

The Predicament and Recognition of the Development of Modern School Physical Education

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ABSTRACT. *The research uses literature and logical induction to discuss the predicament faced by contemporary school physical education from a new perspective, and uses this as a starting point to re-examine the function and value of school physical education, so that people have a comprehensive and correct understanding of school physical education. Then better optimize the school sports work and achieve the school sports work goals.*

KEYWORDS: *School physical education, Dilemma, Recognition, Goal*

1. Difficulties Facing School Sports

1.1 School Pressure Makes School Sports Difficult

Since ancient times, China has been a country that values culture and valorism. From ancient education, “There is a house of gold in the book, a House of gold in the book, and a thousand Millet in the book” to the current parent education students. “If you don’t study well, you will suffer in the future “Day”, this deep-rooted ideology puts the study of cultural knowledge to the most important place. Studying well and going to a prestigious university has become a trend that parents and students are pursuing together. In order to achieve this ideal, under the supervision of parents, students take study as everything in their lives. In addition to studying in school, they also have to take various tutoring classes after school and holidays. Under these pressures, young students have lost the most important thing. Capital-healthy body. According to the China Sports News, although Tsinghua University gathered the top college entrance examination students from all provinces in the country, it turned out that most students were physically underpowered through physical tests, and the test failed rate was as high as 71%. In many schools, the physical education class is still crowded out. They don't think that physical education is a college entrance examination subject, but it is a “subordinate subject”. Some schools even banned physical education classes and extracurricular sports activities in order to increase study time. Focusing on further studies, not enough sleep and exercise, how can our students' physical fitness not decline?

1.2 School Accidents Are Severely Compressed Due to Safety Accidents

School injury accident liability and the absence of social security system have greatly suppressed school sports. In order to avoid injury accidents, many schools have closed many stadiums, closed many facilities, and blocked many teaching contents. This is all due to the lack of a school safety accident protection system. The lack of a system will make schools take greater responsibilities. Some schools cannot afford such responsibilities. Therefore, all dangerous teaching materials are cancelled, swimming cancellations, gymnastic balance beam cancellations, javelin cancellations, and even long-distance running. Sports are canceled. For some events, even the intensity of sports is not dared to increase. In this situation, what should we learn in school sports? School sports have been compressed into an “entertainment activity”. How does this “entertainment activity” exert its own power in enhancing students' physique?

1.3 Insufficient Venue Equipment Causes School Sports to Go Downhill

Field facilities are the material foundation and basic guarantee for physical education in schools. The quality of the field facilities and the number of them directly affect the quality of physical education and the development of students' extracurricular physical exercises ^[1]. As the saying goes, “a clever woman is hard to

cook without rice.” Even a high-level physical education teacher can hardly get a good physical education class and do well in extracurricular sports activities without field equipment. According to the survey by the State General Administration of Sports: There are only 2424 middle schools with standard 400-meter track and field venues in China, accounting for 2.4% of the total number of middle schools. There are 23,936 primary schools with 200-meter track and field venues, accounting for 3.6% of the total number of primary schools. There are very few schools on the playground^[2]. This is the status quo of venue facilities in urban primary and secondary schools. Are they poor in poor areas? The number of such venue facilities, let alone students learn how to make good use of venue equipment and how to get students involved Physical activity is already a problem.

1.4 The Lack of Quantity and Quality of Professional Physical Education Teachers Causes Frequent Physical Education Problems in Schools

Professional physical education teachers are the organizers of physical education classes and sports activities, the transfer of knowledge, and the guardians of the healthy growth of children. At present, there are two problems in physical education teachers in Chinese school physical education. First, the shortage of physical education teachers. The number of physical education teachers in both urban and rural areas is far from meeting the requirements of the state. The state requires that a physical education teacher be provided for every 5-6 classes in grades 1-2 and a physical education teacher for every 6-7 classes in grades 3-6. , 6-7 classes in junior high school are equipped with a physical education teacher, 8-9 classes in high school are equipped with a physical education teacher^[3]. Primary and secondary schools in the city cannot be equipped as required at present, and there are no professional physical education teachers in rural primary and secondary schools. This insufficient provision of physical education teachers has seriously affected the quality of physical education. This situation is mainly reflected in the non-physical specialty. Teachers gave students physical education classes, and there was a phenomenon of non-descript sheep-like physical education; either, there were too many classes for professional physical education teachers, and the pressure was too high, which caused the quality of physical education classes to drop severely. Second, the quality of physical education teachers is too low. Affected by the exam-oriented education, most students study hard before the college entrance examination. After arriving at the university, there is no study pressure. The goal is to graduate without leaving a subject. This kind of thinking has caused them to have insufficient knowledge of the major, and the students of the physical education department have a poor cultural foundation, and they even ignore the study of cultural knowledge, which leads to their inability to perform their jobs after entering the society. Based on the current situation of such physical education teachers, how to adapt to modern education and the growth and development of students deserves our deep consideration.

1.5 People's Expectations and Misunderstandings Put Pressure on School Sports and Grievances

At present, the continuous decline of the physical fitness level of adolescent students in China has caused heated discussions. The factors related to the physical fitness level of adolescents include social, family, institutional, scientific and technological, and conceptual factors. However, it is daunting that school sports became the biggest influencing factor. Why does school physical education become the most concerned factor? School sports, as an important part of education, have an irreplaceable role in cultivating and bringing up a new generation of people. This is determined by the nature of sports and the goals of school sports. The main role of school physical education is to pass on the cultural knowledge of sports, while also undertaking the work to promote the physical health of students. Here we must emphasize two points: first, school physical education is to promote student physical health rather than guarantee; second, if the facts are true In accordance with the goals set by the school physical education, students' physical problems will not appear as today. Therefore, the power of school physical education to change students' physical health is limited after all.

2. Recognition School Sports

2.1 Understanding of School Sports Functions

Sports and education are cultural phenomena of human society. They are produced and developed together with human beings, and both exist in society in different ways to meet people's needs. As a means of training and educating people, physical education has always been an important part of education. Therefore, school physical education is regarded as an organic part of the entire school education^[4]. There are many kinds of discussions on the role of school physical education. Basically, the functions of school physical education are as follows: to

enhance students' physical fitness; to cultivate students' noble moral character and strong will; to promote the development of intelligence; In fact, after careful consideration, I found that sports can achieve such functions. Here the author believes that sports and school sports are two completely different concepts. The sports corresponding to sports are activities that involve physical strength and skills and are bound by a set of rules or habits. School sports are educational activities. In part, its most basic function should be in line with the education of people, that is, the purpose of education is composed of two parts: one is to make provisions on the physical and mental qualities of the people to be cultivated in education, and the other is to be cultivated in education. The social value of human beings stipulates that what kind of people education should cultivate for society is the core content of educational goals^[5]. Most of us are concerned about whether school physical education can play a role in the development of all aspects of body and mind, but not enough attention to the latter, that is, school physical education also shoulders the social value of cultivating people.

2.2 How to Position School Physical Education in Education

The Party's education policy is to train socialist builders and successors who are fully developed in morals, wisdom, physical beauty, and labor. School education is mainly moral education, intellectual education, physical education, aesthetic education and labor education. Different education modules undertake different teaching tasks. They are all necessary components to cultivate high-quality talents that meet the needs of the times. As a kind of education in school education, what is its position and importance?

Take the three educations of morality, intelligence, and body as an example. First, the body is not put first in the order of arrangement. It is generally believed that morality is spiritual and belongs to the social level, while intelligence and physicality are individual and moral. The power to lead the development of society is a spiritual substance that must exist in all dynasties. Although the heroes of each age are different, the moral power they have is the same. If a person has a strong body and wisdom, but no Good morality, then he not only did not contribute to society, but became the largest maggot in the society. From this perspective, morality ranked first. Second, judging from the value of individual existence, the position of intelligence is in front of the body. If the individual has intelligence in social life, it is possible to contribute to society, otherwise the individual will have an empty skin, because The task of school education is to cultivate comprehensive, talented people with culture, ideals, morality and quality. Therefore, wisdom has become the most important educational content in school education, and wisdom has been divided into many sub-subjects, such as mathematics, Chinese, English, etc. . Third, the body is not as loved as morality and wisdom. From the perspective of people's attention, there is a gentle horizontal line between morality and wisdom. When the gentle horizontal line of the body suddenly drops, this is obviously not in line with quality education and comprehensive development. However, the fact is true. For example, physical education has never had a sub-discipline. It is called physical education from elementary school to university, but moral education and intellectual education have never been called moral education or intellectual education.

Many people think that the development of society depends on wisdom and talents, and can contribute to society even if it is not well. I don't know that this view is a metaphysical idea, which has made things static, and did not look at the problem with a developmental perspective. The more talented people need a stronger body to protect them. Since ancient times, "the body is revolutionary "Capital". The body is "1", everything else in life is "0", and the value of these "0" can be reflected only if the "1" is not upright. However, with the development of society, people are overstressed, and who else is Really pay attention to "1"? The author believes that the five educations: moral, intellectual, aesthetic, and labor are unified, and each has its own task. When cultivating high-quality talents, we must use a philosophical perspective to grasp the main contradictions of things, that is, let the five educations play their main functions. All in all, in the environment of quality education, the importance of sports should attract people's attention. Physical education is the foundation, moral education is the fundamental, intellectual education is the skill of human survival and value, aesthetic education is the cultivation, and labor education is the need of human survival. Only by grasping these five educations can we cultivate the high-quality talents needed for the development of modern society.

2.3 Correctly Understand the Functions of Various Tasks in School Sports

"School physical education refers to a purposeful, planned, and organized educational activity that uses physical exercise, health care, and other means to influence the educated and promote the development of physical and mental health in an environment mainly based on school education. Such educational activities There are two main ways to achieve this, physical education and extracurricular sports activities."^[6] Extracurricular sports activities are composed of morning exercises, inter-course exercises, extra-curricular

exercises, extra-curricular sports training, and extra-curricular sports competitions in different organizational forms. These organizational forms of school physical education are interconnected continuums, but it should be noted that the functions of various tasks of school physical education are focused on, and many people confuse these functions and regard school physical education as physical education. And even pushed the decline of physical fitness into physical education. This misunderstanding is mainly because people don't clearly understand the main responsibilities of various tasks in school physical education. The author believes that it should be analyzed from the following two aspects:

Physical education is mainly the inheritance of sports culture and the process of implementing education. However, this education method is different from moral education and intellectual education. It is mainly realized through direct physical experience. If the physical education class can achieve the goal of improving physical fitness, it is because students must repeatedly exercise the learned sports techniques in order to master the knowledge and skills of physical education, in order to achieve a certain exercise load, and then to achieve the purpose of physical fitness. However, for physical education in elementary and middle schools, the duration of each lesson is only 45 minutes. During this period, how much time can be left for the basic part with exercise intensity after removing the preparation and finishing parts? Moreover, physical education is a part of education and requires cultural heritage. Taking physical education for the purpose of enhancing physical fitness not only fails to impart knowledge, but also changes the "taste" of physical education as an educational activity, making physical education retrogressive. Going to the traditional "up to standard" mode eventually leads to students like physical education rather than physical education classes.

Physical education in schools other than physical education can be said to be an extension of or supplementary to physical education. It mainly includes morning exercises, inter-course exercises, extra-curricular physical exercises, extra-curricular physical training, and after-school competitions. The role of morning exercise is mainly reflected in the stimulation of exercise to activate the sleeping body cells and devote to the day's work and life with full enthusiasm. Inter-class exercises are mainly to relieve brain and eye fatigue, thereby improving learning efficiency and soothing body and mind. Extra-curricular physical exercise is a supplement to physical education. This is also the best time to implement one hour of exercise per day as stipulated by the state. Its main role is to promote the harmonious development of students' physical, mental and social adaptability. The main responsibility of after-school sports training is to further improve the sports knowledge and skills of a small number of students, provide sports reserve talents and train sports backbones for the country. The after-school sports competition is mainly to cultivate students 'sense of competition and pioneering spirit, and to enhance students' team awareness and sense of responsibility.

From the above discussion, school physical work is not only composed of one element of physical education, but is composed of multiple interrelated and complementary factors, and the responsibilities of each factor are focused, and must be certain in normal work. It is necessary to grasp the main responsibilities of these factors, and at the same time allow these sports work to be twisted into a rope under the guidance of common goals, exert the overall benefits, and successfully complete the goal of school sports work.

3. Conclusion

At this stage, school physical education has entered a predicament, which is mainly manifested in the following: the pressure of further studies makes school physical education difficult; the occurrence of safety accidents severely compresses school physical education; the lack of field equipment causes school physical education to go downhill; Destroy school sports a little bit; expectations and misunderstandings put pressure on school sports and grievances.

We should understand school physical education from a completely new perspective, and comprehensively and correctly understand the functions of school physical education, in addition to understanding school physical education to enhance students 'physical fitness; cultivate students' noble moral character and strong willpower; promote intellectual development; entertainment and other functions It is more important to recognize the educational function of sports culture inheritance. Secondly, to correctly position school physical education in school education, based on physical education, moral education as the foundation, intellectual education as the skills of human survival and value, aesthetic education as cultivation, and labor education as the needs of human survival. Third, correctly understand the main responsibilities of various tasks of school physical education, grasp the overall tasks of school physical education as a whole, and formulate and implement various plans of school physical education based on this.

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