

Research on Ethnic Traditional Sports Integration and School Physical Education Teaching

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Abstract: *The change of the concept of physical education in today's world gives the physical education curriculum more flexibility, and it has more autonomy and construction space in selecting teaching content, organizing teaching process and teaching evaluation. Physical education curriculum is a process of acquiring sports skills, cultivating sports intelligence, developing physical quality and shaping a complete personality. Based on this, it is of far-reaching significance for ethnic traditional physical education to be integrated into school physical education curriculum.*

Keywords: *ethnic; Traditional sports; Teaching; meaning*

1. The significance of integrating ethnic traditional physical education into school physical education teaching

1.1 Making up for the shortage of ethnic and local teaching contents

The construction of physical education course lacks the psychological structure of ethnic, the thinking tendency of exam-oriented education in course practice is seriously solidified, and the course content lacks the local characteristics of ethnic. Integrating ethnic physical education into physical education teaching in schools can break the teaching mode of modern competitive sports and enrich the teaching content of physical education. On the basis of acquiring knowledge, skills and abilities of competitive sports. You can also feel the ethnic physical education culture, which plays a positive role in broadening students' knowledge, broadening their horizons and establishing a lifelong physical education concept [1]. In ethnic schools, the core issue of cultural inheritance is the ethnic nature of culture. We should raise the awareness of cultural inheritance in ethnic and pay attention to the accumulation of traditional culture. Curriculum is the carrier of ethnic culture. The content of ethnic traditional physical education has been selected, excavated, inherited and innovated, and the organic combination of ethnic physical education culture and curriculum has been realized. The introduction of traditional projects into physical education teaching has enabled some traditional physical education cultures to be protected and promoted, which has certain entertainment and ornamental value as well as cultural value.

1.2 Improve the current situation of serious lack of curriculum culture

Physical education curriculum culture is embodied in two aspects. Firstly, the teaching process of physical education is not only the process of shaping motor skills, but also the process of transferring and shaping physical education culture. Secondly, the teaching content of physical education itself contains rich cultural connotations, which can be the common physical education culture of mankind, or the traditional physical education culture of Ethiopia and China. On the other hand, the current teaching contents of physical education in schools are mainly aimed at developing basic abilities such as walking, running, jumping and throwing, with track and field sports, ball games and gymnastics as the main contents, and there is little difference among different schools. This phenomenon leads to the lack of curriculum culture of physical education. Physical education plays a role in screening, sorting, transmitting and developing physical education culture. The traditional physical education culture of ethnic formed in a specific time and space constitutes a special cultural atmosphere. In this cultural environment, the characteristic physical education culture of ethnic has a subtle and powerful educational function.

1.3 The ethical physical education project can enrich the purport of physical education courses

The purpose of physical education course is to enable students to master the basic knowledge and skills of physical education and health and the methods of enhancing physical fitness, learn how to study and exercise, and develop physical education and health practice and innovation ability through physical education teaching; Experience the success and fun of sports in physical education activities, and develop the habit of regular physical education exercise; Shaping healthy psychological quality and forming the ability of cooperation and communication; Improve the consciousness of consciously maintaining health, and form a healthy lifestyle and an aggressive, optimistic and cheerful attitude towards life. Ethnic physical education program can enrich the purport of physical education curriculum. On the one hand, it is conducive to the development of traditional physical education program in school education, and enables students to realize the value and sports spirit of traditional physical education in ethnic. On the other hand, the study of the traditional physical education project can be used as a carrier to cultivate the spirit of humility, prudence and kindness, promote the spread of ethical culture, and infuse students with an ethical consciousness, thoughts and spiritual culture.

1.4 The ethical physical education project can enhance students' interest in learning

There is a tendency to reduce entertainment factors in school physical education textbooks, which causes students to love physical education, but lose interest in physical education. The NICH physical education program originates from life and is close to people's folk customs. In the long-term screening and concise process, it is extremely interesting. It plays a positive role in improving students' enthusiasm and initiative in learning physical education and cultivating their lifelong awareness of physical education [2]. Another tendency is that the teaching content of physical education is not suitable for students' extracurricular physical education exercises, and the teaching content is outdated and inflexible, lacking in interest and popularity. Physical education teaching with competitive physical education as its main content, students' subjectivity is not reflected enough, and the content is difficult and boring, which makes it difficult to arouse students' interest in learning. The introduction of ethnic's traditional physical education program can alleviate the trend of formalization and competition of traditional physical education courses, expand students' physical education sports selection range, broaden their knowledge, and enrich campus physical education culture and students' sports knowledge. It is an important measure to enrich the teaching content of physical education and enhance students' enthusiasm for participating in physical education.

1.5 Ethnic traditional physical education as a supplement to school physical education

Some ethnic areas are remote, the economic and social development is relatively backward, and the professional physical education teachers are obviously inadequate, which limits the normal teaching of physical education in schools. Some physical education courses in schools are held by other professional teachers, but there are many problems in the teaching process due to the lack of professional ability. Ethnic physical education project has a deep mass base, and many teachers of other majors can cooperate with professional physical education teachers to carry out project teaching. Therefore, the introduction of ethnic physical education project can alleviate the embarrassment of the lack of professional physical education teachers.

2. Analysis of the integration path of school education in Ethnic Physical Education

2.1 Ethnic traditional physical education content selection and teaching materials

When choosing the content of traditional sports events in ethnic, firstly, according to the teaching objectives and implementation requirements of physical education in schools, fully combining with students' physiological and psychological development laws, school infrastructure conditions, etc., select those events that are difficult and easy to carry out. Secondly, in terms of content, physical movement should be the basic form, and the body should bear certain physiological and psychological loads in the learning process. Through the exercise of sports techniques and skills, students can achieve healthy development in physiology, psychology and social adaptation.

Textbook-based ethnic traditional sports, according to the law of education and the objectives of physical education courses, select the sports of ethnic traditional physical education, consider the characteristics and needs of students and the infrastructure conditions of schools, etc., and make the

traditional sports of ethnic into physical education textbooks after necessary processing and transformation^[3]. The process of teaching material transformation is the process of transforming the primary content into appropriate teaching content, which needs comprehensive analysis of various objective and practical conditions. Firstly, research sports materials according to the educational goal orientation of physical education; Secondly, according to different levels of physical education educational tasks, choose the content; Finally, according to the actual needs of physical education, the textbook content is integrated. In order to meet the needs of teaching and the characteristics of students, the basic structure of sports events should be reformed in the process of teaching materials, such as difficult sports events, which are not suitable for the teaching of physical education. At this time, it is necessary to simplify the rules and reduce the difficulty. For another example, some physical education projects require high-standard ground equipment, so it is necessary to carry out appropriate transformation of sports projects, which means that it is easy to carry out and reduce the requirements for hardware conditions such as ground equipment.

2.2 Ethnic Traditional physical education program is integrated into physical education curriculum

As a comprehensive course, physical education has a long history and rich cultural connotations. However, due to the limited space of physical education textbooks, many cultural elements cannot be fully displayed. If physical education teachers only rely on textbooks to teach, the learning content will be single and one-sided, which is not conducive to the formation and divergence of students' physical education thinking. The integration of ethnic traditional physical education program with school education is not only beneficial to the inheritance and development of the program itself, but also effectively improves the shortage of physical education resources and hardware conditions in schools. At the same time, it can enhance students' understanding of ethnic culture and strengthen students' feelings towards ethnic physical education culture. It is of great practical significance to integrate the traditional physical education project of ethnic into the physical education teaching through curriculum treatment. Ethnic's traditional physical education project has the characteristics of flexible form, simple and easy operation. Generally, it has low requirements for the site hardware facilities, low expenses for related equipment, and even some equipment can be self-designed.

2.3 Ethnic traditional physical education project is integrated into extracurricular physical education activities

Extracurricular physical education activities are an important part and educational means of physical education in schools, and can be used as a supplement and extension of physical education courses. Combining the local cultural characteristics of physical education, the representative folk physical education resources with interesting and educational functions are effectively integrated with extracurricular physical education activities, so that students can understand the characteristics of ethnic and folk physical education culture and actively study and practice. Practically feel the charm of ethnic physical education [4]. Extracurricular physical education activities are organized in various forms. Students can participate in physical exercises in their spare time, which can enable more students to participate in the Ethnic physical education project and promote its extensive development. Not only form a good ethnic sports concept, but also actively participate in the inheritance of local physical education culture. China's Ministry of Education put forward that "one hour of exercise every day, 50 years of healthy study and work, and a happy life for a lifetime". Extracurricular physical education activities are the guarantee of one hour of exercise every day. Integrating ethnic traditional physical education into extracurricular physical education activities can make students learn, participate and feel physical education selectively, and make students master physical education exercise methods in happiness to form sports skills, thus improving students' physical quality and health level.

2.4 Ethnic traditional physical education projects is integrated into the physical education competition system

School physical education Competition can check the quality of physical education teaching, summarize and exchange experiences in time, and promote the improvement of sports level. Through the influence of sports competitions, we can publicize the ethnic physical education project, attract and inspire more people to participate in it, and promote the development of the ethnic physical education movement; Through the edification and encouragement of watching the physical education competition, students are encouraged to participate in the ethnic physical education project, enrich and enliven their spare-time cultural life, and enhance their sense of cooperation and competition, as well as their strong

will to overcome difficulties without fear of hardships. In addition, the development and growth of any physical education project is inseparable from the continuous improvement of the competition system, and more people can recognize and participate in it through the influence of the competition. Taekwondo, an ethnic physical education project in South Korea, and Judo, an ethnic physical education project in Japan, have all gone through such a process before coming out of this ethnic cultural circle and becoming an international physical education project.

2.5 Building the school-based curriculum of the traditional physical education project in ethnic

As a foreign word, "school-based curriculum" first appeared in developed countries such as Britain and America, and has a history of more than twenty years. School-based curriculum is a good supplementary means. After fully integrating the resources of physical education, teachers of physical education construct a curriculum system that conforms to the characteristics of school teaching, which can not only enrich the teaching content, but also enable students to master a deeper level of physical education culture, motivate students to explore physical education and stimulate their learning momentum. In the new international education situation, school-based curriculum has become one of the focuses of the new curriculum reform. Developing the school-based curriculum of ethnic physical education can enrich the cultural life of physical education on campus and promote the harmonious relationship between teachers and students, students and students. Different ethnic have different customs and cultures, and we can draw nutrients from many customs and cultures. Each school has its own different characteristics. The campus environment, campus area, physical education equipment, the number of students, students' family status, teachers' situation, etc. can all design different teaching contents according to different situations.

3. Conclusions

Ethnic physical education has a deep mass base. Introducing it into the physical education teaching in schools can make up for the serious lack of curriculum culture, the lack of ethical and local content in the current physical education courses, Ethnic physical education is incorporated into the teaching content system of physical education through textbook transformation, which endows the course with more cultural connotations, helps enrich the purport of the course, increases the interest of the course, and improves students' enthusiasm for physical education. The excellent traditional physical education culture of ethnic is integrated into physical education courses, physical education extracurricular activities, physical education competitions, etc., and the connotation of physical education in schools is enriched by constructing the school-based curriculum of ethnic traditional physical education.

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