

Consideration on the construction of school physical education under the background of sports power

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Abstract: This paper expounds and reflects on the construction of school physical education under the background of sports power through the method of literature and logical analysis. Through the study, it is found that the cultural construction and organizational form of school physical education should be further improved under the influence of the development of school education in the new era. With the development of economy and the improvement of people's living standard, it is particularly important to strengthen the construction of school physical education and cultivate high-quality talents. The author thinks that Wang Qingguo proposed the optional class model of P.E., which can not only stimulate students' interest in P.E., but also facilitate the implementation of P.E. teaching process and the construction of school P.E.

Keywords: sports powerful country school physical education teaching construction

1. Thoughts on sports power

Globally, at present, the internationally recognized strong sports countries are the countries that integrate the development of sports and the social development promoted by sports, and have made remarkable achievements ^[1]. After the Helsinki Olympic Games, the strong sports countries were proposed for the first time in China. On behalf of the CPC Central Committee, General Secretary Hu Jintao clearly proposed to "promote China from a sports country to a sports power". On August 27, 2017, Xi Jinping, general secretary of the Communist Party of China (CPC), stressed that "sports carry the dream of a strong and prosperous country and rejuvenation of the nation. China is strong in sports, and national sports is strong in sports." ^[2] Since the reform and opening up, China's economic level has been developing at the same time as the vigorous development of sports, and the level of competitive sports has risen steadily.

The sports under the sports powerful country should be the sports of sustainable development, which should not only promote the all-round development of people, but also promote and drive the development of national economy. The orderly carrying out of school physical education and the normal holding and coordinated development of daily physical activities are more conducive to improving the health level of the people and promoting the construction of a strong country in sports. Under the background of industrial structure transformation, the sports service industry has huge business opportunities ^[3]. It is under the support of relevant policies of sports power that the development of sports industry effectively promotes the development of social economy, which not only enhances the physical fitness of the whole people, but also improves the economic level of the whole people.

At present, a strong country in sports should be a country with the people as the main body. It should pay attention to the development of the people, fully realize the people's wish for a better life, earnestly safeguard the people's sports rights and interests, and promote the healthy development of the people both physically and mentally. In addition, a sports power should develop in a coordinated way. It is not only necessary to solve the problem of unbalanced sports development, but also, more importantly, to solve the problem of insufficient and inadequate sports development. Sports should be the sports of a powerful country, so that China can become a sports power.

2. Consideration on the construction of school sports culture under the background of powerful sports country

In the new era, culture is an important strategic weapon and strategic resource, and many countries

have taken cultural construction as the core approach of national strategy realization^[4]. School sports curriculum is the most direct sports culture, school sports activities, sports classroom interaction, sports as the main way of school sports culture construction. If the youth is strong, then China is strong. The school is the treasure place to cultivate talents. The construction of school sports culture is particularly important. The National Physical Education Teaching Guidance Outline for Regular Colleges and Universities, which was implemented in 2003, makes the physical education courses in most colleges and universities and even primary and middle schools relatively thin. In the process of school physical education teaching, the arrangement of extra-curricular physical activities is an important link of school physical activities, rich and varied extra-curricular physical activities, not only increase the frequency of students to participate in extra-curricular activities, but also improve the enthusiasm of students to participate in sports. Studies have shown that in the construction of school sports culture, the more students participate in extra-curricular activities, the higher the level of sports culture is, and the more obvious the teaching effect is^[1]. On August 27, 2017, General Secretary Xi Jinping, when meeting with advanced units of mass sports in Tianjin, stressed that "sports carry the dream of a strong and prosperous country and rejuvenation of the nation. Under the background of sports power, the construction of school sports culture is more urgent, the school is the treasure of cultivating the future pillars of the country, and the students are the pillars of the country, the school sports should pay more attention to the construction of school sports from all for the students, for the sake of all students.

3. Analysis of school physical education system under the background of powerful sports country

The sports system is the sum total of various rules, systems, regulations and methods formulated and implemented by national institutions and social sports organizations^[5]. Since the reform and opening up, with the gradual improvement of the national living standard, the national mood from the initial emphasis on intelligence over physical education to pay attention to physical education, making the school physical education system construction has attracted much attention. With the sports power being proposed for the first time in our country, school sports is facing unprecedented opportunities and challenges, which makes the reform of school sports system is imminent, and it is affected by the sports system to a certain extent.

In the early stage of socialist construction, the whole country system was established. The founding of the People's Republic of China in 1949 marked the independence and liberation of the Chinese nation and ushered in a new historical era for the Chinese people. Under the leadership of the Communist Party of China (CPC), the whole Chinese people implemented the nationwide system and concentrated their efforts to accomplish great things, thus promoting the transformation of China from a backward agricultural country to a developed industrial country. Against such a historical background, China achieved no breakthrough in MEDALS at the Olympic Games in 1984 and topped the gold medal table at the 2008 Olympic Games. This remarkable achievement has served as an example for the general public, especially the young people, and encouraged the Chinese people to exercise and scale great heights. For a time, school physical education has been fully developed, and the school physical education system has been affected to a certain extent. The current as a result of competitive sports, mass sports, sports industry development in the field of different sports, such as have different laws, different sports mass base, the degree of marketization, professionalism, Olympic medal competition ability, social influence and cultural charm, the countermeasures to solve the problem of sports development and project development also should be different; Therefore, it is necessary to follow the rules, make scientific decisions, attach great importance to, actively explore, and strive to innovate the new national system, and rationally use the new national system to solve the corresponding problems^[6]. In the background of sports power, we should dare to innovate and optimize the school sports system, so that students are more willing, happier and more confident to participate in sports courses, and actively participate in extracurricular physical exercises, so as to achieve the effect of physical fitness.

Schools should conform to the trend of The Times, according to their own conditions, foundation, thorough analysis of the national sports system, targeted innovation and development of school sports system.

4. Consideration on the organizational form of school sports under the background of powerful sports country

The organizational form of school physical education refers to the specific methods of organizing students' study and physical exercise in a certain time, space and range^[7]. At present, all colleges and

universities, primary and secondary schools, and all subjects, including physical education, implement the class-based teaching system, that is, "students are organized into classes according to roughly the same age and knowledge level, and teachers teach according to the content stipulated in the syllabus of each subject and fixed teaching schedule"^[7]. Class teaching system can not only effectively cultivate talents, but also give full play to the leading role of teachers and students, strengthen the communication between teachers and students and students. It is well known that the physical education teaching is to enhance students' health, cultivate students' consciousness of lifetime sports, for the purpose of the orchestration of the roughly the same age students are in the same class, but the students' physical quality, learning technology activity is uneven, class teaching system can better serve the school sports teaching activity? The so-called interest is the best teacher, class teaching system to a certain extent is unable to take into account the interests of students, which has formed a common phenomenon in school physical education "students love sports, but do not love physical education". In a physical education class, the physical education teacher faces 40-50 students. Under such circumstances, the main role of students appears to be very small, let alone the teacher can not take into account every student. The physical education class can only focus on the teaching of sports skills, but ignore whether the students are happy and want to learn the content of this lesson. In the author's opinion, the "large physical education class" written by Wang Qingguo in Preliminary Exploration on the Organization Form of School Physical Education is also called "large physical education class", which is defined by "On Technology and Fitness Teaching" as "a physical education teaching organization form that focuses on multiple sports technology transmission activities in appropriate class hours in the unit of grade"^[7]. Of course, it remains to be further explored whether the organizational form of "big physical education class" is really more conducive to the physical and mental health development of students. At present, the construction of school sports organization forms needs to be further innovated and improved. In order to allow students to participate in physical exercise more effectively, in addition to teachers' supervision and students' self-consciousness, parents should play a certain role of supervision and encouragement, and the effect of tripartite cooperation will be more significant.

5. Conclusion

China is a people-centered country, especially a sports power. With the continuous improvement of people's economic level and living standard, physical education and physical exercise in schools are particularly important. And the school is the development, the place that trains the talented person, the student's physical health has become the top priority. It is said that a strong youth means a strong country, so the construction of school sports culture, system implementation and organizational form are the key points for reform and innovation. On the one hand, the construction of school physical education is beneficial to the cultural construction, economic construction and policy implementation of our country, on the other hand, it promotes the development of school physical education itself and society. In such a situation, how to build and develop school physical education has become a problem worth thinking about. The author thinks that the optional class proposed by Wang Qingguo is "big physical education class", which is beneficial to stimulate students' interest in physical education class and promote the development of students' physical and mental health.

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