

# Thoughts on the Mutual Development of National Traditional Sports and National Dance

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**ABSTRACT.** *National traditional sports and national dance are important components of national traditional culture. China is a multi-ethnic country. In the long process of development, various nationalities have formed their unique national sports and ethnic dances. In the contemporary era of cultural diversification, promoting the healthy development of China's national traditional sports and national dance is of great significance for advancing China's building of a cultural power. This paper first briefly explains the prominent issues in the current development of the two, then analyzes the similarities between the two, and finally puts forward a feasible strategy for the future development of the two with a mutual thinking.*

**KEYWORDS:** *National traditional sports; National dance; Mutual integration*

## 1. Introduction

Folk traditional dance is a kind of dance form created and handed down by the working people in the long-term development of material civilization and spiritual civilization of a nation or region[1]. With the vigorous development of national tourism, many national traditional sports gradually come into people's vision. At present, national traditional sports and national dance have become common items in mass fitness and common courses in school education. However, on the whole, compared with modern sports and modern dance, the development of national traditional sports and national dance is still very slow.

This paper believes that, from the current point of view, the following three outstanding problems exist in the development of traditional national sports and national dance.

First, the project is original and lacks innovation. Affected by factors such as popularity and national culture, many items of national traditional sports and national dance still maintain their original features to a large extent, and certain content is not easy or unacceptable to contemporary people, especially contemporary young people.

Secondly, the number of inheritors and successors is small. For a long time,

traditional national sports and dance have been passed down by the way of teaching by words and deeds, and many projects are only passed down within the family. These ways of inheritance greatly limit the inheritance and development of national traditional sports and national dance. In recent years, although traditional national sports and dance with the rapid development of tourism spring into the public's vision, more and more people are familiar with it. However, many sports and dance training institutions in the society include physical education and dance education in schools. The traditional national sports and dance they teach are only the most familiar contents of the public, such as the peacock dance of the Dai nationality. National Traditional Sports and dance have a long history and rich types, many of which have strong national, historical and regional characteristics have not been presented in front of us. The inheritance of these unique national traditional sports and dance is not optimistic.

Third, strong competitors. The main competitors of national traditional sports are western competitive sports and contemporary emerging sports. Nowadays, people have a fast pace of life and great pressure of study and work. Many people like to get pleasure and release pressure in exciting, intense and challenging sports. In addition, many sports training institutions, dance training institutions, as well as school physical education and dance education also neglect the traditional national sports and dance, which leads to many young people do not like to learn traditional national sports and dance.

Fourth, there are few display platforms. Looking at the current media such as television, newspapers, magazines, mobile phones and other media, more attention is paid to modern sports and modern dance, but less attention to national traditional sports and national dance. At the same time, both online and offline, more modern sports and modern dance performances or competitions are held, and few traditional sports and national dance performances or competitions are held.

Both national traditional sports and national traditional dances are important components of China's traditional culture. In order to adapt the two to the needs of modern society, it is necessary for us to promote the inheritance and development of the two with a developmental thinking[2].

## **2. The Basis of the Development of the Compatibility between the Traditional National Sports and the National Dance**

National traditional sports and national dance have similarities in many aspects: for example, both are important components of national culture; both are rooted in the production and living practices of people of all nationalities; both are entertaining and regional, nationality and other characteristics; both have functions such as physical fitness, entertainment, physical and mental, and emotional communication; both contain a lot of content, a variety of types, and various forms; In the period, there were a small number of successors of the two; in a market economy environment, both can promote economic and social development; both are important contents of quality education in many schools and promote the physical and mental health of young

people, they all play an important role in comprehensive development. Nowadays, national traditional sports and national dance have transcended the boundaries of their single space (nationality, regionality), and they are infiltrating, influencing, and promoting each other through the fusion path of “national traditional sports + national dance”. The new form of the inclusive development of national traditional sports and national dance further promotes the sustainable development of national traditional sports dance and national dance.

### **3. Suggestions on the Development of the Integration of National Traditional Sports and National Dance**

Based on the development status of national traditional sports and national dance, the suggestions for the mutual development of the two are put forward as follows.

#### ***3.1 Strengthen Public Popularization***

Firstly, increase the popularity of traditional ethnic sports and national dance among the middle-aged and elderly. In recent years, physical fitness has become a favorite entertainment for middle-aged and elderly people. Traditional sports and ethnic dance are many items that are easy to learn and practice, and have high fitness value[3]. Fusion of certain technical movements of the two can greatly enhance the appreciation of technical movements while retaining the original fitness value of the two. In view of this, we can start with the square dances that are popular among middle-aged and elderly people, and use the integrated thinking to adapt the original national traditional sports dance and national dance to promote the mutual development of the two. Secondly, increase the popularization of traditional ethnic sports and national dance among youth groups. For a long time, physical education and dance education are important contents of school education in China, and they play an important role in training students' physical and mental health. With the reform and development of quality education in schools, physical education and dance education in schools have collided with “sparks” in many aspects. National traditional sports and national dances, as important components of national traditional culture, have very high educational, fitness and cultural values. Therefore, the school should also actively explore the way of the inclusive development of national traditional sports and national dance. At present, many elementary and middle schools have added performances or competitions of the integration of national traditional sports and national dances in the inter-curricular activities of sunshine sports, creating a unique campus culture. This has significantly promoted the mutual development of national traditional sports and national dance.

#### ***3.2 Integrate into School Education***

At present, both national traditional sports and national dance have entered the school education curriculum system and become popular courses for students. However, on the whole, the school's teaching and research on the inclusive

development of traditional national sports and national dance is not enough in breadth and depth. From the perspective of students, many students have not paid enough attention to the inclusive development of national traditional sports and national dance. In view of this situation, it is necessary for schools, especially colleges and universities, to establish a research group on the “mutual development of traditional ethnic sports and folk dances”. The class teacher and dance class teacher are group members. The group shall hold seminars on a regular basis, based on the current status and trends of the development of traditional national sports and national dance in the new period, and combine the teaching objectives, software and hardware conditions of the school’s national traditional sports and national dance, and carry out teaching research on the mutual development of the two. In teaching practice, physical education teachers and dance teachers need to strengthen exchanges, exchange their existence, actively seek the meeting point of national traditional sports and national dance, and then explore the integration and development of the two at the level of theoretical teaching and practical teaching[4]. School education’s teaching and research activities for the integrated development of national traditional sports and national dance, as well as the academic results obtained, provide reliable theoretical support for the integrated development of the two.

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