

Logical Reasoning and Theme Deconstruction of the Development of School Physical Education in Chinese since the Founding of China

Lihui Guo*

School of Graduate, Chengdu Sport University, Chengdu 610000, China

*Corresponding author e-mail: guolihui2022@163.com

Abstract: Use literature and other methods to sort out the logic of the development of school sports in our country since the founding of New China, deconstruct its historical theme and connotation. Since the founding of the People's Republic of my country, the evolution of school physical education in our country has historically evolved from the "dependency" formed by the prescriptive nature of the historical environment to the "subjectivity" of independent development; theoretically, it embodies the Marxist "human the organic combination of "learning" theory and my country's traditional life culture; in practice logic, it follows the organic unity from "biological life", "social life" to "spiritual life". The historical deconstruction of the development of school sports in our country since the founding of New China, "stand up" must have a strong fitness body, forming the historical theme of "enhancing physical fitness" in school sports in the early days of the founding of the People's Republic; The historical mission of "health first"; "strength" must have a soul support, reflecting the era responsibility of "sports soul" of school sports in the new era. Under the policy of "Literally cultivating people", school physical education has established the educational philosophy of "health first" and clarified the education goal of "four in one". The theoretical discourse of school physical education with my country's own characteristics has gradually formed, with scientific temperament and the theoretical framework of the blending of humanities is becoming clearer.

Keywords: New China, school sports, development logic, theme deconstruction

1. Introduction

Since the founding of the People's Republic of China, my country's school sports have gone through more than 70 years of development. To grasp and evaluate my country's school sports from the evolution of history is a research approach that is relatively recognized by academic experts and scholars [1]. From the clues of historical evolution, this article examines the development logic of school physical education in my country since the founding of New China, and deconstructs the development history of contemporary school physical education underdeveloped view. Reflecting on history and summarizing experience are the unique characteristics of human beings. Standing at the historical starting point of the new era, the development of school sports must first "start a good start, start a good start, and lay a good foundation". The "start, good steps, foundation-laying" and development of school sports in the new era should not only learn from the successful experience of the past, but also avoid the lessons of past failures. To this end, to sort out the development logic of school physical education in our country for more than 70 years since the founding of New China and deconstruct its history, enrich the theoretical system and discourse system of school physical education in our country, and escort the re-start and reform and development of school physical education in the new era, as it should be.

2. A historical review of the development of school sports in China

The word "sports" is an authentic foreign language. Since modern times, in the historical torrent of "Western learning to the east", Western sports culture has gradually been introduced into our country. External stimuli and challenges have formed the development model of 'post-exogenous' school sports in our country [2]." Under the influence of the introduction of modern Western sports culture, the development of school sports in our country has been for a long period of time since the founding of New China. Following the development track of imitating others, my country's school physical

education has not formed its own theoretical system and sports discourse. Therefore, the modern school physical education in our country presents a "pendulum phenomenon" in the value position and the course evolution process (Shi Fangfang et al., 2011; Wang Huazhuo, 2004; Fan Yefei et al., 2017) At a certain historical stage, the "pendulum phenomenon" presented by Chinese school physical education "It is not only the embodiment of the development law of school sports in our country at a specific historical stage, but also the internal development logic that our school sports follows in the process of social development.

In the context of the introduction of modern western sports culture into China, the dispute over "local sports" has been triggered. In this "local sports" dispute, educators represented by Wu Yunrui proposed that it is necessary to abandon the local and foreign sports content. We call on the sports world not to open up to the extremism of "favoring the foreign countries and suppressing the soil", nor to close the country's doors and fall into the quagmire of "raising soil and expelling foreign countries". This kind of pragmatic and rational thinking has left fertile ground for "foreign sports" to take root in China, and objectively sowed the seeds for China's "local sports" to go to the world in the future. After the founding of New China, although our school sports imitated the "three basics" model of Soviet school sports for a certain period of time, our school sports did not fall into the misunderstanding of full imitation. In the process of my country's difficult exploration of socialism with Chinese characteristics, my country's school sports are also constantly exploring and moving forward along its own development logic, and gradually formed a school sports governance and development path that conforms to China's national conditions and China's own characteristics.

In 1949, under the pressure of social development and comprehensive governance, the newly reborn New China fully followed the "three basics" model of the "Big Brother" Soviet Union's "Labor and Sanitation System" in the socialist country in the field of school education move into China. New China's school sports in the new period is actually a copy of the Soviet school sports "Labor Sanitation System". Therefore, the Soviet model of military sports and labor sports is deeply imprinted. During the Cultural Revolution, school sports in our country were useless and became victims of political movements. In 1978, school sports ushered in the spring of open development. Under the influence of the "reform and opening up" policy, my country's school sports absorbed the nutrition of foreign diversified sports ideas, and soon established the compatibility of physical education and skills education in Chinese schools, guiding ideology. "The biggest mistake of school sports is to mistake physique as the goal." The academic circles questioned the idea of physique education in school sports, which made the physique education idea in this period soon abandoned by the times.

Since the founding of New China, my country's school sports have followed its own development logic and have made certain innovations and breakthroughs. There is still a huge gap in terms of aspects [3]." The purpose of combing and deconstructing the development logic and historical evolution of school physical education in my country since the founding of New China is to try to construct the theoretical system of school physical education in my country from the historical starting point of the new era, and discourse system. In the reform and development of school sports in the new era, we should no longer seek excuses for the physical decline and lack of physical and mental health of young students, but should make pragmatic reform measures in "who to train" and "how to train people", and effectively promote the specific actions of school sports "with sports people" take root.

3. The logic of the development of school sports in our country since the founding of New China

After the founding of the People's Republic of China, my country's school physical education has formed its own development logic and development characteristics in the path of independent development of socialism with Chinese characteristics. Although school physical education was once in a weak or even marginalized position due to the influence of the utilitarianism of "exam-oriented education", with the strong comprehensive national strength brought about by my country's economic development, school physical education has become more and more important in the overall system of school education received attention. In terms of historical logic, the school physical education in new China has evolved from the "dependency" imitating the Soviet model formed by the historical environment to the "subjectivity" of independent development; in terms of theoretical logic, the "human learning" theory of Marxist philosophy the organic combination with my country's traditional life culture has made the outline of the theoretical system of school physical education in my country gradually clear; in terms of practical logic, the organic and unified physical education practice shaped from "biological life", "social life" and "spiritual life" has been completed. Human beings shift from

the "evolution" of biological life to the spiritual transcendence of "optimization" of spiritual life and personality, and then realize the educational appeal of "people with sports".

3.1 Historical logic: "dependency" formed by historical environment to "subjectivity" of independent development

The Marxist view of history is the fundamental method to recognize the development of school sports in our country after the founding of New China. "Historical logic refers to the fact that in the historical process of its formation and development, the objective objects inevitably have the interaction and mutual influence between internal elements and external factors, so in the historical process, they must be forming certain inherent inevitability and historical stipulation[4]." Therefore, the historical logic of examining the development of school sports in New China is essentially to explore the inherent regularity and historical inevitability in the historical evolution of school sports after the founding of New China. The development characteristics of school sports in the natural history process and the overall embodiment of historical laws. Based on the Marxist view of history and methodology's cognition of the objectivity of historical logic and historical laws, starting from the stipulation of the historical environment, the development and evolution of school physical education in our country presents a form of "dependency" imitating the Soviet Union formed in a specific period of new China to independence, the historical logic and historical law of the "subjectivity" of development.

In the early days of the founding of New China, facing the lack of experience in building a socialist new China at home and the threat of capitalist isolation and "peaceful evolution" abroad, the new China's learning and imitation of the experience of the "big brother" in the socialist camp, the Soviet Union, became a reality at that time. The inevitable result under the stipulations of the historical environment. "If we want to build a country, we must also 'take Russia as a teacher' and learn from the Soviet people's experience of building a country"[5], the school sports of new China naturally "replicated" Soviet school sports in the historical environment of "taking Russia as a teacher" the model of "three basic education" and "labor-sanitary system" reflects the development logic and characteristics of the strong "dependency" of the school physical education thought of new China to the Soviet education thought. In the difficult and tortuous history of Chinese social development in the early days of the founding of the People's Republic of China, the "three basic education" model of school physical education in the Soviet Union has occupied the leading educational position of Chinese school physical education from beginning to end, and has influenced the development of Chinese school physical education for a long time.

After the reform and opening up, my country's school sports began to explore and develop independently, and initially formed an independent ideological system of school sports in my country. The "Yangzhou Conference" and the "Xi'an Conference" were two important conferences for the development of school physical education in China in the early stage of my country's reform and opening up, and established the educational thought of "enhancing physical fitness" in school physical education in my country. Because the idea of "physical education" was questioned by the academic circles and was deeply influenced by the "three basic education" model in the early days of the founding of the People's Republic of China, in the early days of reform and opening up, my country's school sports established the leading idea of "enhancing physical fitness", and at the same time emphasized the combination with "three basic education" school sports model. In 1999, the school sports guiding ideology of "health first" was established for the first time at the third national education work conference. The concept of "health first" in school sports thinking marked the initial formation of the school sports ideological system in the new era of our country, reflecting the school physical education in our country has changed from the "dependency" formed by the historical environment in the early days of the founding of the People's Republic of my country to the historical logic of the independent development of "subjectivity".

3.2 Theoretical Logic: The organic combination of Marxist "Humanity" theory and Chinese traditional life culture

In the development and evolution of school physical education in new China, Marx's "human learning" theory is an important basis for the development of school education in my country. The organic combination of Marx's "human studies" theory and Chinese traditional life culture is the theoretical basis and direction of the development of school sports in my country since the founding of New China, and it is the theoretical logic and fundamental compliance of the development of Chinese school sports itself. The essence of education is to educate people, and school sports are "educational"

activities carried out in the school field through "physical" means. "What kind of people to train", "how to train people" and "for whom to train people" are not only the eternal basic theoretical issues of school sports in our country, but also the starting point and end point of our school sports work. The combination of Marxist "human studies" theory and Chinese traditional life culture is not only the theoretical logic of the development of school physical education in our country, but also an important theoretical basis for answering the above-mentioned basic questions of school physical education.

The human problem is the subject of both philosophical exploration and educational pursuit. "Know yourself" "Beginning with Socrates, human beings have become the subject of discussion [6]." Similarly, school physical education is also an educational practice to explore the theme of "human", and the understanding of human nature is not only a school The theoretical foundation of "what kind of people to train" in sports is also the theoretical basis for cognition of the nature of school sports. The Marxist "anthropology" theory holds that "people are not abstract things that inhabit the world. People are the world of people, the country, and society [7]." From the perspective of the needs of the country and society, school sports is for people needed by the country and society, school sports in our country is an integral part of the cause of socialism with Chinese characteristics. After the founding of New China, school sports have undertaken the fundamental mission of cultivating people needed by the country and society.

At the macro level, the Marxist "humanity" theory guides the correct direction of "what people to train" and "for whom" for school sports in our country. Cultivating People" provides a theoretical follow-up. "How to train people" is essentially the shaping of people's lives. Therefore, school sports essentially complete the shaping of people's main life through "physical means", so that the value and meaning of people's main life can be expressed in multi-dimensional life activities. And confirmed, to achieve school sports "how to cultivate people" educational practice activities. It can be said that the Marxist theory of humanism and our traditional life culture are not only the theoretical follow of the shaping of school sports life in our country, but also the theoretical logic of the development and evolution of our school sports.

3.3 Practical logic: the organic unity shaped from "biological life", "social life" to "spiritual life"

In all educational processes, educational practice is to test the truth of education. "Practical logic is first revealed by Marxism, and refers to the logic of the development of connections formed by people in specific historical practical activities around their needs [8]." Behind the theoretical problems are practical problems. Therefore, theoretical logic is always in the in the field of practical logic. Since the founding of the People's Republic of China, my country's school physical education has been based on Marxist theory and traditional Chinese life culture, and has realized the educational practice of shaping the life of "sports people" through "physical activity" in this specific space of the school. Human existence cannot simply be attributed to biological life, the chain of human life also shines with the light of civilization leading from social life to spiritual life. In the field of school sports, it is the practice of sports activities that realizes the shaping of human life from biological life to spiritual life, and completes the spiritual transcendence of human beings from biological "evolution" to personality self-optimization.

"The existence of the human world is nothing but the existence of practice, that is, the existence of generation and development in practice, so it cannot be understood and grasped without practice[9]." The understanding of the existence and development of school sports also needs to be based on practice. To grasp and recognize the essence of school sports. School physical education in our country is not only a system construction, but also an educational practice. After the founding of the People's Republic of my country, the practical logic of school physical education in our country is based on the limitation and restriction of the objective and realistic conditions of China's national conditions, and the exploration of the educational practice activities of "people with sports" carried out independently. "Under the impetus of practical activities, human beings jumped from the existence of 'freedom' to the existence of 'for-itself', and enriched the content of existence with various achievements of 'for-itself', renewed the form of existence, and expanded the scope of existence , to deepen and improve the meaning of survival[10]." Since the founding of new China, the educational and practical activities of school physical education in our country have been based on the needs of the country and society for people on a macro level, and on the micro level, it is reflected in the actual needs of individual life and the realization of value meaning. Whether school physical education is physical fitness, happiness, lifelong, or the realization of sports goals advocated by sports education and health education, it is essentially the practice of school sports to shape people's lives, the value and meaning of multidimensional life activities.

As the subject of the object existence of the school physical education practice, "people exist for themselves because of their own perceptual richness that makes people the subject of the object and the ability to display the richness of the subject. The feeling, sensibility and richness of becoming a human being stimulated and confirmed the generation and development of human's essential power." "Any kind of human's 'objective relationship' between human beings and the object world is the realization of human reality." "Human Through the unique way of feeling all the way to affirm one's own uniqueness and essential power in the object world [11]" .Therefore, starting from the object relationship between people and school sports, "with sports people" means people in the school field through " The unique way of "body feeling" affirms its unique life essence in school sports and the realization of human reality. In the educational practice of school physical education in our country, the clues of shaping human life have been running through it. Shaping life is not only the fundamental purpose of school physical education in our country, but also the main line connecting the logic of school physical education in our country[12]. Therefore, the practical logic of the development and evolution of school physical education in our country after the founding of the People's Republic of my country reflects the organic unity of shaping from "biological life", "social life" to "spiritual life", and reflects the theoretical logic and practice in the development and evolution of school physical education in our country, the organic combination of logic and dialectical unity.

4. Deconstruction of the theme of school sports development in my country since the founding of New China

"Deconstruction" is the word corresponding to "structure". Structuralism believes that "the true essence of things is not in the things themselves, but in the kind of relationship that we construct among various things and then feel between them", while Derrida's deconstruction turns its attention to revealing things internal contradiction. The original meaning of deconstruction is to dissolve, that is, to analyze the composition system and structure of the original things. "Why does China need deconstruction? Because Chinese civilization is broad and profound, it can only be inherited by means of subversion. The inheritance of subversion is deconstruction [13]." Just as China also needs deconstruction, "deconstruction" itself is a method. The development and evolution of physical education can also use deconstruction to explain the theme and significance of Chinese school physical education in different historical stages.

4.1 Deconstruction of the theme of "enhancing physical fitness" in school sports in the early days of the founding of the People's Republic of China

In the new era, China established a new socialist regime in which the people are the masters of the country. The socialist state system determined that the thinking and practice of Chinese school sports in the new era should focus on the needs of the construction of a socialist country. Therefore, the school sports in this period established a dominance of socialist sports thought. "The school physical education thought of socialist nature... In the process of formation, the main learning and introduction of the Soviet Union's socialist physical education thought, including Marx's comprehensive development education thought and practical sports and armament sports thought for productive labor and national defense construction [14]." In the early days of the founding of the People's Republic of China, Chairman Mao Zedong put forward the instruction of "developing sports and enhancing people's physique", which became the leading direction leading the thought and practice of school sports in our country at that time. Although freshmen China introduced the "three basics model" of Soviet school physical education, which once influenced Chinese school physical education, the historical theme of "enhancing physical fitness" in Chinese school physical education during the freshman period has not changed.

"The idea of improving students' physical fitness as the goal of school sports was developed on the basis of the superlative thinking and practice of school sports in the first 17 years (this refers to the 17 years before the Cultural Revolution). This kind of thinking and the practice it guides not only have clear goals The school physical education thought of "strengthening physical fitness" is the exploration and practice of combining Chinese school physical education with China's actual national conditions in the new era. During this period, due to the insufficient and biased understanding of the nature of school physical education, "strengthening physical fitness" basically revolved around the biological transformation of students' bodies. The physical education in school physical education had an obvious biological physical nature, reflecting the class nature of school physical education in China in the early days of the founding of the People's Republic of my country, and tool properties. The new China that

stands up needs a strong physique first. The school sports thought of "enhancing physical fitness" is the full practice of Chairman Mao Zedong's sports thought in the early days of the founding of the People's Republic of China. Until today, the school sports "enhancing physical fitness" in the new era is still school sports" An important part of the four-in-one educational practice. New China, which was weak in the freshman period, needs a strong bone to support the new China to stand up again. The prosperous New China still needs a stronger body to run. Therefore, the school education idea of "strengthening physical fitness" in the freshman China is not only a school in the early days of the founding of the People's Republic of China the historical theme of sports is also an important part of the diversified functions and goals of school sports in the new era.

4.2 Deconstruction of the theme of "health first" in school sports since the reform and opening up

Reform and opening up is an important policy for the Chinese nation to "run up" and move towards prosperity. My country's sports industry has also entered a rising period of rapid development under the policy of reform and opening up. "Reform and opening up have created the glory of sports, and sportsmanship has promoted reform and opening up. Reform and opening up has a profound and fundamental impact on the progress of Chinese sports. However, sports It is not just passively accepting the influence of reform and opening up, but actively contributing to reform and opening up." [15] "Running" requires a healthy body, the reform and opening up of our school sports has overcome the drawbacks of biological sports "weighing things over people", and proposes the "health first" educational concept that attaches importance to humanistic care and quality education. The concept of "health first" in school sports was put forward under the national conditions of my country's reform and opening up towards prosperity. The economic and material prosperity brought about by reform and opening up made people begin to pursue quality of life and a health-oriented lifestyle. Pursuing health and enjoying life has become a new goal of school sports during the reform and opening up period.

"The essence of modern society is a disciplinary society. In a disciplinary society, people not only cannot become the subject, but only exist in a fine social network deconstructed by context, power and knowledge." In a modern disciplinary society, people cannot enjoy the power conferred by the entire modernization system, so people no longer have the "subjectivity" to promote the evolution of history. Therefore, in the modern social life of Foucault's words "people are dead", people no longer use "subjectivity" to understand and solve the problem of body alienation. Under the result that western countries attribute the crisis of human subjectivity and alienation brought by "modernity" to the "disenchantment" of school sports at the historical and cultural levels, the transformation of the concept of school sports health in my country has gradually formed school sports. The health value orientation of the school has established the subject status of "people" in school sports. "After 40 years of reform and opening up, my country's school physical education reform no longer needs to verify the 'road problem', but faces the scientific development problem of how to achieve 'overall optimization, scientific and reasonable'[16]." Reform and opening up my country's school physical education "healthy" the establishment of the concept of "First" means that the development path of school sports in our country has formed its own characteristics, which means that the theoretical framework of the humanistic atmosphere of school sports in our country is gradually clear.

4.3 Deconstruction of the theme of school sports in the new era "morality and cultivate people"

In the report of the 19th National Congress of the Communist Party of China, the historical orientation of socialism with Chinese characteristics entering a new era was clarified. "The epoch-making significance of the new era for the Chinese nation lies in the fact that the Chinese nation, which has been suffering for a long time in modern times, has ushered in a great leap from standing up, becoming rich to becoming strong, and ushered in a bright prospect of realizing the great rejuvenation of the Chinese nation [17]."School physical education in my country has also entered a new era of "strengthening" of the Chinese nation. The "strong" Chinese nation must have a pillar of soul. In the new era, school physical education should shoulder the important task of "cultivating people with morality" and "using sports soul". In October 2020, the General Office of the Central Committee of the Communist Party of China and the General Office of the State Council issued the "Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era", which further clarified the fundamental task of school physical education in the new era, that is, "School physical education is to realize morality and cultivate people. The fundamental task and the basic project to improve the comprehensive quality of students is an important task to accelerate the modernization of education and build a strong country in education and sports. The will and quality of

tenacious struggle realizes the unique function of sports intelligence and sports heart [18].” If we say that in the early days of the founding of the People’s Republic of China, school physical education realized the “sports” task of “enhancing physical fitness”, and the reform and opening up realized the “health first” The task of "cultivating the body", then, school sports in the new era is to realize the task of "cultivating the heart" with the spirit of sports. "Nursing the Heart" means that "School physical education has changed from focusing on the development of students' physicality to today's requirements on the 'spiritual' level, and at the same time, it also places the cultivation of a sound personality at an unprecedented height, so that school physical education must pay more attention to people's well-being. All-round development and the cultivation of a sound personality [19].”

In the historical journey of the Chinese nation gradually becoming prosperous and strong in the new era, "Bacon casts the soul" is "not forgetting the original intention", knowing "who you are, where you came from, and where you are going [20]." Therefore, the new era school Sports "with the spirit of sports" is in line with the school education concept of "cultivating people with morality", which is to erect a national spiritual grid in the hearts of students and build a pillar of political soul. In September 2018, at the first national education work conference in the new era, General Secretary Xi clearly pointed out: "We must establish the educational concept of health first, open full physical education classes, and help students enjoy fun and enhance physical exercise. Physical fitness, sound personality, and tempering will [21]." This is the overall deployment of the Party Central Committee for school sports work, and it is also the theme of the new era of school sports "with the spirit of sports". The "four-in-one" school sports goal "fully embodies the new requirements and goals of achieving a strong physique through physical education, improving the physical quality of young students, and cultivating the will and quality of young students to fight tenaciously... It is the fundamental task of realizing morality and cultivating people. It is also an inevitable requirement for building a healthy China, a strong sports country, and realizing the great rejuvenation of the Chinese nation [22]." At the same time, the "four-in-one" school sports goal also pointed out the direction for the development of school sports in my country for a period of time in the future.

5. Conclusion

Since the founding of New China, the historical logic, theoretical logic and practical logic of the development of school physical education in our country do not exist in isolation, but are interrelated and interdependent. The historical deconstruction of the development of school physical education in our country after the founding of new China is not only a sorting out of its development logic, but also a construction of the theoretical system and theoretical discourse of school physical education in our country. In the new era, the development of my country's school physical education ideological and theoretical system should establish a theoretical discourse suitable for its own development, which is the key to problem solving. Based on the theory of Marxist "humanity" and my country's traditional life culture, along with the sports practice of shaping the life of the main body, after the founding of New China, the historical logic of school sports in our country has developed from dependence on the Soviet model to independent exploration. The development of subjectivity has gradually formed a theoretical system and theoretical discourse with its own characteristics. Under the general policy of "cultivating people with morality", school physical education has established the educational concept of "health first", and clarified the "four in one" education goal. The theoretical system of blending scientific temperament and humanistic temperament is also becoming clearer.

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