

Practice and thinking of integrating ideological and political theory courses into middle school physical education teaching

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Abstract: To comprehensively promote the ideological and political construction of middle school curriculum is an important measure to implement general Secretary Xi Jinping's important discussion on education, an inevitable requirement to implement the fundamental task of fostering morality and cultivating talents, and an important task to comprehensively improve the quality of talent training. Middle school students are in a period of rapid growth and development, physical activity is particularly important to promote their physical development. While cultivating the sports habits of middle school students and exercising their healthy bodies, the integration of curriculum ideology and politics in middle school physical education can promote the coordinated development of middle school students' bodies and minds, shape the correct world outlook, outlook on life and values, and make them become the new people of the age who can take on the great responsibility of national rejuvenation.

Keywords: ideological and political theory courses; middle school education; physical education; into; practice and thinking

1. Introduction

The curriculum is the sum of the educational content and process selected by the school to realize the goal of education, and it is also an important carrier to realize the national goal of education [1]. In 2016, General Secretary Xi Jinping demanded at the National Conference on Ideological and Political Work in Universities that all courses should be in the same direction as ideological and political theory courses[2]. In March 2019, Xi Jinping, general secretary of the ideological and political theory course in school teacher symposium, once again stressed the ideological education and the combination of professional courses, namely, reform and innovation of ideological and political theory "to uphold the dominant education and recessive education unifies, mining in other courses and teaching methods of ideological and political education resources and achieve full, the whole process, all-round education"[3]. Therefore, it is of great significance to integrate curriculum ideology and politics into conventional education and teaching for constructing a pattern of full, full and all-round education.

Middle school education is the preparatory stage for the continuation of primary education and entering colleges and universities or transferring to other middle schools[4,5]. It plays a vital role in the construction of material civilization and spiritual civilization in socialist modernization[6]. Middle school learners are in the transition period of rapid physical and psychological development and mutation, experiencing the rapid acquisition of knowledge and ability, as well as the initial formation of the world outlook, outlook on life and values.

2. The main characteristics of middle school physical education teaching

2.1 The humanistic spirit of middle school physical education teaching is not obvious

Middle school students are in a critical period of ideological growth and value shaping. In the process of learning sports knowledge and skills, they need to be guided to establish a correct understanding of the meaning and value of life and health[7]. Otherwise, physical education can only be formal and superficial, and it is not easy to inspire and catalyze in the depth of students' individual thoughts. From the current middle school physical education teaching results, most teachers pay more

attention to systematically impart necessary knowledge and skills, so that students can effectively solve the problems of the middle school examination. The teaching of the middle school sports bureau still remains at the examination-oriented level and has not shown the humanism and humanization of physical education teaching obviously. The infiltration of the humanistic spirit is not significant, and students lack the recognition of the importance of physical exercise, leading to their inability to study sports skills wholeheartedly.

2.2 The physical education teachers pay too much attention to the imparting of PE knowledge and skills

Under the background of healthy China, all schools have a new understanding of physical education. Compared with the past, school leaders and teachers pay more attention to the innovation and optimization of physical education teaching mode[8]. However, in the process of concretely promoting work and implementing teaching ideas, teachers pay too much attention to imparting theoretical knowledge and skills, while ignoring the shaping of students' quality and value. As the reserve army of national construction, middle school students' political stand, social responsibility, moral quality and resolute character determine whether they have the consciousness and ability to serve the country and society. Stereotyped imparts of knowledge cannot guarantee students to carry out knowledge transfer and ability transformation better. Teachers should make an objective analysis of the current teaching situation, face up to the existence of problems, and innovate physical education in middle schools scientifically.

2.3 Physical education teacher and student thought and emotion communication is not smooth

Teachers are the tools, media and Bridges of imparting knowledge, and they need to reach a value consensus with students to ensure the effectiveness of physical education teaching. At present, due to the improper teaching methods of some teachers, students can not have a strong interest in physical education, but can not adhere to physical exercise for a long time. The exchange and communication between teachers and students are mostly confined to the classroom, aiming at the teaching content. Teachers lack understanding and correct understanding of students' emotional fluctuations and ideological changes, leading to the inability of both sides to carry out in-depth communication and exchange. Therefore, it not only affects the effect of physical education but also goes against the innovation and reform of physical education.

3. Strategy analysis of integrating curriculum ideology and politics into Middle school physical education teaching

3.1 Necessity of integrating curriculum ideology and politics into middle school physical education teaching

Educators are not only the nurturer of college students' professional skills but also the shaper of the soul of the educated. Xi Jinping, general secretary of the delivered an important speech many times, to make a series of important instructions, emphasize the ideological and political work through the education teaching process, the Khalid ents into each link of education, through the various fields of education, adhere to the dominant education and recessive education unifies, mining in other courses and teaching methods of ideological education resources, achieve full whole all-round education, This points out the direction and provides the principle to follow for the ideological and political work in colleges and universities.

(1) Value orientation

The middle school stage is the key period for the formation of the values of the educatees. Teachers should pay attention to the unity of the scientific spirit and humanistic spirit of the students, and integrate the curriculum ideology and politics into the professional classes so as to cultivate the dialectical scientific view of the students. In education, curriculum ideological and political thinking is first of all a kind of scientific thinking, emphasizing the dialectical materialism and historical materialism way of thinking to treat things, and materialist dialectics can make up for the deficiency of professional research in thinking to a certain extent.

(2) Ideological and political courses can cultivate students' dialectical view of nature

The cultivation of students' "curriculum thinking and politics" is a process of organic integration of students' intrinsic value rationality and instrumental rationality linked with scientific literacy. Contemporary middle school students need to deal with the relationship between good people and science in their growth and learning, and this relationship, in the final analysis, requires dealing with the relationship between man and nature.

(3) The curriculum should emphasize people-oriented values

The essence of "curriculum ideological and political" is to establish morality and cultivate people. Curriculum ideological and political education is a natural extension of ideological and political education[9]. It requires the cultivation of students' personalities to be organically integrated into skill cultivation, and the propaganda of socialist core values to run through the whole process of teaching and educating people. Curriculum education should include recognition of the country and culture, and the curriculum should be equipped with national feelings, political identity, cultural confidence, social responsibility and so on.

3.2 Practical strategies of integrating curriculum ideology and politics into middle school physical education teaching

Physical education is related to the physical and mental health of students, while ideological and political theory courses also pay attention to the healthy growth of students. Both of them have the same goal of education, and their integration effect is stronger under the same direction of education, providing new ideas for moral education.

(1) Cultivate students' solid and simple patriotic feelings by using ideological and political courses

Patriotism is the fundamental goal of sports. Patriotism education must run through every link of education, and it is also the top priority of teaching and educating people[10]. Sports is the battlefield without the smoke of gunpowder in the contemporary world, for whom to fight, why to fight is the first lesson of sports to us. In the Olympic stadium, when the national flag is raised, the national anthem is played, it is the most exciting moment. And in the games or sports competition when the opening ceremony to sing the national anthem is in order to coruscate students patriotism, so that they feel like the country's strength, so that their heart yearning will be able to, so that they feel for the rise of China and reading the simple truth. During the summer vacation, our school organizes summer camp activities for students, so that students can feel the mountains and rivers of their hometown, learn human geography, and get to know every tree and grass. Students are familiar with their hometown, have a sense of belonging to their hometown, and love their hometown and motherland from the bottom of their hearts. The first thing sports teaching teaches students is patriotism, so that students can personally experience patriotism, faster and more efficient than black and white words, sports has no national boundaries, but sports people have national boundaries.

(2) Cultivate students' indomitable will to work hard by taking advantage of course ideology and politics

"Hard work" is the charm of sports. The spirit of struggle is a powerful spiritual power that inspires us to face up to difficulties, to achieve our goals and to succeed. Long-distance running is the most can reflect the students' own will and spirit, long-distance running games with the students' own situation, chest tightness, shortness of breath, dizziness and other states, students need to overcome their own perseverance, with the "Long March spirit" to inspire students, let students indomitable struggle to break through themselves. When students participate in sports activities, they can feel the ideological connotation of sports and develop a strong will and fighting spirit.

(3) Cultivate students' collective attention spirit of unity and cooperation by using curriculum ideology and politics

"Unity and cooperation" is the spirit of sports. In physical education courses, the majority of team sports are represented by "three big balls". Students need to cooperate with their teammates to win games or complete tasks. PE teachers often mention the "spirit of women's volleyball". When students come into contact with volleyball in teaching, they are more likely to learn the meaning and spirit of sharing joys and sorrows and fighting together.

(4) Cultivate students' awareness of rules in compliance with discipline by using course ideology and politics

"Rule awareness" is the basic requirement of sports. Any sport has strict and complete rules. In

order to ensure the fair and just development of sports competition, all participants must strictly abide by the rules of the competition, and use the rules to infiltrate students and abide by the law. Students obey the rules to complete the game reasonably, not only can let the students feel the joy of sports but also can make the students develop the awareness of obeying the rules, so that the students develop respect for the law, the law-abiding spirit, respect the law to do a better qualified middle school students and law-abiding good citizens.

(5) Cultivate students' tenacity to resist setbacks by using course ideology and politics

"Frustration education" is a special attribute of physical education. In most sports games, there is only one champion or winner. It is important to win, but it is also an important link to teach students how to lose the game honorably, how to feel adversity, face setbacks and be brave after knowing shame. Where there is competition, there is a win or lose. Physical education class is the best choice for students to resist setbacks and develop tenacity.

4. Discussion and conclusion

To comprehensively promote the ideological and political construction of curriculum is an important measure to implement general Secretary Xi Jinping's important discussion on education, an inevitable requirement to implement the fundamental task of establishing morality and cultivating talents, and an important task to comprehensively improve the quality of talent training. The course ideology and politics are integrated into the teaching of middle school physical education, so as to cultivate students' craftsman spirit of perseverance, painstaking research and excellence when facing practical problems. Physical education is generally carried out in stadiums and gymnasiums, and activities and forms are diverse, and the content of activities is also relatively extensive. Teachers should deeply explore the ideological and political elements in PE courses, combine PE classroom content with ideological and political cases, and sum up innovative and scientific teaching methods based on their own years of theoretical learning and teaching experience, so that students can understand the connotation of ideological and political education in the learning process. PE teachers should cultivate students' optimistic and positive outlook on life and correct values, take cultivating people as the foundation, organize rich and colorful activities, and realize the organic integration of PE teaching and curriculum politics.

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