regular tennis equipment, venues are designed for teenagers and adults, which are only suitable for physical and mental endurance of young people and adults. For children at primary school is concerned, this kind of regular tennis is beyond their capacities, and it is harmful for their physical growth. Moreover, it may pose a bad impact on children's potential development of tennis.

### ***2.2 The origin of short tennis***

Short tennis is a product of the rapid development of the world tennis. In the 1970s, short tennis was introduced in Sweden specially for children, mainly for those under the age of 11 and immediately became popular in Europe and America as the enlightenment training means of tennis. The former world number one woman tennis player, Hingis, began tennis from short tennis. Short tennis, on one hand, satisfies children's desire to play tennis; on the other hand, it is a kind of children's tennis sport that is based on the principle of tennis for children's physical and mental development and load capacity. It has the full meaning of tennis, and is suitable for the physiological and psychological characteristics of children of all ages over 5 years old. It is an effective method and means for children's tennis enlightenment training, and is a necessary step to learn regular tennis. Once children acquire the short tennis training, they will be able to grasp tennis skills normally in a short time, and form correct tennis consciousness, thus to employ various techniques reasonably.

Essentially, short tennis is a miniature version of tennis, in addition to smaller equipment and space than the regular tennis. Besides, short tennis and regular tennis share the same rules.

### ***2.3 China's short tennis development status***

China introduced short tennis in 1993. The first pilot work was done in Kunming city, Yunnan province from 1993 to 1995. After the successful pilot job, the country began to promote the popularization and development of short tennis. In 2000, the Chinese Ministry of Education officially included short tennis in the standard content of nine-year compulsory education. In 2004, Shanghai Tennis officially introduced short tennis to primary schools in the "123 Promotion Project". In 2008, the State Sports General Administration approved 41 short-term training centers as training institutions. In 2011, the "Twelfth Five-Year sports development plan fully reflected its career achievements, opportunities, challenges and goals. At present, the project has been included in the first batch of emerging sports projects that are promoted to the whole country by the National School Sports League. In 2019, the Ministry of Education announced that it will select 100 schools which are special for their tennis sports respectively among nine provinces or cities, including Shanghai, Jiangsu and Jiangxi provinces. At the same time, tennis has officially be admitted to the national high school entrance examination since 2020.

### ***2.4 Research Status of Short Tennis***

A total of 146 documents were retrieved about the use of short tennis in China. The Citespace software was used to analyze the following figure.

As shown in Figure 1, China has begun to research on tennis associations and children's tennis before the introduction of short tennis in 1993. From the year of 2003, the studies have been adding up, which mainly focus on the training and current situation analysis of primary school students or children's short tennis.

## **3. SWOT analysis**

SWOT analysis is put forward by a management professor at the University of San Francisco in the beginning of 80s of the twentieth century. SWOT analysis is an analyzing method, which can be objective and accurate to figure out and study the developmental status. SWOT analysis is also known as status analysis or superiority and inferiority analysis, used to determine the company's own competitive strength, weakness, opportunity, and threat. Thus an organic combination of the company's strategy and internal resources, the external environment can be worked out. Using SWOT analysis to analyze the short tennis into the primary school physical education classroom is conducive to know the overall situation: the advantages and disadvantages of short tennis into the primary school physical education classroom, the opportunities provided by the current environment and the possible

risks and threats. This is significant for the success and sustainable development of tennis into the primary school physical education classroom.

#### **4. SWOT Analysis of Short Tennis Entering Primary School Physical Education Class**

##### ***4.1 The advantages of short tennis into the primary school physical education classroom***

Short tennis is not restricted by standard tennis courts, as long as there is a soft ground and soft (such as: wood, cement, plastic, mud, etc.) flat ground. At present, primary schools generally have playgrounds and indoor activity rooms, so short-board training can be carried out with these places simply modified. Short-seat tennis can be taught in almost any elementary schools.

There are two kinds of balls used in short tennis. One is a sponge ball, which is extremely light and suitable for children under 6 years old. It can be promoted as a fun game in kindergarten. The other is called low-pressure tennis, which is also called “small tennis”, which is similar to regular tennis, but the air pressure is less than regular tennis, and there are balls of different colors and different air pressures. It is suitable for students under different ages and with different strength. It is not only safe but also reduce the difficulty of hitting and controlling the ball. Therefore, it can be easily promoted in primary schools.

The short tennis racquet is different from the standard tennis racquet used by adults. It is light, small, and has a small handle. It is easy for children to swing, and the price is cheap. The racquet is colorful and easy to be liked by children.

Short tennis is a sport that is easy to learn, play, and fun. It is a new, fun and safe fitness program for children. Short tennis is well-fitted for the physical and psychological characteristics of children over 5 years old. Its training can also fully exploit children's flexibility, coordination, sensitivity, and imitative potential. It can cultivate children's correct tennis awareness and lay the foundation for learning standard tennis in the future.

The risk of “investment” of students and parents is reduced, and more students can participate in tennis, and more seedlings of outstanding tennis players can be excavated to reduce the elimination rate. Children and young people do not know their potential and talents, and can only learn according to their own interests or the wishes of parents. Short tennis is an entertaining sport, and children learn in entertainment, which provides more room for screening tennis players.

In the context of sports globalization, short tennis is in line with the convergence requirements of mass sports and international sports. Short tennis is in line with the “heavy family” socialist cultural connotation with Chinese characteristics. Old people, children, and parents can participate in teaching and learning and achieve the effects of exercise and fitness.

#### ***4.2 The disadvantages of short tennis entering primary school physical education classroom***

In one respect, a shortage of teachers in the class, the delayed development of tennis in China, (especially in the third- and fourth-tier cities), a lack of attention on tennis, consequently, students and parents have an insufficient understanding of short tennis and tennis. At present, there are almost no teacher specially for tennis in primary schools, and there are very few physical education teachers who teach short tennis. The lack of tennis teachers reflects the serious gap in the number of physical education teachers in China. There is a mismatch between the total number of physical education teachers and the total number of students. Due to China's special national conditions, the economic development of various regions is not balanced, and the imbalance of resource allocation has become a real problem. Also, there exists an imbalance of physical education teacher resource. Especially in small cities the number of tennis teachers is obviously insufficient, except for those big cities, like, Beijing, Shanghai, Guangzhou, ect. As the leader of teaching, teachers' resource gap will surely become a barrier for tennis to enter the primary and secondary school physical education classroom.

In another respect, the number of students in Chinese class is quite large, (about 50 students in one class) so it will bring a big problem for instruction. As a personal athletics project, tennis can only accommodate up to 4 people at the same time. It is difficult to be carried out in large classes and it will fail to guarantee the practice density and teaching effect. It poses a challenge for teachers.

#### ***4.3 The opportunities for short tennis to enter the primary school physical education classroom***

First, the rapid development of tennis has set off a national tennis craze. Tennis was born in France, first appeared in the United Kingdom, and then reached its climax in the United States, and now there is a burst of tennis fever around the world. With the popularity of cartoons such as “The Prince of Tennis” and the outstanding achievements of Chinese women's tennis players in the World Tennis Competition, tennis has also begun to enter the Chinese public. Studies have shown that in colleges, the number of students taking tennis as an optional course has increased year by year, and tennis training institutions are also booming. This not only indicates that children have a strong interest in tennis, but also indicates to some extent that tennis has been recognized by parents. In this development background, short tennis has become an inevitable trend in the primary school physical education classroom.

Second, the school physical education reform and the national senior high school entrance examination sports reform provides an opportunity for short tennis. With the gradual deepening of the basic education curriculum reform, the “National Hundreds of Million Students Sunshine Sports” “Sports, Art 2+1 Project” Policy, “Promoting the Healthy Industry High-Quality Development Action Outline (2019-2022)”, “National Examination reform”, all of these programme have

promoted the sports class to become the fourth major subject, and the tennis sport as an assessment project. It can be seen that the country has begun to pay more attention to physical education courses and tennis programs. In recent years, reforms have increasingly focused on sports, which provides a strong policy environment for short tennis to enter primary school physical education classes. Driven by this series of policies, short tennis has become the teaching content of primary school physical education, which not only enriches the teaching content of physical education classrooms, but also cultivates students' interest in participating in sports. Moreover, the study of short tennis is a test for students in the future. The tennis program has laid the foundation for the assessment.

#### ***4.4 The challenges for Short tennis enters the elementary school physical education classroom***

First, the impact of traditional primary school physical education classroom teaching content, the current primary school physical education teaching content is simple and rich, the lower primary school physical education class is mainly active and simple password class, the senior primary school physical education class is mostly simple and easy to participate. Football, basketball or field equipment are full of skipping ropes and table tennis. Primary school physical education classes are not used as examination subjects, and parents and school leaders do not pay enough attention to primary school sports.

Second, the participation cost of short tennis is relatively high, and physical education teachers are more energetic. Although the size of the short tennis court is only one-third of the size of the standard tennis court, you can use the portable mobile net to achieve the full use of the venue, but also need tennis rackets and tennis, and the tennis needs to be constantly updated, relative to other sports. The project cost is high. The investment is too high beyond the school's budget, which has reduced the possibility of tennis entering primary school to a certain extent. Parents' cooperation is particularly important if students need to equip their own tennis equipment. This requires not only the recognition of short tennis by parents, but also the willingness of children to participate, and it is necessary to guarantee some expenses. This undoubtedly limits the popularity and development of short tennis in primary school physical education.

#### **5. The suggestions for short tennis into the primary school physical education class**

First, in combination with the latest sports-related documents of the Ministry of Education and the unique advantages of short tennis, the publicity of short tennis in schools and society should be increased, so that more people can know short tennis.

Second, it suggests to make full and reasonable use of campus site resources, as well as resources for off-campus training institutions. Students can not only learn short tennis in school, but also improve their skills after class. In this way, the cost of participating in short tennis can be reduced and students' enthusiasm for

participation can be lifted.

Third, it is alternative to expand the extracurricular activities of short tennis. In order to better promote short tennis into primary school classrooms, we can first introduce short tennis in extracurricular sports activities, like one-hour sunshine training, and parent-child activities. These activities can lift short tennis to a new height and help cultivate students' interest in short tennis. Through the project, some potential problems concerning short tennis in primary schools may be found, and a series of solutions to the problems can be figured out. This study will resolve some problems and lay a foundation for short tennis to enter primary school classes.

## 6. Conclusion

In the context of globalization, tennis, as the second largest ball sport in the world, is not popular in China due to the limitations of China's economic level in the past. With the rapid development of China's economic level and the remarkable achievements that Chinese women players have made in the world of tennis competition, Chinese tennis career has been thriving. This thriving development has created favorable conditions for short tennis to enter the primary school physical education classrooms. Promoting short tennis into primary school physical education classrooms not only enriches the curriculum content, enhances the physical fitness of students, but also contributes to the sustainable development of tennis programs. We should make full use of the advantages and opportunities of short tennis to enter the primary school physical education class, improve the disadvantages and deficiencies existed in short tennis, and promote the short-term tennis to enter the primary school physical education class as soon as possible.

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