

Research on reform and trend of physical education high school entrance examination system under the background of "double reduction" policy

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Abstract: This paper takes the "double reduction" policy in the field of education in China as the background, and takes the sports entrance examination system in Changsha City as an example to analyze its development and current situation. This paper focuses on the reform of the physical education entrance examination system and how to develop it under the influence of the policy of "double reduction". The article advocates for the reintegration of the physical education examination system into the educational standards. It emphasizes the need to prioritize students' central role, ensuring the fusion of physical education with holistic development, all in the pursuit of advancing the physical and mental well-being of students and fostering the achievement of comprehensive quality education.

Keywords: Physical education high school entrance examination system; Double reduction policy; Educational reform

1. Introduction

On July 24, 2021, the General Office of the Communist Party of China Central Committee and The General Office of the State Council jointly issued an announcement titled "Opinions on Further Reducing the burden of homework and Off-campus Training for students in compulsory education", which is also known as "double reduction"[1]. From the perspective of reducing the academic pressure of students, the announcement put forward substantive reform proposals for the current problem of "classroom learning and extracurricular tutoring". As a compulsory subject in junior high school entrance examination, PE middle school entrance examination has attracted a lot of attention from the country, society, family and school. As an attempt, the Education Department of Yunnan Province took the lead in setting the full score of the physical education high school examination at 100 points, which was on a par with the main subjects such as Chinese, mathematics and foreign language, which was the first exploration of the physical education high school examination system. Under the guidance of the national education policy, Changsha Sports high school entrance Examination aims to realize quality education, cultivate students' sports interest and lifelong sports consciousness, and carry out innovation in the aspects of exam scores, exam items and scoring methods. However, the alienation phenomenon of PE high school entrance examination has not been improved, PE high school entrance examination in the consciousness of students and parents is still only a tool for higher education, and the teaching mode of middle school is still aimed at higher education. This article aims to analyze the development of Changsha City sports high school entrance examination, with "double reduction" policy as the starting point, sports high school entrance examination system to study[2].

2. The reform process of the physical education entrance examination system in Changsha City

Shanghai Chongming Middle School is the first school in China to implement the physical education high school examination system, which has gone through a partial trial period from 1980 to 1991, a national trial period from 1992 to 1996, a full implementation period from 1997 to 2006, and a full implementation period from 2007 to the present. In each region, based on their respective educational statuses, they progressively incorporate physical education assessments into the junior high school entrance examination at four distinct stages. In 1998, Hunan Province launched and implemented the "Junior high School graduation Physical Education Examination Work implementation Plan" (Xiangjiao [1998] No. 1), which marked the first time that Hunan's physical

education examination system has been fully established. As the capital city of Hunan Province, Changsha has always been at the forefront of the province in the field of education. Then in 2009, according to the policy guidance of the "Opinions of the Central Committee of the Communist Party of China and The State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness" (Zhongfa [2007] No. 7), Hunan Province issued the "Notice on Further Strengthening the Physical Examination System for Junior High School Graduation and Entrance Examination" (Xiang Jiaotong [2009] No. 65). [3] Since then, the physical education examination has become the core part of Changsha junior high school entrance examination. Until 2022, the physical education entrance examination system of Changsha City has been continuously improved in the years of exploration, and the guiding role of the physical education entrance examination system has been used to cultivate the habit of students to participate in physical exercise, instill lifelong sports awareness, and gradually improve the physical and mental health of students.

2.1 From 2008 to 2014, Changsha City explored the system of sports high school entrance examination

Table 1 The examination plan of Changsha High School Physical Education Examination from 2008 to 2022

A given year	Examination item	Test score	Score composition
2008	2+2D	50	Unified examination(36points)+Normal performance(14points)
2009	1+2D	50	Unified examination(36points)+Normal performance(14points)
2010	1+D+F	50	Unified examination(44points)+Normal performance(6points)
2011	1+D+F	50	Unified examination(44points)+Normal performance(6points)
2012	1+D+F	50	Unified examination(44points)+Normal performance(6points)
2013	1+D+F	50	Unified examination(44points)+Normal performance(6points)
2014	1+D+F	50	Unified examination(44points)+Normal performance(6points)
2015	2+F	60	Unified examination(60points)
2016	2+F	60	Unified examination(60points)
2017	2+F	60	Unified examination(60points)
2018	1+2F	60	Unified examination(60points)
2019	1+2F	60	Unified examination(60points)
2020	1+2F	60	Unified examination(60points)
2021	1+2F	60	Unified examination(60points)
2022	1+2F	40	Unified examination(40points)

Note: The number in the examination items column represents the number of required items, and the letter D represents the selection determined by lot by the Education Bureau Test items, the letter F stands for items that students freely choose.

As shown in Table 1, Changsha has implemented the junior high school graduation physical education examination system for the first time since 2008, and has continuously adjusted the exam score, item setting and scoring methods in the past 15 years. From 2008 to 2014, the score of the physical Education high school examination was set at 50 points. In 2008 and 2009, the scoring method of the physical education high school examination is composed of the unified examination and the regular scores, the score is 36 points and 14 points respectively, and the normal scores are composed of the test results of the National Students' Physical Health Standards, physical education results and physical exercise results. From 2010 to 2014, the proportion of points in the unified examination increased to 44 points, and the usual score was reduced to 6 points, which was composed of the test results of the "National Students' Physical Health Standards" and the physical education results of the first and second years of junior high school. As for the content of the test, height and weight were removed in 2009, while athletic ability and athletic skill were added to the test. The examination method has also evolved into the model of "compulsory examination items + elective items + free

choice items", which more reflects the concept of comprehensive development.

2.2 The physical education system of Changsha high school entrance examination is in a stable stage from 2015 to 2021

From 2015 to 2021, the physical education senior high school examination was mainly adjusted in terms of score, and the score was increased to 60 points, canceling the usual score, and the score was all reflected by the test score. The examination items are no longer decided by lottery by the education Bureau, but students freely choose, but the actual situation is that schools deprive students of the right to choose freely in order to save educational resources. For example, volleyball is not high in terms of physical fitness and venue requirements, and the difficulty of the exam is relatively low compared with other events, so the school in order to improve the enrollment rate, unified arrangements for students to choose volleyball events[4]. Under the highly unified operation of schools, the phenomenon of "exam-oriented" is becoming more and more serious, and the solidified examination content runs counter to the original intention of comprehensive development.

2.3 Since 2022, the development of the sports high school examination mechanism in Changsha has shown diversification

In 2022, Changsha City made more in-depth changes to the scores and content of the sports high school exam, and the total score was reduced to 40 points, which eased the pressure of students to go to college to some extent. New items have been added to the exam content, such as 200m swimming, 1min jump rope and standing long jump, so as to provide students with more options when choosing sports test items[5]. These newly introduced items are included in the content of the sports high school exam, which enhances the fairness of students of different physical levels. The diversity of the content of the sports examination is its core feature, which is more prominent in this change. However, some of the new projects are relatively difficult and not mainstream, and the conflict between their applicability and practical effects remains to be resolved.

3. The dilemma of Changsha sports high school entrance examination system

3.1 The system of physical education high school entrance examination is dissimilated and the exam-oriented phenomenon is serious

Although the implementation of the physical education high school entrance examination has led to the improvement of students' participation in sports activities, most students are passively engaged, and their participation in sports activities is more because of the pressure of studying, rather than out of sincere willingness. The core goal of the high school physical education examination should be to stimulate students to actively participate in sports activities, awaken their sports enthusiasm, establish their sports awareness in the whole life stage, and master some sports skills that are beneficial to the whole life. Influenced by the "exam-oriented" of physical education high school examination, the phenomenon of "what is tested in the examination - what the teacher teaches - what the students learn" has emerged endlessly in practical teaching, and physical education has become "examination training course", which leads to the subjectification of the teaching of examination items and greatly impacts the traditional physical education teaching mode.

3.2 When setting up the system of sports high school entrance examination, the overall factor is not fully considered

The implementation of the high school physical education examination has not solved the problem that primary and high school students participate in sports activities, but because of the pressure after entering junior middle school, students have less time to participate in sports activities. The lack of a regulation to include the physical education results of primary school in the senior high school examination has led to little exposure to physical education programs for primary school students, which has indirectly increased the pressure on junior high school physical education teachers. In the course of teaching, junior high school PE teachers have to face the problems such as the great difference of students' PE ability, the difficulty of teaching implementation and the inability to guarantee the overall teaching effect. At the same time, because the college entrance examination does not include sports assessment, the time for students to participate in sports will be squeezed, which will

cause a lot of waste of junior high school sports foundation, and have a great negative impact on the future college physical education[6].

4. Thinking about the reform of the physical education entrance examination system under the background of "double reduction" policy

To alleviate the academic burden on students and encourage schools, students, and parents to prioritize sports, Changsha sports high school entrance examination system has been gradually improved in the years of development, especially since the implementation of the "double reduction" policy, the project setting and evaluation methods are more in line with the needs of students' comprehensive development, and a series of reforms have made the value orientation of sports high school entrance examination more and more reasonable. In 2022, new test items such as the standing long jump and one-minute jump rope were introduced, and in the same year, the scoring system of the Physical Education High School examination was reformed, and now the scores of physical education subjects are calculated separately and included in the total score, although the scores have been reduced, its importance and value have been significantly increased[7]. However, in the process of continuous innovation, there are still many problems to be solved.

4.1 The physical education high school entrance examination system should be closely linked with other stages of physical education teaching and assessment to ensure the continuity of physical education

Since the implementation of the physical education examination, the teaching focus and teaching mode of junior high school physical education have gradually changed. The education of this system is not only for the physical education of junior high school, but also to lay a solid foundation for the subsequent stage of physical education. The primary task should be to comprehensively plan and distribute physical education in primary, middle and high schools, and set examination items and contents according to the law of physical and mental development of students in different growth stages[8]. We should gradually include physical education results in the total score of the college entrance examination according to a certain scientific proportion, so that we can better ensure students' participation in sports activities through the formulation of policies and cultivate their lifelong sports concept. This will lay a more comprehensive foundation for their further growth and development in university, and strengthen the close linkage between secondary and university education. At present, the main difficulty of public physical education in colleges and universities is the huge gap between students' ability, which has formed a serious challenge to teachers' teaching and caused the repetition of the content of physical education in colleges and primary schools. However, by adding the physical education needs of senior high school into the subjects of college entrance examination to carry out systematic learning, it can solve the problem of the dispersion of students' ability in college physical education to a certain extent, further improve college physical education, make it more targeted, more in line with students' growth rules, and realize the systematization of physical education.

4.2 Improve the evaluation method of physical education senior high school examination and promote the activeness of physical education senior high school examination

The role setting of the sports high school entrance examination is not only formulated by the sports governing bodies. In order to make the physical education examination more complete, it is necessary to start from the initial stage of students to have a layout, covering students' health examination, physical physiological indicators test, physical education examination project performance evaluation, etc., according to students' physical conditions and final scores to make a reasonable score, to achieve the powerful benefits of physical education examination. This paper uses biological methods to assess students' intrinsic qualities, identifying and reinforcing the assessment process to ensure that all students have the opportunity to achieve results through their own efforts. At the same time, in response to the various sports needs of students, we can refer to the special examination methods of the college entrance examination for sports majors, add special assessment to the basic physical quality assessment, respect the diversity of students' sports interests, stimulate students to actively participate in sports activities, improve the fairness of the examination, and cater to the diversified sports needs of students. Furthermore, it is essential to prevent students from being excessively graded based solely on their inherent qualities, such as explosive power, flexibility, coordination ability, and physiological factors like lung capacity, heart blood supply capacity, and blood hemoglobin content.

5. Under the influence of the "double reduction" policy environment, the development direction of the evolution of sports high school examination

The introduction and implementation of the "double reduction" policy is bound to change the landscape of basic education in China, and school education should also assume its own responsibilities and missions. Since 1979, China has tried and implemented the physical education senior high school examination system for more than 40 years, and the importance of physical education senior high school examination in the field of education has been increasing year by year. The progress of physical education senior high school examination in the future is bound to have an impact on all aspects of junior high school education. This paper summarizes the growth, value orientation and reform path of Changsha Sports high school entrance examination. The construction of sports high school entrance examination should return to its educational origin, pay attention to students' subjectivity, and integrate with geographical characteristics.

5.1 The physical education entrance examination should return to the standard of education

The Central Government Office and The General Office of the State Council issued the Recommendations on Strengthening and Improving School Sports in the New Generation. Meanwhile, national sports management departments and educational institutions have also carried out a series of policies aimed at promoting the healthy development of young people, such as the Recommendations on Deepening the integration of sports and education. These suggestions not only show the importance of campus sports at the policy level, but also have been effectively implemented at the implementation level. The education department of Yunnan Province has gradually promoted the proportion of physical education courses in the senior high school entrance examination, making it the same as the scores of major subjects such as Chinese, mathematics and foreign languages, and has opened a new "four major subjects" flourishing era[9]. This model uses reverse reasoning to make districts and schools re-understand the importance of physical education in school, truly implement the vision of "health first" education, and make every effort to ensure the provision of physical education classes and ensure the implementation of the "one hour a day exercise" policy. Changsha has laid a strong foundation in this area. Driven by the "double reduction" policy, the significance of physical education in the high school entrance examination will become more pronounced, placing greater emphasis on the fundamental aspects of education. This development has a positive influence on students' physical and mental well-being and serves as a pivotal means to enhance the quality of education and the holistic development of students, ultimately aligning with the overarching educational goals.

5.2 Physical education high school examination attaches importance to students' main body status

In the process of education, students are not only the party receiving education, but also the implementer of learning. No matter how to innovate and improve the physical education examination, students are always its main theme, and its innovation and development should be based on the specific situation and ability of students at present. Taking Changsha Sports high school examination as an example, the scores of special needs students in sports high school examination have always been the center of hot discussion. For students who have received a Grade II or above hospital certificate and apply for exemption from the examination, their score will be set according to the 60% subject score line. However, this exemption from the examination has exacerbated their apathetic feelings towards physical exercise, and some even often use sick days to avoid physical education classes[10]. Therefore, the fitness and recovery functions of physical exercise are not shown to them at all. In addition, under the current mode of the physical education examination, the students who are excellent in physical education also encounter difficulties, they have to prepare for the physical education course in the professional training at the same time, which is undoubtedly a burden for them. Therefore, the interest of students is the basis of the development of physical education high school entrance examination, but also should emphasize the status of students as the main body, to cultivate a diversified evaluation criteria to meet the different types of students.

6. Conclusion

In the environment of implementing the "double reduction" policy, the progress of school physical education and physical examination in Changsha must rely on change and renewal, both of which will greatly promote the further improvement of education quality in Changsha. School physical education

needs to take advantage of the potential of the implementation of "double reduction" policy, improve the physical education curriculum education system, and use various activities to improve students' physical health. At the same time, taking sports as a tool to participate in students' burden reduction activities can not only add points to the physical education exam, but also realize the long-term benefits of school sports. For the reform and growth of the physical education examination, in addition to paying attention to their own problems, they also need to have a long-term development perspective, promote the balanced development of young people in physical exercise and cultural learning, and achieve the cultivation goal of school education in the new era.

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