

Research on the necessity and strategy of cultivating physical culture literacy of teachers' groups in Henan Province

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Abstract: *The necessity and strategy of cultivating the cultural literacy of teachers' groups in Henan Province were studied by means of investigation and literature. It is believed that the macro guidance of education policy and the practical needs of student development determine the necessity of cultivating the cultural literacy of teachers. This paper puts forward the cultivation strategy of the physical culture literacy of teachers' groups from the three aspects of material foundation, spiritual orientation and institutional construction.*

Keywords: *teacher group; sports culture; literacy*

1. Introduction

Sports cultural literacy refers to the synthesis of cultural quality and a series of spiritual elements such as sports ability, sports personality and sports ethics on the basis of congenital genetic factors and under the long-term influence of sports activities [1]. The cultural literacy of teachers affects the physical and mental health of teachers and further affects the quality of education and teaching. The work report of the 20th National Congress of the Communist Party of China clearly pointed out that the construction of a high-quality education system should be accelerated, and the physical and mental health of teachers is the foundation of the high-quality education system. Based on the current situation of low physical culture literacy of teachers in Henan Province, it is of great practical significance to cultivate the physical culture literacy of teachers' groups.

2. Analysis of the necessity of cultivating sports culture literacy in teachers' groups

2.1 Macro-Guidelines for Education Policy

In recent years, the state has repeatedly put forward ardent expectations and expectations for teachers from policy documents and important speeches by leaders. In 2013, three solid establishments were mentioned in the letter of condolences to teachers across the country on the eve of Teacher's Day, including the firm establishment of socialist ideals and beliefs with Chinese characteristics; and the firm establishment of the concept of lifelong learning. ; firmly establish a sense of reform and innovation; mentioned in a discussion with teachers and students of Beijing Normal University in 2014; be ideals and beliefs; have moral sentiments; have solid knowledge; four good teachers with benevolence; in a speech to visit teachers and students in Beijing Bayi Primary School in 2016, four guides were mentioned: being a student tempering products The guide of personality, the guide of learning knowledge, the guide of innovative thinking, and the guide of dedication to the motherland; in 2016, the four unifications were mentioned at the National Ideological and Political Work Conference of Colleges and Universities: adhering to the unity of teaching and educating people; adhering to the unity of speech and teaching; adhering to the unity of devoting and paying attention to society; adhering to Academic freedom and academic norms are unified. When meeting with advanced units and advanced individual representatives of mass sports in Tianjin in 2017, it was emphasized: "Sports carries the dream of national prosperity and national revitalization. If sports are strong, the country will be strong, and if the country is prosperous, sports will prosper. It is necessary to put the development of sports on an important agenda, carefully plan, pay close attention to implementation, constantly create a new situation in the development of China's sports industry, and accelerate the construction of China into a sports power" [2]. After comprehensive combing and analyzing the policy trends, it is found that

the country constantly puts the development of teachers in an important strategic position.

2.2 Realistic needs of student development

According to the data of the five-year student physique survey since 1985, the physical health status of our students has declined for more than 20 consecutive years. Although the physique of adolescents has changed positively in recent years with the strong support of the government and the cooperation of all parties, most indicators have begun to rise or even continue to rise, but teenagers' physical health situation is still very grim, the level of physical health is very low, and it is very difficult to maintain continuous rise. In the face of the problem of declining physique of teenagers, how to curb the decline in the physical health of young students, how to continuously improve the physical and mental health development level of teenagers, and how to improve students' physical fitness and physical and cultural literacy, teachers have a unique role and make a difference, which can also be said to be the level of teachers' literacy, has a very important impact on the development of students' physical fitness and the improvement of sports cultural literacy.

Henan Province is a province with a large population and also a large education province, with 53,600 schools of all kinds and an educated population of 28.1706 million, accounting for 9.49% of the country. At that time, the director of the Department of Education of Henan Province said that it is necessary to "promote education" and solve the problem of large-scale but not strong education. In the process of promoting education, teachers play a leading role. Only when teachers can fully play the leading role in the process of cultural inheritance can the purpose of correctly guiding students and promoting their healthy physical and mental development be achieved.

3. Strategies for Cultivating Physical Education and Cultural Literacy for Teachers in Henan Province

The cultivation of physical culture literacy of teachers' groups in Henan Province is related to the health of teachers themselves and the quality of education and teaching. To improve the physical culture literacy of teachers' groups in Henan Province, we need to be based on sports culture and take literacy as the goal of "intensive cultivation". According to the cultural tripart method, the physical and cultural literacy of teachers can be cultivated from the three aspects of material foundation, spiritual orientation and system construction.

3.1 Promote the material infrastructure of physical education and cultural literacy in teachers' groups

The professional characteristics of teachers determine the dual identity of educators and learners. The concepts of "living to old, learning", "lifelong learning", "lifelong physical education" and other concepts should be the true portrayal of the teacher's identity. We should pay attention to cultivating sports culture in the working environment and learning environment of teachers.

(1) Teacher's working environment - campus cultural environment

Teacher education is the normal working life of the teacher group. Most of the time, the teacher group is in the working environment of "teaching", and the campus is the environment for teachers and students to live and learn together. From an ecological perspective, a good "teaching" environment and the campus environment can jointly guide the physiological health and psychological guidance of teachers. Behavioral intervention has a positive impact.

At the school level, we should actively beautify and optimize the campus sports environment, and participate in sports activities to improve sports culture. Stadium equipment is a prerequisite for high-quality participation in sports activities. At the school level, we should increase the construction of sports venues and open hours for teachers. Trade unions should play an active role in increasing the frequency of sports and cultural activities, adding teachers' groups in the annual student games, and setting different sports in different age groups. Increase investment in sports activities and guide teachers to actively participate. The school should also actively integrate the advantageous sports resources inside and outside the school, combine the characteristics of the school's teachers' sports interests, actively contact external sports resources, so that teachers can go out, and external resources can be introduced, realize the learning and exchange of sports spirit, and realize the diversification and inclusiveness of the campus's material culture.

Relevant slogans guided by sports activities are added to the campus, such as "barbaric physique, civilized its spirit", "exercise for an hour every day, live a healthy life", "life is endless, sports", "I exercise, I am healthy, I am happy". Campus broadcasts, publicity columns, etc. should increase sports sections, disseminate sports culture, publicize and discuss current hot sports issues, and encourage teachers and students to watch important competitions of the national team. In addition, sports activities and sports should be beneficial to popularized according to seasonal changes, combining the characteristics of young, middle and old age and common diseases. Exercise content. Sculptures that add sports elements to the campus, such as the Taiji element, which symbolizes the unity of nature and man, the sculpture of athletes showing the beauty of sports, and sculptures of sports celebrities at home and abroad. Add the Olympic rings, "ice piers", "snow Rong Rong" and "Fuwa" to the sports field. Strengthen the sports and cultural elements of the campus and play the role of cultural edification and behavior reminder.

(2) Teacher Learning Environment - Teacher Continuing Education

Teachers' physical and cultural literacy, especially physical and mental health, has a far-reaching impact on the quality of education and determines the success or failure of education to a certain extent. Physical education literacy training in continuing education is crucial to the cultivation of sports culture. In the survey, it was found that more than 78.9% of teachers in Henan Province participate in continuing education and training twice a year, especially primary and secondary school teachers, and the annual training time can reach 45 days. Online remoteness, offline organization and school autonomy are the main forms of continuing education. Most of the existing training content is carried out around teachers' professional teaching, and non-physicing teachers basically do not involve or pay attention to teachers' sports culture literacy. Continuing church education can add sports elements, such as a variety of quality development activities, mini-games suitable for students at all stages, etc. Through these sports activities, teachers in various subjects are constantly exposed to sports and improve their sports culture. On the other hand, they further influence students through teachers who participate in post-service training. Work together to promote the healthy physical and mental development of teachers and students.

Offline education, on-campus autonomy and distance education can effectively cultivate sports culture literacy. Offline training: The offline curriculum of continuing education colleges or training institutions should add sports training content, which can be carried out through interesting sports meetings, long-distance running competitions and other forms. Experts in the field of sports medical integration can also be invited to teach and communicate with teachers' groups and formulate targeted physical and medical intervention plans for teachers' health. Independent training on campus: Make good use of physical education teachers, and physical education teachers are available in all schools. Physical education teachers should not only be students' physical education teachers, but also contribute to the construction of the school's sports culture. In the Nissan sports culture activities organized by the school, they should take the initiative to export sports professional knowledge, professional skills, show good sports spirit, and cultivate the sports culture literacy of other teachers. It acts as a model and benchmark. In terms of online training: Provincial, municipal and colleges and colleges of continuing education should increase the launch rate of courses related to physical education and health in the group of teachers, including sports interventions with different physical conditions, the most suitable exercise methods for different ages, physical medical interventions for different diseases, and rebroadcast classic sports events, such as fully showing love. Videos such as the Chinese women's volleyball competition with the national spirit and the birth of the first Olympic gold medal to inspire the national spirit. When stipulating the content of the continuing education curriculum, the teacher's unit shall take the teacher's physical education and health-related curriculum reflecting humanistic care as a compulsory content, and give teachers full course selection space and right to choose.

3.2 Promote the spiritual orientation of the cultivation of sports culture in teachers' groups

Culture is intangible and ultimately inherited and embodied through "people". Sports spiritual culture is conducive to teachers to acquire literacy from the spiritual level. Teachers are the carriers, successors and communicators of sports spiritual culture. It is very important to build the spiritual orientation of sports culture literacy. Building a good spiritual orientation for the cultivation of physical education literacy can not only promote the cultivation of teachers' physical education cultural literacy, but also conducive to the healthy development of students' physique. The spiritual orientation of the sports culture literacy of teachers' groups can be constructed through special cultivation of sports spirit, the practice and practice of sports spirit, and the guidance of school sports spirit [3].

(1) Special cultivation of sports spirit

Sports spirit itself is the main component of sports culture literacy, and sports spirit is also a higher level of sports culture literacy. Sports spirit is also an important part of good teachers' ethics, which not only benefits teachers, but also an important spiritual quality that teachers need to develop under the teaching requirements of "cultivating people with morality".

At present, the overall physical culture literacy of teachers in Henan Province is not optimistic. They have a certain degree of mastery of the connotation of sports spirit, but they do not have a deep understanding. Schools can create civilized campuses as an opportunity to collect cases of sports spiritual civilization for analysis and interpretation. The sports meeting can be used as an opportunity to award personal spiritual civilization awards. Schools can focus on organizing groups of teachers to watch films with rich sports spirits such as "winning the championship". Make full use of the school lecture hall to give physical education teachers the opportunity to show their personal demeanor and show and tell the spirit of sports. Let teachers have a deeper understanding of the "sports spirit", understand the charm of sports from the spiritual level, and prepare for sports participation and physical culture literacy.

(2) The practice and practice of sports spirit

The practical experience of sports spirit is an important means to internalize the external sports spirit into the spiritual quality of the teacher group. The practical experience of the sports spirit of the teacher group needs to be carried out in a good sports spiritual environment. At the school level, we should purify the sports atmosphere and achieve fairness, openness and justice in the organization of sports activities, awards, bonuses, prizes, etc. At the school level, sports spirit can be used to guide or restrain teachers' personal behavior, and sports spirit warning signs can be hung in sports venues, teachers, offices and other places.

(3) School sports spirit leads

The spirit exists because of human perception. The spiritual characteristics of school principals and other leaders are the concentrated embodiment of the school spirit. The spiritual behavior of principals and others will certainly have an impact on the spirit of the teacher group. The behavior of leaders such as principals is the goal of teachers' self-management. They should be strict with self-discipline, start from self-interest, truly become a practitioner of sports spirit, and guide the development of students and teachers' sports culture literacy. In addition to encouraging physical education teachers to participate in sports, school leaders should also regularly participate in sports and always pay attention to the physical and mental health of teachers from the perspective of physical education.

3.3 Institutional construction to promote the construction of sports culture literacy of teachers' groups in Henan Province

A perfect institutional system is the basic guarantee for cultivating the sports culture literacy of teachers' groups. The construction and implementation of the system should fully show its advancedness and service, and the institutional system should conform to the characteristics of the teacher group and be targeted. The formulation of the system should adhere to the principle of putting people first and reflect the service value of cultivating the sports culture literacy of teachers' groups.

(1) Flexible management system, reflecting humanistic care

The development of the school, the development of students and the development of teachers will be restricted by the school system, and in the process of promoting the improvement of teachers' sports and cultural literacy, they will also be restricted by the school system. Therefore, the management system set up by the school should effectively take into account the vital interests of each teacher and fulfill the right to formulate the system. It may be delegated to teachers to minimize the political and administrative color of the system, while reducing unnecessary rules and regulations that restrict teachers and give teachers enough spare time as much as possible. Colleagues can also integrate teachers' health management into the school management system, reflecting humanistic care [4].

The profession of teachers is relatively less intense, mental labor is greater than physical work, and the amount of extracurricular labor is greater than the amount of in-class labor. If the management of the school system is added, the teacher's extracurricular life time will be infinitely compressed. Teachers can participate in the time of exercise, the number of exercises and the frequency of sports. The rate will be reduced, which is counterproductive to the continuous improvement of the sports

culture literacy of teachers' groups. Therefore, the formulation and revision of the school administrator system first reduces the occupation of teachers' spare time and ensures that teachers have enough time to improve their physical fitness. At the same time, they can also introduce a mandatory system of measures for teachers, such as stipulating the number of walking and running every day, and organizing teaching in primary and secondary schools. Teacher teams join exercise, running exercise teams, colleges and universities can require students to punch in healthy exercise every day, and teachers can also participate in healthy exercise and other methods, so that the group of teachers can walk out of teachers, the office, go to the playground and go to health in their spare time.

(2) Enrich teachers' spare-time sports life with trade unions as the main responsibility

At this stage, I can learn that there are many clubs in the school, such as badminton clubs, martial arts clubs, basketball clubs, volleyball clubs, art clubs, choir clubs, tea art clubs, etc., which are all carried out and open to students. The development of the clubs ensures students' interests, skills and health to a large extent. Quality has been improved, but there are few relevant associations for the group of teachers, and there are fewer sports activities for teachers. Teachers with skills and talents can only be displayed during major festivals or teachers with sports skills during the sports meeting. Therefore, school leaders or leaders of competent departments should actively give trade unions rights. Trade unions should carry out corresponding sports associations for teachers, so that teachers can release the pressure of work in their spare-school life, enrich their spare time, and continuously enhance the sports and cultural literacy of teachers' groups at the institutional level [5].

(3) Reduce incentives from the system to meet the needs of teachers' sports participation

According to the current situation of school teaching in Henan Province, it basically shows that teachers have heavy teaching tasks and great scientific research pressure, which makes it difficult for teachers to have more time, interest and energy to participate in sports. As mentioned above, sports culture without sports participation makes no sense. Therefore, reducing the burden on teachers is also one of the strategies for the dissemination and cultivation of sports culture in teachers' groups. School units can meet the needs of teaching, scientific research and other work by hiring more teachers within an appropriate scope, so as to reduce the pressure on teachers' work, create more opportunities for teachers to participate in sports, and achieve the cultivation and dissemination of sports culture. In addition, the relevant management departments of the school can also achieve certain results by adding reward mechanisms to stimulate the motivation of teachers to participate in sports, meet the needs of sports, and constantly cultivate the sports culture literacy of teachers. Whether it is motivational incentives or stress relief, the purpose is to increase the participation of teachers' group sports, let more teachers understand sports, and realize the cultivation and dissemination of teachers' group sports culture.

4. Conclusion

The physical and mental health of teachers is the foundation of the construction of a high-quality education system. Cultivating teachers' physical and cultural literacy is an important measure to ensure the physical and mental health of teachers. Without healthy teachers, there are no healthy students. Students are children of families, schools, and more children of the country. Improving the physical and mental health of teachers cannot rely on the strength of teachers themselves, but also school responsibility and social responsibility.

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