

Challenges and Responses to After-School Sports Services in Primary Schools under the "Double Reduction" Policy—A Study Based on Hainan Province

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Abstract: Under the "Double Reduction" policy, providing after-school sports services not only enhances students' physical fitness but also improves educational outcomes and promotes overall student development. Since the fall semester of 2021, Hainan Province has implemented the "Double Reduction" policy, and primary schools have gradually started offering after-school services in a "5+2" model. Currently, all compulsory education schools in the province provide after-school services, with a student participation rate of 98.18%. However, in practice, challenges include limited time and frequency of after-school sports services, insufficient variety of activities, inadequate facilities, weak teacher resources, and single-source funding. This paper proposes measures such as diversifying after-school sports activity lists, reasonably planning spaces and creating equipment conditions, establishing a diversified resource supply system, and optimizing funding sources through multi-party collaboration.

Keywords: Double Reduction Policy; After-School Services; Sports Services

1. Introduction

In July 2021, the Central Committee of the Communist Party of China and the General Office of the State Council issued the "Opinions on Further Reducing the Burden of Homework and Off-Campus Training for Students in Compulsory Education" (hereinafter referred to as the "Double Reduction" policy). This policy aims to alleviate the excessive burden of homework and off-campus training for students in compulsory education. In 2022, the "Notice on Improving After-School Sports Services to Promote the Healthy Growth of Primary and Secondary School Students" was issued, encouraging sports activities to become a basic and essential form of after-school service, guiding the development of after-school sports services. In 2021, the Hainan Provincial Department of Education issued the "Implementation Opinions on Further Improving After-School Services for Primary and Secondary School Students," requiring schools to provide after-school services five days a week, about 2 hours per day. The after-school service time should align with parents' work hours, generally not earlier than the local normal closing time, and not earlier than 17:30. Schools should provide extended care services for students with special needs^[1].

Currently, various regions in Hainan Province are continuously formulating relevant policies based on the principles of adhering to educational laws, student growth laws, and developing students' interests. These policies aim to implement the "5+2" model for after-school sports services in primary schools. However, there are inevitable difficulties in the implementation process. What is the current status of the implementation of after-school sports services in primary schools in Hainan Province? What practical challenges do after-school sports services face under the "Double Reduction" policy? And how should these challenges be addressed?

2. Implementation Status of the "5+2" Model for After-School Sports Services in Primary Schools in Hainan Province

2.1 Time and Frequency of After-School Sports Services in Primary Schools in Hainan Province

According to surveys conducted on official platforms of primary schools in Hainan Province, most primary schools provide after-school sports services from Monday to Thursday, four times a week, from

16:00 to 18:00. The duration of after-school sports services is mostly around 1.5 hours.

2.2 Content of After-School Sports Services in Primary Schools in Hainan Province

Table 1: Contents of after-school sports services in some primary schools in Hainan Province

Region/School	Open a project
Haikou (Yingcai Primary School)	Jump rope, football, basketball, martial arts, Taekwondo
Wanning City (Nanlin Central School)	Football, table tennis, basketball
Qionghai City (Wanquan Town Central School)	Dance (water hibiscus, dragon splashing in the water), volleyball, basketball
Chengmai County (No.1 Primary School)	Basketball, football, table tennis, street dance, Latin dance
Sanya (Yuechuan Primary School)	Fun physical fitness, badminton, basketball, table tennis
Wenchang (No. 3 Primary School)	Street dance, basketball, jump rope, football, track and field, tennis
Danzhou City (Dacheng Town Central School)	Chess, dance, table tennis, football, basketball
Wuzhishan City (Red Star School)	Bamboo pole dance, Miao Panhuang dance, basketball, volleyball, dynamic dance, skipping rope
Dongfang City (Daejeon Central School)	Track and field, basketball, table tennis, jump rope
Baoting County (Xinxing Primary School)	Basketball, badminton, table tennis, Go
Ledong Li and Miao Autonomous County (Experimental Primary School)	Dance, basketball, jump rope, martial arts, football
Ding 'an County (Hainan Normal University Ding 'an Pinghe Siyuan Experimental School)	Volleyball, basketball, football, boxing, chess
Tunchang County (Maple Central Primary School)	Dance, football, basketball, badminton, martial arts

Source: Official platforms of each school

As shown in Table 1, Surveys reveal that the after-school sports services offered by primary schools in Hainan Province are relatively traditional, mainly including activities such as rope skipping, basketball, soccer, table tennis, and dance. The projects offered by primary schools across different regions of Hainan Province are quite similar.

2.3 Sports Facilities for After-School Sports Services in Primary Schools in Hainan Province

Sports facilities are the foundation for students to engage in sports services. They are essential for promoting student health and ensuring the safety needed to increase learning interest^[2].

Table 2: Sports facilities of some primary schools in Hainan Province

school	Total student population	Sports site condition
Haikou Yingcai primary school	2928 people	2 basketball courts, 1 150 m track and field, 1 football field
Haikou Longfeng experimental primary school	3238 people	3 basketball courts, 1 dance studio, 1 200-meter track and field, 1 football field, 1 long jump sand pond, 1 solid ball court
Haikou Baisha gate primary school	1250 people	1 basketball court, 1 track and field, 1 table tennis table, 1 long jump sand pit
Haikou 16th primary School	869 people	A 60-meter diameter track and a basketball court
Hainan workers and young children school	2617people	1 200-meter track and field, 1 basketball court

Sources: official websites of each school, field visits

As shown in Table 2. According to the "Implementation Plan for the Fitness Facility Shortcomings Project during the 14th Five-Year Plan Period," by 2025, the per capita sports area nationwide should

reach 2.6 square meters or more^[3]. Table 1-2 shows that Yingcai Primary School in Haikou has a total of 2,928 students but only 2 basketball courts, 1 150-meter athletics track, and 1 soccer field, resulting in a per capita area far below 2.6 square meters.

2.4 Teacher Resources for After-School Sports Services in Primary Schools in Hainan Province

Surveys conducted in eight primary schools, including Hainan Workers Xiuying Children's School, Lingshan Town Central Primary School in Haikou, and Dongling School in Wanning, reveal that most after-school sports service instructors in primary schools in Hainan Province are school PE teachers. Only 15 external coaches and 6 university student volunteers are involved, with no external retired teachers or outstanding athletes participating.

2.5 Funding for After-School Sports Services in Primary Schools in Hainan Province

Field research indicates that the funding for after-school sports services in primary schools in Hainan Province comes from three main sources: government grants and school fees, government grants alone, and school board funds in private schools. Most primary schools in Hainan Province rely on the first funding model, though some schools use the second and third models. The schools using only government grants are mainly located in towns.

3. Challenges of After-School Sports Services in Primary Schools under the "Double Reduction" Policy

3.1 Limited Time and Frequency of After-School Sports Services

Ensuring the duration of after-school services involves balancing students' dismissal times with parents' work schedules, making sure the after-school service time does not start earlier than the local normal closing time^[4]. The survey shows that the time allocated for after-school sports services in primary schools in Hainan Province is mainly 1.5 hours, four times a week. This is shorter and less frequent compared to the Ministry of Education's recommendation of at least five times a week and no less than two hours per day.

3.2 Insufficient Variety of After-School Sports Service Projects

The Hainan Provincial Department of Education has provided guidelines for after-school sports service projects, suggesting a "menu" of major optional after-school services to meet different student needs and actively promote diverse projects. However, survey results indicate that primary schools in Hainan Province mainly offer traditional sports like rope skipping, basketball, soccer, and dance, often focusing on sports exams for academic advancement. Most schools' offerings lack novelty and fail to effectively establish distinctive school courses, reducing the attractiveness of after-school sports services and failing to meet the diverse needs of students. This may be due to a lack of professional PE teachers and adequate facilities.

3.3 Inadequate Sports Facilities for After-School Sports Services

Due to factors such as the establishment time and geographic location, urban primary schools in Hainan Province have relatively small campuses. Most schools have limited land area, a large number of students, and large teaching buildings, leaving no space for standard athletic tracks, soccer fields, badminton courts, or table tennis tables. Investment in sports facility equipment is minimal. Additionally, due to Hainan's climate, frequent typhoon weather in summer and autumn makes it difficult for outdoor sports facilities to meet students' needs for after-school sports services during the rainy season.

3.4 Weak Teacher Resources for After-School Sports Services

The investigation shows that currently, the source of instructors for after-school sports services in primary schools in Hainan Province is mainly limited to school PE teachers. There has not been a good implementation of national requirements to hire part-time coaches, retired teachers, or outstanding athletes. Furthermore, according to the "Standards of Extracurricular Sports Training Behavior" issued by the General Administration of Sport, many primary schools in Hainan Province have not fully

organized relevant training for all PE teachers, which is detrimental to improving the quality of after-school sports services.

3.5 Single Source of Funding for After-School Sports Services

Relevant documents in Hainan Province state that funds for after-school services in primary and secondary schools should mainly be raised through government funding, subsidies, and parent contributions. However, town schools in Hainan Province rely solely on government grants, making it difficult to ensure teachers' salaries. The investigation found that after-school sports activities in Haikou's schools have not been fully implemented in terms of specific costs and fund allocation, remaining at the budget stage. Moreover, due to insufficient funds to build the necessary facilities, some schools have not utilized external venues to address their shortage of sports facilities. All issues involving expenses are handled according to documents issued by the Provincial Department of Education, leading to difficulties in managing and allocating funds for after-school services, primarily due to the single source of funding and lack of diversified financial input.

4. Strategies for Deepening the Promotion of After-School Sports Services in Primary Schools under the "Double Reduction" Policy

4.1 Diversify the List of After-School Sports Service Projects

A variety of after-school extended service projects can not only provide personal growth for students but also enhance their self-confidence and individuality^[5]. Primary schools in Hainan Province should consider the growth needs of students and the characteristics of the school, actively offering a diverse range of after-school sports service projects based on students' abilities. This allows for a diversified "project list" for after-school sports services, enabling students and parents to choose according to their needs. Furthermore, since each student has different requirements for sports projects, it is impossible to satisfy everyone. Schools can conduct voting or hold class meetings to decide on the projects. Based on the voting results or decisions, schools can apply for reasonable projects to be offered, ultimately selecting plans based on students' needs, school characteristics, and regional characteristics to meet students' demands. Additionally, schools can introduce training institutions outside of the regular curriculum to participate in after-school services, offering various sports clubs as much as possible. Hainan Province has unique advantages in sports projects, including traditional sports of the Li and Miao ethnic groups, as well as water and beach sports due to its geographical location. A multi-tiered event system based on clubs can also be formed.

4.2 Reasonably Plan Space and Create Equipment Conditions

Primary schools in Hainan Province should rationalize the layout of school sports grounds and facilities according to the specific conditions and characteristics of the school. The renovation of school sports fields should expand the area to meet educational needs, extracurricular sports activities, and school competitions. The renovation should ensure the safety and convenience of student sports activities, preventing injuries and promoting organized educational activities. In terms of developing and utilizing sports equipment, it is essential to adjust the size, color, and function of the equipment. For example, placing multiple soccer goals on a field to meet usage needs or setting up basketball hoops of different heights around a standard basketball court to provide options for students of different ages and genders.

4.3 Establish a Diversified Resource Supply System for After-School Sports Services

For after-school sports services to be effectively implemented under the "Double Reduction" policy, it is necessary to fully mobilize the initiative of schools, society, and parents, establishing a diversified resource supply system for after-school sports services. Specifically, the General Administration of Sport encourages compulsory education schools to hire outstanding athletes, coaches, retired PE teachers, and university student volunteers as needed, following the principle of "mutual selection" to recruit part-time coaches. Additionally, introducing non-academic extracurricular training organizations can increase the participation of professional staff in after-school sports services. Teachers whose specialties do not align with the after-school sports service projects should continually enhance their professional knowledge and skills to meet educational and school sports development needs. Furthermore, primary schools in Hainan Province need to address the root cause by improving the professional development system for in-service

teachers before employment, enhancing the professional capabilities of PE teachers during this process.

4.4 Optimize Funding Sources through Multi-Party Collaboration

Relevant government departments in Hainan Province should proactively play a bridging role, establishing collaboration mechanisms between schools, between schools and enterprises, and between schools and social organizations, integrating resources from all sectors to promote the implementation of after-school sports services. Schools can adopt a series of measures to provide financial support for after-school services, including family contributions, government subsidies, social welfare, corporate sponsorships, religious activities, and personal donations, offering more support to students. The government should increase financial investment, providing special funding subsidies to improve the level of after-school sports services for primary school students. Additionally, the government should broaden funding sources for after-school sports services and implement various measures, such as establishing a mechanism involving the government, schools, enterprises, social welfare organizations, and parents to ensure sufficient funding for after-school sports services, making effective use of these funds.

5. Conclusion

In conclusion, under the "Double Reduction" policy, primary schools in Hainan Province need to diversify the content of after-school sports services, reasonably utilize venues and equipment, equip sufficient professional teachers, and integrate resources from various sectors to address challenges. This will enhance the quality of after-school sports services, promote healthy growth among students, and advance the development of after-school sports services in schools.

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