

Thinking and exploration on improving the homework burden of primary and secondary schools in China under the background of "double reduction"

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Abstract: At present, China's basic education is implementing the policy of "double reduction". The main purpose of the "double reduction" policy is to reduce the heavy academic burden of primary and secondary schools, promote the personalized development of students, promote quality education in an all-round way, and further improve the overall strength of basic education in China. Under the double reduction policy, the improvement of curriculum quality is the necessary requirement to reduce the curriculum burden and realize the implementation of the policy. By sorting out the essence of the homework burden, this paper explores the problems existing in improving it under the policy of "double reduction", and analyzes the measures to balance the "quality" and "quantity" of homework under the background of "double reduction" in China based on practical experience.

1. Introduction

Homework is an important supplement for teachers' teaching and students' learning in primary and secondary schools. It is also of great significance to realize students' all-round development. For a long time, in the process of basic education reform, China has been very concerned about the overload of school load of primary and secondary school students, and actively committed to the relevant education administrative departments, society, schools, parents and teachers, etc., to develop and adopt various measures to achieve the purpose of reducing the burden of primary and secondary school students. In July 2021, the General Offices of the CPC Central Committee and The State Council issued the Opinions on Further Reducing the Burden of Homework and Off-campus Training for Students in Compulsory Education (hereinafter referred to as the Opinions), stipulating that the burden of homework and off-campus training for students in compulsory education should be reduced in an all-round way. The Opinions emphasized the main role of schools in educating students from three aspects: homework design and management, improving students' after-class service level and improving education and teaching quality, and systematically designed the implementation of the "double reduction" policy.

2. The essence of the primary and secondary school homework burden

Homework, "education big dictionary" on its domestic, is defined as: "in accordance with the requirements of teachers, students in extra-curricular time independent learning activities, it is generally believed that it is the extension of classroom teaching, help to consolidate and improve the students in class to learn the knowledge, skills, and cultivate the students' independent learning ability and learning habit"^[1]. More than four hundred years ago, Comenius emphasized that the essence of homework is the practical exercise or repeated drills of existing knowledge or skills. Students strengthen their mastery of the knowledge through review and preview^[2]. Teachers are usually the ones who assign homework and students are the ones who perform it. Homework is the link between the inside and the outside of class, and is also the academic task that students

should complete in order to achieve the educational goals stipulated by the state and realize their all-round development.

From the perspective of course load itself, it can be generally divided into two situations: the first is the educational content itself, specifically refers to the study content of students beyond their age range can understand and accept the degree;The second is the artificial extension of the extracurricular homework, specifically refers to the use of "sea of questions tactics" to let students break through the existing level and to complete the school's admission rate, the extension of learning time.At present, the curriculum burden of primary and secondary schools in China is mainly caused by the expansion of extra-curricular homework, the heavy learning tasks of schools, frequent examination rankings, overwhelming extra-curricular tutoring materials, and the crazy expansion of educational institutions under the "education anxiety" of parents.

Students are the future development hope of the country and the nation, and play an indispensable role in realizing the great rejuvenation of the Chinese nation.On the one hand, as students, they have the responsibility and obligation to complete the learning tasks assigned by the school, and constantly improve their personal ability development, so as to lay a solid foundation for realizing personal value and creating social value in the future.On the other hand, at present, China is comprehensively promoting quality education and advocating all-round development of human beings.From the perspective of the development of intellectual education, the overload of extra-curricular homework takes up the time of students' free activities and free creation. Schools do not pay attention to extra-curricular activities and labor education, and become the appendage of "examination". It is difficult to put theoretical knowledge into practice when they enter the society.From a physical point of view, excessive academic pressure has led to a huge increase in the rate of sleep deprivation, neurasthenia and myopia in primary and secondary schools.Proper amount of homework can effectively promote students' positive and enterprising consciousness, and learning tasks beyond a certain range will have the opposite effect, and even affect the physical and mental health development of teenagers. The primary and middle school students are in the critical period of growth and development, their physical and mental endurance and resistance to pressure are limited.However, the so-called "burden reduction" refers to the reduction of students' excessive burden, not the reduction of all students' burden.We need to carry out a comprehensive analysis in a calm and objective way, and avoid moving from one extreme to the other when dealing with problems based on the actual situation.

3. Problems that need to be addressed in the improvement of homework burden under the background of double reduction

3.1. The problem of "can not eat" and "can't eat enough"

Currently, large class teaching is still the main teaching method in China.Due to the difference of students' academic level, some students "do not have enough to eat" and some students "can not eat" appear in the same content of classroom teaching^[3]. It is precisely this reason that leads to the wild growth of after-school training institutions, which are peddling anxiety and grasping parents' psychology of not willing to be left behind.The "double reduction" policy has also reduced the burden on parents, with teachers not asking parents to correct homework and eliminating the original task of punching in mobile phones.But some parents still worry that their children can't keep up with the same classroom teaching and homework, and can only "consciously" give their children more grades after class."Double reduction" school work less, but the children are not really easy^[4].The original intention of "double reduction" is to eliminate students' inefficient study, homework and training, so as to reduce children's academic burden and pressure, parents will also "reduce pressure".In the practice of landing, but also according to the actual level of students and individual differences to do a good job of the corresponding response measures, in the decompression of students at the same time, the school and teachers to do the corresponding pressurization.Teachers should spend more time on studying curriculum standards, textbooks, and homework design, while constantly strengthening targeted guidance to students' homework,

forming a virtuous circle, reducing students' dependence on extracurricular tutoring, and achieving students' full learning.

3.2. The problem of "Quality" and "Quantity"

The "double reduction" of the root is to reduce the burden and improve the quality. The "double reduction" policy emphasizes the need to "categorize the total amount of homework", the provision of primary and secondary schools do not assign written extracurricular homework, can be appropriately arranged in the school consolidation exercises; The average writing time for grade 3 to 6 in primary school should not exceed 60 minutes, and that for junior high school should not exceed 90 minutes. Reducing homework is to reduce students' burden from the root. At present, many teachers and parents worry about how to ensure the "quality" while reducing the "quantity" of homework, and whether reducing the "quantity" can guarantee students' academic level to maintain the level before reducing the burden.

The quality of homework is directly related to its effectiveness. High quality homework plays an important role in improving students' academic level. Some scholars have found that students' academic performance is positively correlated with the design, arrangement, correction and evaluation of extracurricular homework^[5]. Proper quantity of homework can improve students' academic performance, and scientific research can help cultivate students' sense of independence and self-management ability, thus promoting students' all-round development^[6]. However, the amount of homework does not mean that students have paid corresponding efforts in the homework process. It is necessary to improve the form and content of homework to increase students' interest in homework and the amount of homework to improve the learning effect^[7]. Under the background of "double reduction", in order to exert the maximum effect of extracurricular homework, teachers should work hard on "quantity", but also on "quality", carefully select the appropriate content of homework to ensure the quality of homework, and ensure the physical and mental health of students.

3.3. The problem of "Unity" and "Autonomy"

For a long time, the main form of homework in primary and secondary schools in Our country is arranged and arranged by teachers. Under the "double reduction" policy, the emphasis is to "encourage the arrangement of stratified, flexible and personalized homework", to avoid the state of polarization caused by unified assignment of homework. The original intention of stratification and flexibility is to meet the development of students of different levels and give students a certain degree of autonomy. However, it is also a new challenge to the professional ability of teachers, which increases the workload of teachers on the other hand, which is reflected in three aspects: First, teachers should assign different grades and forms of homework according to different levels of students, so that students can choose by themselves; Secondly, it increases the difficulty of teachers' explanation. Basic knowledge can be explained in a unified manner. Faced with different types and difficulties of topics selected by students, it is difficult to be presented in a unified manner in limited class time; Finally, while increasing students' right to choose independently, it's difficult to ensure that students choose appropriate homework according to their own strength, instead of choosing homework with low difficulty level in order to shorten the homework time. All these factors should be taken into consideration under the "double reduction" policy, schools and teachers in the "stratified" and "flexible" homework exploration to solve the "personalized" and "diversity" and "unity" and "independent" problems.

4. Strategies of operation optimization and improvement under the background of "double reduction"

4.1. Improving the humanized operation management system

Under the background of "double reduction", schools should strengthen and improve their own construction and provide more humanized homework management system. The school should

combine the relevant national policies and its own school-running characteristics, constantly improve and perfect the efficient classroom teaching operation management system, and provide a feasible system to guarantee the teachers and students' operation behavior. According to the policy and development requirements of different grades in primary and secondary schools, the corresponding teaching and management system is formulated according to the law of students' physical and mental development, so as to promote the all-round development of students. At the same time, schools should constantly enrich after-school activities, adhere to the five education at the same time, and strengthen the infiltration of moral education. While strengthening students' study guidance, we should also implement labor education and physical training.

4.2. Comprehensively improve the quality of teachers' classroom teaching

Under the background of "double reduction", the improvement of classroom quality is an significant link to achieve policy implementation. When the quality of education is low, no matter how to enrich the types of homework and improve the design of homework, it is difficult to improve the quality of education. Only by optimizing classroom teaching, can we improve the quality of education, help students better digest the knowledge they have learned, and promote the comprehensive and balanced development of students' quality. On the one hand, teachers should constantly strengthen their own teaching ability, timely and effective adjustment of classroom teaching and homework design, as far as possible to teach, to ensure efficient classroom. Reduce students' dependence on extracurricular tutoring and focus on classroom; On the other hand, teachers should strengthen the guidance of homework completion and make full use of classroom teaching time and after-class delay service to strengthen the guidance of students' homework. In addition, every homework should be based on careful design and evaluation, timely analysis of the reasons for errors and targeted to give effective feedback, which not only helps students to improve the class but also helps teachers to timely and effective adjustment of their own classroom teaching and homework design problems. Teachers should make full use of classroom effectiveness, so that every student can learn and gain from work.

4.3. Establishing a new home-school coordination mechanism

As an important part of education, family education should also give full play to its role. Under the background of "double reduction", parents and schools should work in concert to create a better learning environment and provide emotional support for students. For a long time, China has been emphasizing the need to build a coordinated mechanism between home and school, and make joint efforts to promote students' better development. "Double reduction" is not only to reduce the burden of students, but also the burden of parents. "theater effect" and "prisoner's dilemma" should be eliminated. When one parent stands up, others follow, forming "inner roll"^[8]. Parents should abandon the traditional backward concept of success, objectively and rationally understand and judge school education from the perspective of truly considering the future of children, and accept the concept of all-round development of education. Help children to reasonably plan their after-school life, timely encourage children to participate in some labor and social practice and physical exercise, help children develop the initiative to complete the good habit of homework, do not assign other extra-curricular homework. Parents should act as the assistant and helper of school education reform, and implement the new policies such as homework reform and "five management".

5. Conclusion

Homework seems to be a small problem, but it is directly related to the development of students. Based on the requirements of "double reduction" policy, the quality of operation design should be improved, and the structural, hierarchical and integrated nature of operation should be concerned. Attention should also be paid to the pertinence and effectiveness of homework guidance. From bottom to top, we should pay attention to students' experience and feelings, and timely grasp students' problems in homework. To solve the homework burden of primary and

secondary school students is a long-term and complex systematic engineering problem, which requires the cooperation and participation of society, schools, teachers and parents in order to truly reduce students' homework burden and promote their own healthy development comprehensively, harmoniously and vividly.

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