

Research on Physical Education and Cultivation of students' core literacy

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ABSTRACT. *Under the background of the deepening reform of quality education, modern physical education attaches more and more importance to the cultivation of students' core literacy. The cultivation of the core literacy of physical plays a significant role in the construction of the foundation for the development goal of the whole people's physical and the lifelong physical, to ensure the improvement of the national quality and optimize the structure of the national physical quality. To carry out the cultivation of the core literacy of physical education in the modern physical education system, we should stick to the main position of the class, ensure the extracurricular sunshine sports activities, and expand independent exercise outside the school.*

KEYWORDS: *Physical education; Core literacy; Physical education class; Sunshine sports*

1. The core literacy in the modern physical education system

1.1 The Connotation of Core Literacy

In the modern education system, the cultivation of students' core literacy focuses on the internalization of core knowledge and core thinking and the prominence of the use of core competencies, it is a new thinking direction [1]. On the basis of referring to the theoretical research of western developed countries, Chinese experts defined the localizing concept of core literacy, that is, "in the process of receiving the corresponding education, students gradually build up the personality quality and key ability to adapt to personal and social development". It is an inevitable demand of Chinese social reform and development to change the traditional "knowledge transmission" to the new "knowledge construction", the accurate interpretation and practice of the define of core literacy indicates the occurrence of this transition.

Physical core literacy is the reflection and implementation of physical nature, function and value in the students' physical and mental development, the system of comprehensive physical quality is based on knowledge and consciousness, takes behavior as the initial motivation, skill, level and skill as the driving force, and personality and quality as the final display result. it has a unique contribution and function to the development of students' integral core literacy.

1.2 The Cultivation Value of Physical Core Literacy

Under the stable and harmonious social and economic environment, the national infrastructure construction is becoming more and more perfect. On the basis of providing a good social environment for the citizens, the improvement of the comprehensive quality of the citizens also becomes more important. With the development of physical education becomes the focus of our country, the physical education in school also cannot be ignored. In this context, implementing the cultivation of the core literacy of physical education in the modern educational environment is crucial to integrate the development goals of all and lifelong physical into the school education system. Cultivating the physical core literacy can not only ensure the effective development of physical education teaching, but also have a significant effect on cultivating teenagers' core literacy, moreover, it also can ensure that students get into the habit of exercising and still can not forget the spirit of sports after going into society, finally make the sports be all and lifelong physical sports.

2. The Ways to Cultivate the Core Literacy of Physical Education in the Modern Physical Education Environment

2.1 Stick to the Main Position of the Class

As the main position of implementing physical curriculum, physical education class is the main area to impart the health knowledge, physical skills and the methods of scientific exercise. The character of physical curriculum determines that it is not only the main carrier of imparting physical education knowledge, skills and methods, but also plays a role in enhancing physical fitness and health. In terms of the cultivation of the student physical core literacy, although the sports class is not the entire process of core literacy and impossible to completely realize all core literacy training content, if it is once separate from the main position of physical education class, students will lose the foundation of systematic physical education learning, and it is difficult to guarantee students' standardized health knowledge and healthy behavior, like that the formation of students' sports emotion and sports character will be hard to achieve, sports ability and exercise habits also will be difficult to form. Therefore, sticking to the main position of the physical class is the foundation of cultivating students' physical core literacy. First of all, for the cultivation of physical core literacy, the implementation of the contents, methods and progress in class should be planned in advance, instead of being temporarily strengthened before or during the class, the overall planning should be made in advance, just like the unit plan, semester plan and academic year plan of physical education. Secondly, we must ensure the quality of the main position of the physical education class, based on the goal of cultivating the core literacy of physical education, the class should not only have content and form adjustment, but also have the presentation of the training results. Finally, we should skillfully intersect the core literacy of physical education into the physical education class, in order to stick to the main position of the physical class, we should not only reflect on how far the past physical class is from the cultivation of core literacy, but also have confidence to implement the cultivation of core literacy through the main position of the class although it is difficult.

2.2 Ensure the Extracurricular Sunshine Sports Activities

Sunshine sports refers to hundreds of millions students go out of the classroom, go to the playground and nature, then walk into the sun to participate in physical exercise actively. Since 2007, China launched a nationwide sunshine physical education, students' an hour of exercise in school every day has been gradually implemented. As the second class of physical education, the extracurricular sunshine sports are independent and flexible, they also can play a role of strengthening and expanding[2]. Therefore, if we want to implement the cultivation of the physical core literacy under the modern physical education environment, then we shouldn't ignore that the extracurricular sunshine sports can complement the physical education class besides the basic teaching. Compared with the sports activities participated by the students in the physical education class, all the students are active to take part in the extracurricular sunshine sports, which greatly reduces the time of waiting in line for practice, students can practice more. Therefore, sunshine sports activities is an effective way to make up for the deficiency of students in physical education class, in addition, sunshine sports activities can promote physical education class teaching. Because when students participate in extracurricular physical activities, the degree of mastering the quality and quantity of physical skills and the correctness of exercise methods are closely related to the teaching results of physical classes. Thus, if the shortcomings of class teaching are found in the process of carrying out extracurricular sunshine sports activities, it can provide targeted feedback information for improving and perfecting the class teaching of physical education. Therefore, to ensure the time and quality of extracurricular sunshine sports activities will play an important role in making up for the deficiency of physical education class teaching, both the improvement of students' physical ability and the participation in training and competition have contributed to the shaping of students' sportsmanship.

2.3 Expand Independent Exercise Outside the School

The cultivation of physical core literacy has the characteristics of integrity, long-term, development and synergy, for the cultivation of some elements of core literacy that are difficult to be fully understood by classes and schools, it is necessary to improve the deficiencies of physical activities in schools by off-campus forces and students' regular independent participation in off-campus physical activities. If students can insist on independent exercise outside the school, it means that students have developed a certain interest in physical exercise, if students can normalize the independent exercise outside the school, they can achieve the formation of exercise habits. However, although off-campus independent exercise is an important way to bring good results in the cultivation of physical core literacy, it is still difficult to guarantee the regular off-campus independent exercise.

Based on the common phenomenon that most students have not developed the habit of independent exercise off-campus in the past, this training still faces how to promote the cultivation of physical core literacy through independent exercise off-campus [3]. At present, primary and secondary schools have started the home-school alliance to carry out the system of physical homework, and realize the new form of independent exercise outside the school with the assistance and guidance of parents. Gradually increasing the sports score in senior high school entrance examination, more parents are willing to encourage students to exercise off-campus, but most parents yet have not formed the boom of guiding or leading students to exercise. In addition, the independent exercise of students outside school should also rely on the support of the society, if there are more suitable physical places for students to exercise and professional guidance from physical professional organizations (such as various physical fitness clubs), the feasibility of independent exercise of students will be greatly improved. Certainly, in order to truly promote the cultivation of physical core literacy through off-campus independent exercise, the school should collect the off-campus exercise information and follow up the combination of on-campus and off-campus physical exercise, otherwise, it is difficult to form a joint force to achieve the cultivation of students' physical core literacy.

References

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