

# Research on PE Teaching Reform in Middle School Based on Curriculum Ideological and Political Background

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**Abstract:** *By the methods of documentary, investigation, logic analysis and other research methods, course education under the background of the middle school sports teaching reform, helps to promote national strategy implementation, to improve students' political thinking, are beneficial to promote the sports teaching goal, has the advantages such as superior to deepen the reform of the school curriculum. Through the study found sports education in middle school education teaching has the deficiency, mainly displays in: The students do not pay attention to the ideas, the teachers do not know enough, the curriculum content is not enough, the cultivation of humanistic spirit is not perfect. At the same time, the author puts forward some suggestions on strengthening the ideological and political education in PE courses from the aspects of political ideas, PE teaching objectives, PE teaching contents and PE teaching evaluation, so as to train high-quality, responsible and sentimental socialist successors and builders of socialism.*

**Keywords:** *Ideological politics; Ideological and political education; Physical education teaching reform; Physical education course ideological and political*

## 1. Introduction

In 2016, General Secretary Xi Jinping put forward the concept of "curriculum ideological and political" in his speech at colleges and universities across the country. Since then, curriculum ideological and political have been widely carried out in schools and colleges across the country, setting off a boom. At the same time, in recent years, countries have issued a series of documents on the healthy physical growth of young people, such as "about strengthening school sports promote health of body and mind the opinions of the all-round development of students", "about deepening teaching fused opinion" to promote the development of adolescent health, the "healthy China 2030" planning outline file. These documents repeatedly mentioned that youth ideological and moral construction, the ideological and moral quality of young people. Although, middle schools all over the country have set up relevant ideological and political courses, which play a certain role in promoting the ideological guidance of teenagers, we should not forget the important function of physical education courses in educating people and moral education. Based on the curriculum ideological and political background, break the traditional PE teaching mode, find the meeting point between PE and ideological and political, strengthen the research on PE curriculum reform, teach and educate people in a novel way, realize the teaching effect of cooperative education, and promote the construction of teenagers' ideological and moral.

## 2. The significance of middle school PE teaching reform under the background of curriculum ideology and politics

### 2.1. Put people first and promote the implementation of national strategies

Schools are the place for teaching and educating people and students are the subject of school education as well as the object of school physical education practice. Student-oriented is the people-oriented basis of school physical education [1]. In 2019, The General Office of the State Council issued the Outline for The Construction of a Strong Country in Sports, which required that the quality and benefit of sports development should be continuously improved by adhering to the people-oriented, reform and innovation, governing sports in accordance with the law and coordination [2]. Thus, it can be seen that the people-oriented education concept is the core of the party and the country to implement the strategic goal of sports power, but also the fundamental criteria of education in The Times. Under the

background of curriculum ideology and politics, it is necessary to adhere to the people-oriented education concept and take students as the center, affirm the status of students' main body development and meet their overall development needs. Physical education can better meet the people-oriented requirements, always adhere to the development of students as the starting point, uphold the "health first" guiding ideology. Through the teaching of sports skills, cultivate sports interest, enhance students' physical quality and promote all-round development; Make use of sports humanistic spirit, cultivate discipline core accomplishment, shape volition quality, build relaxed and cheerful sports games, enhance self-value and identity, and build colorful sports events, enhance students' aesthetic taste and enrich cultural life. These superior training modes are the important content to realize the people-oriented education concept, the core connotation of ideological and political education in physical education curriculum, and the basic project of the construction of sports power, which can greatly promote the implementation and promotion of strategic goals.

### ***2.2. Casting soul education, improve students' political thought***

The middle school stage is the key period for the physical quality development, ideological quality formation and interpersonal communication ability formation of teenagers. In physical education, the classroom is often full of joy, fun, full of competition, physical education class has become one of the most popular courses for teenagers. Interest is the best teacher, casting the soul education as an important content of sports education, through the excellent traditional culture of the Chinese nation, China had the noble character and unyielding national spirit, work hard, perseverance and significance of political thought in the sports teaching system, injection for the sports teaching spirit and national spirit soul, which makes physical education class with flesh and soul, exerts a subtle way affects the development of the youth, inspiring struggle upward, struggle spirit, to strengthen the patriotic feelings, show its national spirit, build quality, which helps teenagers to form the correct outlook on life, values and world view, promote the development of personalized, set up the correct life goal, in order to realize the big dream of life.

### ***2.3. Moral education, promote the goal of physical education***

"Moral education" is the focus of China's education development, is the primary task of school education development in the new era, but also the value orientation and goal pursuit of discipline education. School physical education, as an important part of school education, naturally undertakes the important task of cultivating students' all-round development of morality, intelligence, physique, beauty and labor. Physical education course and ideological and political course are the main carriers to implement the ideological and political teaching objectives of the school. The integration of the two can help break through the obstacles and barriers between ideological and political education and physical education course teaching, so that the moral education function of physical education can be effectively implemented in the details of students' physical education learning [3]. Physical education teaching objectives include five fields: sports participation, sports skills, physical health, psychological health and social adaptation. Its core value points to "cultivating people", which is fundamentally to cultivate what kind of people. "Moral" is the core criterion and prerequisite for cultivating people, and also a practical tool for ideological and political education in the curriculum. It is more helpful to improve students' ideological and political concepts, establishes positive and enterprising life attitude beyond themselves, and improves students' social adaptability and implement physical education goals by integrating the education concept of moral education into physical education goals and running through the whole process and link of the implementation of goals.

### ***2.4. The combination of explicit and implicit, deepen the school curriculum reform***

As an important part of school education, sports not only promote intelligence development, enhance physical quality, spread sports knowledge, teach sports skills, cultivate students' interest in sports and so on. More importantly, it has the educational function of spreading sports humanistic spirit and improving students' ideological and will quality. Under the background of ideological and political curriculum, the state vigorously promotes the integration of ideological and political curriculum with other disciplines, promotes the deepening reform of the curriculum, and enables it to cultivate successors and builders of socialism with epochal significance. In physical education curriculum, through deepening the reform of explicit physical education curriculum objectives, content, structure, mode and other aspects, The latent political identity, national consciousness, cultural confidence and personality to develop creative transformation and creative development of ideological and political education element to

comprehensively and deeply excavate its accumulation of sports culture in the course, condensation of sports spirit, because of the sports value, the shape of sports style, to improve the students' sports ability, sports, health, behavior and moral character and so on core literacy [4]. It makes use of the explicit education function of physical education curriculum and the implicit function of ideological and political thought to integrate and develop, and jointly promote the ideological and political education of students, and promote the school curriculum reform.

### **3. There are some problems in middle school PE teaching under the background of ideological and political curriculum**

#### ***3.1. Students do not pay attention to their ideas***

Sports is a sport full of passion and entertainment. Middle school is the adolescence of students, when they are full of curiosity about the world and exploration of unknown things, and it is difficult to understand the operation rules of the development of things. In the sense of behavior, code of conduct, moral standards and other aspects of easy to produce deviation, coupled with full of lively and active character, not to be correctly guided, easy to landslide, so as to do harm to social security. At the same time, due to the arrival of adolescence, there will be rebellious psychology, cognitive bias on the world, dissatisfaction with the development of things and other negative emotions, which seriously affects the establishment of a correct outlook on life, values, world outlook. Moreover, in the face of the temptation of social material, money and games, students at this time have poor self-control, self-control is insufficient, it is difficult to distinguish the true and false of all things, and it is easy to be affected by the adverse environment outside; In addition, the students' ideology is weak, they do not pay attention to the idea, and their behavior is contrary to the socialist core values, which is easy to cause bad consequences, and even take the road of breaking the law and committing crimes. Therefore, the importance of students' ideas is the key factor of ideological and political education in physical education courses.

#### ***3.2. Insufficient understanding of the teaching staff***

Teachers are the key to implement the fundamental task of moral education, the main force of curriculum ideological and political construction, and the leaders and practitioners of the development of physical education and ideological and political education in the same direction [5]. Therefore, it is very important for teachers to have correct understanding of PE ideological and political education and sufficient cognition of PE ideological and political concept. Survey found that most middle school PE education teachers can know, but for the education of physical education curriculum content, curriculum setting, curriculum objectives, teaching methods such as knowledge is not enough, difficult to combine ideological education in the teaching, especially the rural physical education teachers of physical education the idea of education is still in, PE teachers' job is to lead the students to play games, to ensure the safety of the students, Teach motor skills. If the teachers do not understand the concept of ideological and political education thoroughly, it is difficult to transform their ideas from the original, so as to achieve the effect of education. There are also some teachers whose own political literacy is not high, coarse words, lies, moral quality is bad, how can such teachers influence others, let alone set an example of ethics. As the guide of teaching and educating people, the lack of teachers' own understanding will definitely hinder the development of PE ideological and political education.

#### ***3.3. Insufficient mining of course content***

Teaching material is the carrier of physical education. The profound ideological and political elements, humanistic values, ideological and political resources, will quality, sports spirit and other connotations contained in the teaching material are very conducive to combining the educational concepts of The Times and ideological and political elements for teaching. Through the discovery in the physical education teaching, first, some schools have not carried out the physical education theory course, lack of physical education theory textbooks. Second, the physical education teacher is divorced from the content of the teaching material, the teaching content is disorganized, not according to the content of the teaching material, the class content is arbitrary, ignores the students' physical and mental health development law and the formation of sports skills law. Third, some teachers simply introduce the theoretical knowledge of physical education according to the content of the textbook, or teach according to the process, the teaching content is boring and monotonous, and do not pay attention to the content of the textbook. Fourth, most of the teachers' understanding of the teaching materials is still superficial, failing to deeply

explore the unique educational value of physical education, without extending and sublimating the value and function of physical education, rarely involving ideological education, resulting in insufficient understanding of the ideological and political education of physical education.

### ***3.4. Imperfect cultivation of humanistic spirit***

In the current society with rapid economic development, temptations abound everywhere. Materialism, hedonism, pragmatism and other undesirable social concepts have been imperceptibly inflated and become the life philosophy and value criteria of some teenagers, resulting in personality defects and the loss of humanistic spirit [6]. Humanistic spirit is the soul of the party and the nation. Without spiritual education, the physical education course is pale and powerless. Without sports, spiritual culture lacks practical carrier. The spiritual culture contained in sports is ubiquitous. In the actual teaching, physical education courses without intensity, no load, no pressure, no blushing, no breathing, no sweating teaching situation often appears, resulting in the lack of hard-working, tenacious fighting quality training; And in sports, respect for judges, respect for opponents, fairness and justice, awareness of rules, the spirit of cooperation and other sports values. The unique value and great cultural charm of physical education itself are displayed in various places, but the imperfect training mode causes the defects of ideological and political education.

## **4. Middle school PE teaching reform measures under the background of curriculum ideology and politics**

### ***4.1. Enhance ideological concepts and strengthen ideological and political education concepts***

As a Chinese saying goes, “Teachers, preaching and knowledge to solve doubts”. Teachers are the core element of high-quality education services, the model representative of educational talents, and the mainstay of promoting education to achieve innovation-driven development [7]. Therefore, the cultivation and promotion of curriculum ideology and politics need to start from physical education teachers. First, pay attention to the importance of physical education curriculum ideological and political, strengthen the awareness of teachers ideological and political. Relying on the background of The Times, policy education documents, General Secretary Xi Jinping's ideological and political ideas in recent years and the ideological and political quotations of the Party and the Central Committee, the ideological and political education in the commanding heights, strengthen the concept of ideological education. The second is to strengthen the training of PE teachers, organize training institutions, increase the teachers' ideological and political learning of PE courses, from deep and multi-dimensional perception, learning ideological and political concepts, strengthen the construction of teachers' ethics, and establish the correct ideological and political consciousness of PE courses. Third, carry out teaching and research activities between ideological and political teachers and PE teachers, discuss reasonable and efficient teaching mode, organize teachers' ideological and political teaching competitions in PE courses regularly, observe teachers' teaching methods, improve the concept of ideological and political teaching in PE, enhance teachers' ideological and political education ability, and improve teaching efficiency. Fourthly, teachers should gradually guide students to correctly understand the ideology and politics of PE courses, strengthen students' ideological and political concepts, make students internalize the ideology and politics education concepts, and help students establish correct values, outlook on life and world outlook.

### ***4.2. Deepen the curriculum system and consolidate physical education teaching objectives***

From the perspective of system theory, PE curriculum system includes course materials, course objectives, course content, course implementation, course evaluation, course management and so on. A scientific curriculum system is the premise of the implementation of teaching objectives. As the main body of the curriculum system, to better implement the curriculum objectives, we need to continuously develop the curriculum system from various aspects, deepen the content of the curriculum system, and coordinate with each other, so as to better achieve the specific requirements of the physical education objectives. In terms of course materials, course materials are the basis for the implementation of the goal, and studying the ideological and political elements, spirit, value and resources in each course is the prerequisite for better physical ideological and political education. In terms of curriculum content, curriculum content is the carrier of teaching objectives, and the basic approach of ideological and political education is to implement teaching plans according to teaching design and infiltrate ideological and political education concepts. In terms of curriculum implementation, curriculum implementation is an

important link of teaching objectives. The concrete requirements of ideological and political education are to carry out the idea of people-oriented education, follow the law of physical and mental development, the law of motor skill formation and the formation of perfect ideological and political teaching mode. In the course evaluation, the course evaluation is the key to test the goal setting, return to the essence of education and the original mind, set the teaching goal in a diversified and multi-dimensional way, put the basic task of moral education in the first place of the teaching goal, in order to realize the education concept of educating people, cultivating body and cultivating mind. In terms of curriculum management, curriculum management is the guarantee of teaching objectives, the comprehensive implementation of party-government coordination management, the establishment and improvement of relevant systems, to protect ideological and political education. According to the five levels of physical education objectives, we should always keep in mind the policy of ideological and political education and constantly consolidate the teaching objectives, so as to maximize and optimize ideological and political education.

#### ***4.3. Specialized research course materials, enrich physical education teaching content***

As an important carrier of information transmission, the study of PE textbooks is an important basis for a good PE curriculum, and the ideological and political education value implied in PE textbooks can be well used and implemented. For example, through ball games to cultivate students' courage to struggle, unity and cooperation spirit; Use the running and jumping project to train students to be fearless of difficulties and dare to challenge; Cultivate a lively, cheerful, positive and optimistic attitude towards life through non-instrument projects; The use of long-distance running to bear hardships and stand hard work, perseverance, perseverance spirit cultivation; Through the limitation of rules and regulations in basketball project, as well as the exchange of coaches, referees, athletes and other roles, students' social adaptability, awareness of rules, unity and cooperation spirit are cultivated. Relying on the teaching content in the sports teaching material at the same time, combined with the ideological background of The Times, to the mining, processing, sorting, optimization, enrich the teaching content, and the use of import link before class, the introduction of the related case of celebrities, sports news, current politics hot spot, touching story, guide students thinking and improve the students' enthusiasm, experience of sports spirit, And then imperceptibly educate students' thoughts.

#### ***4.4. Strengthen diversified development and improve PE teaching evaluation***

Under the background of curriculum ideological and political education, students' ideological and political education runs through the whole process of physical education teaching. Scientific and effective evaluation can arouse students' enthusiasm and initiative in learning, greatly stimulate students' interest and promote their all-round development. In the process of physical education teaching, teaching evaluation is closely related to students' emotional attitude, participation, completion, class performance, attendance, civilized etiquette and other dimensions. Using multi-angle, multi-form and multi-level evaluation methods, to build a perfect evaluation system, in order to stimulate students' interest in sports, enhances happiness and pride. Multi-angle evaluation, the use of pre-class-in-class-after-class evaluation mechanism, before class with stories, cases, events and other ways to guide students' ideological and moral perception, attaches great importance to moral education; In class, students are encouraged to imitate excellent learning qualities to create a good learning atmosphere and improve the teaching effect. After class comments review students' good performance, in the form of encouragement and affirmation, gradually guide students to pay attention to ideological quality, improve students' sense of identity. Multiple forms of evaluation pay attention to students' learning evaluation, through students' self-evaluation, group mutual evaluation, teachers and students' comments pay attention to the development of students' main body, so that students gradually know their own behavior performance, so as to establish the correct ideological quality, to achieve the effect of education. Multi-level evaluation, through the evaluation of moral learning model, excellent moral teachers, model learning class, from the students, teachers, classes and other levels, ideological and political top-level design, attaches great importance to ideological and political education.

### **5. Summary**

Ideological and political education of physical education curriculum is an inevitable trend of the development of the new era. It is an important way to realize the strategic goals of education, sports and healthy China, and also the demand of The Times of social development. Facing the rapid development of society, our country is moving forward courageously on the road of building a strong country in sports

and education. In the curriculum ideological and political background, middle school education as the basic education of our country, for the education of young people, moral education.

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