

# Research on Teaching Materials of National Traditional Sports in School Physical Education

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**Abstract:** National physical education have a deep mass base. Introducing it into school physical education can make up for the lack of curriculum content and culture, and help to improve students' enthusiasm for physical exercise. It is considered that physical education should be reformed through rules reform, equipment reform and difficulty reduction, and it should be combined with physical education class, extracurricular physical education activities and physical education competitions to build a school-based curriculum of national traditional physical education.

**Keywords:** Teaching; Nationality; Tradition; Textbook

## 1. National Traditional Physical Education

In academic research and communication, the concepts of national physical education, folk physical education and folk physical education have been mixed for a long time. In recent years, with the deepening of theoretical research of national physical education, the concept of national traditional physical education has gradually become clear, and its application scope has gradually become clear. Physical education theorists have defined the concept of national traditional physical education from different research perspectives. Tu Chuanfei, et al. (2009) think that national physical education is a special traditional physical education culture which is owned and enjoyed by all people of a nation or several nationalities and has a sense of national identity. Cong Milin (2014) from the perspective of ethnic groups, national physical education should be understood as physical education of all ethnic groups in the world, including Chinese national physical education and foreign physical education, and Chinese national physical education also includes physical education of 56 existing ethnic groups and physical education of extinct ethnic groups in China. Zhang Ruifeng, et al. (2015) and others gave a definition from a cultural point of view. national physical education are physical education with national customs and characteristics, which are related to a certain national culture, produced and summarized by the people of their own nation in their production and life. Therefore, national physical education refers to the traditional physical education and activities of each nationality in the world.

## 2. Teaching Materials

Teaching materials of traditional ethnic physical education events, according to the laws of education and the objectives of physical education courses, select traditional ethnic physical education events, consider the characteristics and needs of students and the infrastructure conditions of schools, etc., and transform traditional ethnic physical education events into physical education materials through necessary processing and transformation.

### 2.1 The Process of Teaching Materials

Teaching materials are the process of transforming the primary content into appropriate teaching content, which needs to be analyzed by integrating various objective and practical conditions. Firstly, study physical education materials according to the goal orientation of physical education; secondly, choose the content according to different levels of physical education tasks; finally, according to the actual needs of physical education courses, integrate the teaching materials. In order to meet the needs of teaching and students' characteristics, physical education events are reformed from the basic

structure in the process of teaching materials. For example, difficult physical education events are not suitable for physical education teaching. At this time, the rules should be simplified to reduce the difficulty. For another example, some physical education events need high-standard ground equipment, and at this time, it is necessary to carry out appropriate transformation for physical education events, which means that it is easy to carry out and reduce the requirements for hardware conditions such as ground equipment.

## ***2.2 Content Selection of Traditional Ethnic Physical Education***

When choosing the content of traditional ethnic physical education, first of all, according to the objectives and implementation requirements of school physical education, and fully combining with the laws of students' physiological and psychological development, school infrastructure conditions and so on, we should choose those physical education with appropriate difficulty and easy development. Secondly, in terms of content, the body movement should be the basic form, and the body should bear certain physiological load and psychological load in the learning process. Through physical education techniques and skill exercises, students can get healthy development in physiology, psychology and social adaptation.

## **3. Integration of National Traditional Physical Education and Significance of Physical Education Teaching**

The change from physical education syllabus to physical education curriculum standard endows physical education curriculum with more flexibility, and has more autonomy and construction space in choosing teaching content, organizing teaching process and teaching evaluation.

### ***3.1 Make up for the Lack of National and Local Teaching Content***

Physical education curriculum construction lacks national psychological structure, the thinking tendency of exam-oriented education in curriculum practice is seriously solidified, and the curriculum content lacks national local characteristics. Incorporating national physical education into school physical education can break the teaching mode of modern competitive physical educations and enrich the content of physical education. On the basis of acquiring the knowledge, skills and abilities of competitive physical educations, students can also feel the culture of national physical education, which has a positive effect on broadening students' knowledge, broadening their horizons and establishing the physical educations concept of lifelong exercise.

### ***3.2 Improve the Current Situation of Serious Lack of Curriculum Culture***

The teaching process of physical education is not only the process of shaping physical educations skills, but also the process of transferring and shaping physical educations culture. On the other hand, school physical education aims at developing basic abilities such as walking, running, jumping and throwing, and focuses on track and field physical educations, ball games, and gymnastics and so on. This phenomenon causes the lack of physical education class Cheng culture. Physical educations education plays a role in screening, sorting out, transmitting and developing physical educations culture. The traditional national physical educations culture formed in a specific time and space constitutes a special cultural atmosphere. In this cultural environment, the physical educations culture with national characteristics has a subtle and powerful educational role.

### ***3.3 The National Physical Education Project Can Enrich the Purport of Physical Education Courses***

The national physical education project can enrich the purport of physical education curriculum. On the one hand, it is beneficial to the development of traditional national physical educations in school education, and enables students to understand the value and spirit of traditional national physical educations. On the other hand, through the study of traditional physical educations, it can be used as a carrier to cultivate the spirit of humility, prudence and morality, promote the spread of national culture, and infuse students with a national consciousness, thoughts and spiritual culture.

### ***3.4 The National Physical Education Project Can Improve Students' Interest in Learning***

The national physical education project comes from life, is close to people's folk customs, is very interesting in the long-term screening and concise process, and plays an active role in promoting students' enthusiasm and initiative in learning physical educations and cultivating their lifelong physical educations consciousness of loving physical educations. Traditional national physical educations events enrich campus physical educations culture and students' physical educations knowledge, and at the same time, promote students' enthusiasm to participate in physical educations, which is an important measure to improve the quality of school physical education.

## **4. Implementation Strategy of Teaching Materials for National Traditional Physical Education Events**

The integration of traditional ethnic physical education into school can be divided into the following two situations: firstly, the integration of traditional ethnic physical educations into ethnic schools that only recruit or mainly recruit minority students. Secondly, in ordinary schools in areas where ethnic minorities are concentrated, it is beneficial to promote ethnic cultural exchanges and enable students to feel different cultures by appropriately introducing ethnic traditional physical educations and carrying out traditional physical educations activities with ethnic minority colors into the campus.

### ***4.1 Integration of Traditional Ethnic Physical Educations into the Physical Education Curriculum***

The integration of traditional ethnic physical educations events with school education is not only conducive to the inheritance and development of the events themselves, but also effectively improves the shortage of school physical educations resources and hardware conditions. At the same time, it can enhance students' understanding of national culture, strengthen students' feelings about national physical education culture, and integrate traditional ethnic physical educations events into physical education through curriculum treatment, which is of great practical significance. Traditional national physical educations events have the characteristics of flexible form, simplicity and convenience. Generally, the requirements for venue hardware facilities are not high, and the funds required for related equipment are low, and even some equipment can be designed and manufactured by introspection.

### ***4.2 National Traditional Physical Educations Are Integrated into Extracurricular Physical Educations Activities***

Extracurricular physical educations activities are an important part of school physical education and educational means, which can be used as a supplement and extension of physical education class. There are many forms of extracurricular physical educations activities. Students can participate in physical exercises in their spare time, so that more students can participate in the national physical education project and promote the extensive development of the national physical education project. China's Ministry of Education puts forward that "one hour of exercise every day, 50 years of healthy study and work, and a lifetime of happy life", and extracurricular physical educations activities are the guarantee of one hour of exercise every day. Integrating national traditional physical educations into extracurricular physical educations activities can enable students to learn, participate in and feel physical educations selectively, enable students to master physical exercise methods and form physical educations skills in happiness, and improve their physical quality and health level.

### ***4.3 National Traditional Physical Educations Are Integrated into the Physical Educations Competition System***

School physical educations competitions can check the quality of physical educations teaching, sum up and exchange experiences in a timely manner, and promote the improvement of physical educations level; Through the influence of physical educations competitions, we can publicize the national physical education project, attract and inspire more people to participate in it, and promote the development of the national physical education movement. Through the edification and encouragement of watching physical educations competitions, students are encouraged to participate in the national physical education project, enrich and enliven their spare-time cultural life, and enhance their sense of

cooperation and competition, as well as their strong will to overcome difficulties bravely. In addition, the development of any physical educations can not be separated from the continuous improvement of the competition system, and more people can recognize and participate in it through influence of the competition. Taekwondo, a national physical education project in South Korea, and judo, a national physical education project in Japan, all went through this process before they came out of their own national cultural circle and became international physical educations.

#### **4.4 Construction of School-Based Curriculum of National Traditional Sports Events**

"School-based curriculum", as a foreign word, first appeared in developed countries such as Britain and America, and has a history of more than twenty years. With the new curriculum reform in China in full swing, school-based curriculum has become one of the focuses of the new curriculum reform under the new national education situation. Developing the school-based curriculum of national physical education can enrich the campus physical educations cultural life and promote the harmonious relationship between teachers and students, students and students. Different nationalities have different customs and cultures, and we can learn from many customs and cultures, such as Yangko of Han nationality, wrestling of Mongols, flower climbing pole of Miao nationality and bamboo pole dance of Jino nationality, which can be integrated into our teaching. Each school has its own characteristics. Different teaching contents can be designed according to different situations, such as campus environment, campus area, and physical educations equipment, number of students, students' family status and teachers' status.

### **5. Conclusion**

At present, there are some phenomena in physical education curriculum, such as serious lack of curriculum culture, lack of nationality and locality in curriculum content, etc. national physical education is incorporated into the physical education content system through textbook reform, which is helpful to enrich the curriculum purport, increase the interest of the curriculum and endow the curriculum with more cultural connotations. Through teaching materials, the excellent national traditional physical educations culture will be integrated into physical education courses, physical educations extracurricular activities and physical educations competitions, etc., and the connotation of school physical education will be enriched by constructing the national traditional physical educations school-based curriculum.

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