

Research on the Construction of Primary School Physical Education and Health Curriculum System under the Guidance of Core Literacy

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ABSTRACT

The new curriculum standard of 2022 has established the core quality status of physical education and health curriculum in the compulsory education stage, and requires all schools to build an integral construction around the core quality in the aspects of curriculum objectives, curriculum content, teaching methods, academic quality and evaluation methods. At present, most schools have not yet begun to build a comprehensive curriculum system as a whole, and they mostly stay in the stage of theoretical learning, digestion and understanding. Some schools have begun to try to build a curriculum system. In order to better implement the new curriculum standards and cultivate students' core literacy, this study will start from the physical education curriculum of primary school, explore the construction of primary physical education curriculum system under the guidance of core literacy, and promote the reform of primary physical education curriculum, with a view to providing useful references for the development of primary physical education curriculum.

KEYWORDS

Core literacy; Primary school physical education; Curriculum system

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The overall closed-loop design of the school's physical education and health curriculum is the most important part of the implementation of the new curriculum standards, and it is also the top-level design of the school's physical education development, which is related to students' physical and mental health and lifelong happiness.

1 The Necessity of Constructing the Curriculum System of Physical Education and Health in Primary School

(1) New curriculum standards for the construction of physical education and health curriculum system of the new requirements

The new curriculum standard has completed the top-level design of the subject curriculum, focusing on the detailed introduction of the core quality of physical education including sports ability, health behavior and sports morality, focusing on the lifelong development of people, facing the physical and mental law and real needs of people, and strengthening the educational orientation of the core quality; The new curriculum standard clearly requires that curriculum objectives, curriculum content, teaching methods, academic quality, evaluation methods and other aspects should be integrated around the core quality construction, advocating the "learning, practice, competition,

evaluation" integration of the overall design and diversified evaluation methods; The goal of education changes from single to comprehensive education, laying the foundation for students' physical and mental health and all-round development, highlighting the educational value of the discipline itself. However, the lack of relevant samples and teaching reference of the school's scientific overall construction curriculum makes it difficult for schools to accurately design sports and health courses in an all-round way. Front-line teachers, especially young teachers, They don't know exactly what to teach, how to teach, to what extent and how to make effective evaluation.

(2) Our primary school physical education needs a complete curriculum system to guide

At present, the school physical education curriculum has not been constructed in the dimension of students' overall development, and there is great differentiation and imbalance, and there are great differences between cities, rural areas, different regions and different schools. Without a systematic closed loop, the traditional single school physical education has been unable to meet the needs of students in the new era. Therefore, it is imperative to establish the curriculum system paradigm that connects the new curriculum standard to the grass-roots level and leads and standardizes the construction of the curriculum system of each school.

2 Existing Problems of Physical Education and Health Curriculum System in Primary Schools

The traditional school physical education curriculum mainly focuses on the teaching of skills, lacks the influence of discipline culture, takes insufficient consideration of students' personality development, and suppresses students' interest in learning. Sports facilities and equipment lack of interest and pertinence, which intensifies the quality problems of sports curriculum; The physical education courses of each learning section are generally disjointed, not closely connected, not highly relevant, simple and repetitive content, lack of integrity, ignoring the real needs of students, the rules of sports and the window period of skill learning. The evaluation is not diversified and comprehensive enough, ignoring the evaluation of growth; Students' daily sports are more dependent on school sports, lack of broader sports space and atmosphere, lack of connection with life, it is difficult to really like sports, fall in love with sports, and develop the habit of lifelong exercise.

3 Analysis of the Construction Mode of Physical Education and Health Curriculum System in Tianfu No. 7 Primary and Secondary Schools

(1) Focus on the value of curriculum education

A strong body and a sound personality are the prerequisites for a person's all-round development. The physical education and health curriculum of Tianfu No. 7 Middle and Primary School is guided by core qualities, adheres to the guiding ideology of "health first" and "moral cultivation", adheres to the school-running ideology of "integration of learning and teaching", implements the curriculum concept of "humanistic foundation, suitable growth", and builds a comprehensive curriculum system of "vigorous and beautiful" to cultivate all-round development of people. It helps students to enjoy fun, enhance physical fitness, improve personality and temper willpower, and "enjoy sports and move time" in the world of sports. The curriculum is based on the law of physical and mental development of children and the development window period of children's physical quality at each stage. It is oriented to everyone and the future. It helps students develop comprehensively through basic

compulsory courses, expansion compulsory courses, activity elective courses, comprehensive courses, etc., lays the foundation for students' lifelong development and maximized the educational function of physical education.

(2) Setting of diversified curriculum system

Through the integration of interesting disciplines, the students' physical fitness is integrated with the national curriculum. Interdisciplinary theme learning courses stimulate students' interest in learning, cultivate students' ability to transfer and apply knowledge and skills, and realize the integration of knowledge and action. Setup a "4+1" collaborative education curriculum model.

Diversified experience expansion required courses, students as the main body, curriculum setting strive to be diversified, pay attention to individual differences of students, set up rich required courses, to help students find real love. A total of nearly 60 courses for students to choose, including water sports, ice and snow sports, ball sports, traditional sports, emerging sports, such as swimming, skiing, basketball, martial arts, lion dance, roller hockey and so on.

In-depth exploration of activity elective courses, according to students' interest needs and sports ability, two-way selection, guide students to deep learning. Through the way of "promoting training by competition", students can experience the fun of competition and the joy of winning and losing in the competition, cultivate the sense of competition of students, so as to achieve self-breakthrough and the appearance of the field that the conventional practice can not achieve, enhance self-confidence and courage, convey the sportsmanship of persistence, breakthrough and hard work, and infiltrate the sports character. Promote students to master 1-2 skills.

(3) Curriculum structure of horizontal and horizontal connection

Vertical connection to build spiral ladder curriculum objectives. Focus on the lifelong development of students, taking into account the physical and mental health of students, and the goals of each level are raised in a spiral ladder to promote the formation of correct values, essential virtues and key abilities of students. Open up the school section of preschool connection, primary school connection, high school connection.

Horizontal unity, link subject knowledge, build semester large unit teaching plan, so that the knowledge is structured, the content is systematic, comprehensive, more logical and practical, and promote the achievement of literacy goals. It is like teaching the same content in all classes at one level, but there can be different teaching methods and strategies for students to accumulate energy for the next stage of learning. Break the boundaries, make the curriculum vivid three-dimensional, systematic science.

(4) Take students as the center and set spiral stratified goals

Establish the bottom line of education, stimulate students' interest in learning through child-oriented, contextualized and gamified ways, master and use physical and athletic skills in learning and practicing in fun, improve the ability to analyze and solve problems, form a positive attitude toward sports, know the methods and precautions for physical exercise in different environments, and improve students' adaptive ability and athletic ability; Enrich the background of education, by designing diversified courses and activities, with learning and training competition as the starting point, help students find their own interests and hobbies, guide students to carry out deep learning in their favorite projects, temper their will, master 1-2 sports skills, learn to cooperate with others, control

their emotions, and gradually develop the awareness and habit of physical exercise.

(5) Build, share and grow together, and promote the professional improvement of teachers through research and training

In the new era, physical education teachers should have the concept of educating people with The Times, so as to accurately implement the Party's educational policies and implement the school running ideology and curriculum concept, which is also a key part of the realization of the new curriculum reform theory into practice.

Through the "three research and one borrowing", deep research, extensive accumulation, intensive research and development, taking advantage of the model of sharing physical education teacher platform in Tianfu New District, broadening teachers' horizons and professional development paths, and enriching the structure of school physical education teachers.

(6) Make use of the power of the Internet to help learning and training competition evaluation

Pay attention to the progress and development of students, and use information technology and artificial intelligence to help the whole process of learning, training, competition and evaluation. Use multimedia to draw the breakdown of technical movements into GIFs, so that students can visually understand the movement, and simulate the teaching scene, in the form of micro-lessons to explain the key points of movement, so that learning and training more intuitive; The application of AI technology, Daily Jump rope APP and other software to distribute practice and competition notice after class, stimulate students' sports vitality and promote students to develop the habit of exercise; Comprehensive evaluation, the construction of the competition system, the establishment of students' health files, record professional quality and learning attitude, and generate qualitative and quantitative health files.

4 Conclusions

The construction of primary school physical education and health curriculum system under the guidance of core literacy is a systematic, comprehensive and multi-dimensional project, which requires core literacy to run through every link like blood, each link is linked and promoted each other, and the evaluation system is used to link each link to form a closed loop, so as to form a complete core literacy curriculum system.

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