

Current Situation and Consideration of Physical Education in Chinese Urban Schools

Linjing Li

Guangdong University of Foreign Studies, Guangzhou, Guangdong, 510420, China

Keywords: Physical education, Chinese urban schools, Status and countermeasures

Abstract: Building my country into a sports power is an important basic national policy. Sports not only improve the physical fitness of the people, but also realize the dream of a sports power. Based on the in-depth development of quality education, urban school physical education has been significantly improved. However, from the overall situation, the current situation of physical education in urban schools in China is not optimistic. This article first analyzes the status of physical education curriculum in urban school education, then analyzes the current situation of physical education in urban schools in China, and finally proposes relevant countermeasures.

1. Introduction

Physical education curriculum is a compulsory course in school education. However, compared with cultural curriculum, urban schools do not pay enough attention to physical education curriculum, and even become a stumbling block to the development of cultural curriculum. Of course, there are many schools attach importance to physical education, but after all, only a few. Under the concept of quality education, physical education curriculum should be placed in an important position. Through physical education curriculum, students' physical quality can be improved and basic guarantee can be provided for students' learning in school. However, under the background of long-term examination oriented education, the status of physical education curriculum in the school education system is not high as a leisure activity or game. In order to pursue the benefits brought by the enrollment rate, many schools exclude sports from the core curriculum.

2. The Status and Analysis of the Opening of Dancesport Courses in Guangdong Sports Department

According to the survey of relevant papers, 8 of the 10 physical education colleges are offering dancesport courses. The courses are mainly based on general courses. Only schools with good conditions also offer dancesport elective courses or optional courses. Two sports academies have been opened, but they have not been opened now. The main reason for the investigation is that the leaders did not pay enough attention to them, and there were no full-time teachers or venues for classes. The 8 colleges and universities that are offering dancesport courses all select 36 teaching hours and 2 weekly lessons. Dancesport is a systematic and complex course. There are not enough teaching hours. It is difficult to master the movement essentials, technical style and music rhythm of dancesport. The general courses should be no less than "72 class hours, 4 lessons per week", It is also necessary to open a special course of dancesport on the basis of the general courses, so that teachers have sufficient time to teach dancesport related knowledge, so that interested students can continue to study, so as to obtain more basic skills, Skills and theoretical knowledge, improve technical level, and lay the foundation for future teaching and lifelong sports. 6 schools mainly focus on traditional ballroom dancing and introduce some content of Standard dance and Latin dance. Only 2 schools use Standard dance and Latin dance as the main teaching content. Three schools have male and female teachers in the same class, and five schools have male and female teachers alone. Dancesport must be a male and female paired situation, two people complete various technical movements together, there are only male or female teachers in the classroom, can not fully

demonstrate the practice of movement, students cannot imitate intuitively. Physical education colleges can combine two small classes into one large class. Male and female teachers can teach in the same class. The male teacher teaches the male steps, and the female teacher teaches the female steps. After the individual movements are learned, the male and female students practice together. Female teachers jointly demonstrate and explain the essentials of movements, thereby improving the quality of teaching.

The purpose of school physical education curriculum is to improve students' physical quality, but many urban schools do not. In the process of strengthening the social and economic conditions, many students' food is getting better, and their weight is also showing a trend of obesity, leading to many physical education courses cannot be implemented according to the plan. Due to the failure to carry out the physical education curriculum normally, students lack of normal physical exercise, which makes more students fat and forms a vicious circle. The root cause of these problems is that the school physical education curriculum goal is out of touch with the reality, cannot give effective guidance for students' own physical condition, which is equivalent to depriving students of the opportunity of physical exercise, and has a certain inhibitory effect on the improvement of students' physical quality. Physical education in many urban schools is only limited to physical education curriculum, and there are relatively few physical training and exercise activities in daily life. However, in order to meet the needs of students in physical education, it is very difficult to use the way of physical exercise to meet the needs of students. In addition, the City morning air quality problem is serious, school space constraints and other factors, leading to many city schools cannot arrange students for daily physical exercise, also caused the limitations of urban school physical education. In the process of urbanization, more and more rural students enter the city to study, which increases the number of urban school students. Many school sites are relatively small. In addition, in order to meet the requirements of enrollment, we have to build teaching buildings on the basis of school sports ground planning, which leads to the serious shortage of urban school sports venues and restricts students' sports activities. In addition, many schools spend all their funds on the teaching of cultural courses, and invest less in the construction of physical education courses, venues and facilities, resulting in a serious shortage of school sports facilities, which cannot meet the needs of students for daily physical exercise under quality education.

3. The Main Problems and Reform Trends in the Reform of the Physical Education Curriculum

Through a questionnaire survey of physical education teachers in 150 schools in Guangdong Province, 53% of physical education teachers lacked understanding or half-knowledge about the teaching content, methods, and even goals and learning fields of physical education and health courses, and had a little understanding of the fitness and cultural nature of sports. The combined content is less mastered, the knowledge is too narrow, the foundation is not solid, and the innovation ability is not strong. Education in the 21st century should be a people-oriented education, which is subjective, innovative, and developmental education, that is, to promote the modernization of people's quality, and the physical education major of colleges and universities should be aimed at training specialized physical education teachers, facing schools and establish a healthy concept, as well as achieve the goal of health first. Facing the continuous deepening and continuous improvement of school sports and health courses and experiments, facing the social demand for sports talents, facing the pressure of competition, changing concepts, and cultivating Guangdong Province in the 21st century with a solid foundation, wide-calibre and high-quality. In addition, innovative sports compound talents with high social adaptability, competitiveness and business ability have reached a consensus and have been unanimously recognized and endorsed.

Facing the 21st century, the China Education Reform and Development Program pointed out that schools should shift from exam-oriented education to the track of comprehensively improving the quality of citizens. Facing all students, comprehensively improving students' physical, psychological, and social adaptability are the basic requirements of the school for physical education teachers and an important content of school physical education. In the 21st century,

school sports goals will shift from centering on sports technology and skills to centering on sports methods, sports functions, sports activities, and sports experience to achieve the goals of sports and health courses, learning field goals, and level goals. To train students in physical education majors in colleges and universities in Guangdong province, they must change their thinking, establish modern teaching concepts, update knowledge and technology, broaden their thinking, be brave in innovation, and adapt to the teaching requirements of quality education and health first.

With the rapid development of my country's economy, the rapid improvement of economic benefits, and the increasingly rich material and cultural living conditions, people's demand for sports is increasing, and the number of people who have participated in sports activities is increasing. According to statistics, about 500 million people in my country have participated in physical exercise activities. Due to the lack of social sports management and coaching talents, the ordinary people are beyond reach of superb sports technology, the penetration rate of fitness programs is not enough, and the fitness methods and methods are unreasonable, which cannot meet the society's demand for sports talents. Therefore, meeting the society's demand for sports talents has become one of the main tasks of college sports education.

4. Countermeasures for Urban School Physical Education Problems

At present, the purpose of many schools is to improve the enrollment rate, but they do not pay enough attention to the students' physical quality and moral character, which leads to the students' physical quality failing to keep up with the times and has a negative impact on the enrollment rate. Excessive pursuit of the enrollment rate will inevitably backfire. In order to effectively solve the problems of physical education in urban schools in China, we should make clear the goal of physical education according to the physical quality and physical problems of students, and constantly improve the physical quality of students, so as to provide basic guarantee for their healthy growth and performance improvement. On the one hand, the setting of physical education curriculum objectives should be based on students' physical quality, which cannot bring into full play if the goal is too low or too high; on the other hand, the principle of gradual progress must be adhered to in physical education curriculum planning to promote the overall development of students' comprehensive quality as the ultimate goal.

In order to break through the limitations of physical education at the present stage in our country, we should realize that physical education is not a one-day feat. We should integrate the physical education of students into their daily life. First, it is necessary to establish an effective school morning exercise system, so that students can use the morning for reasonable physical exercise, lay a foundation for a day's study, and maintain a full learning state; second, plan the school's existing afternoon exercise system, so that students can ease their mind and maintain a good learning state after study; third, encourage students to use their spare time for physical exercise. In order to enhance the physical quality of students and promote the development of physical education in China, we should choose our favorite sports forms, including basketball, football, hip-hop and so on.

On the one hand, we should make full use of the site resources and build small venues into long-term sports land. On the other hand, the relevant departments must strengthen the support of urban school physical education, increase the financial support, improve the school sports facilities, and provide guarantee for students' physical exercise.

5. Conclusion

As a new sports item, dancesport is a powerful way to realize happy sports; it is an effective way to realize lifelong sports; it is an emerging item to promote mental health; it is one of the effective ways to realize the new curriculum standards. It can also invigorate the campus atmosphere, enrich campus cultural life, and help improve college students' artistic accomplishment and aesthetic appeal. Sports dance classes are deeply loved and pursued by college students majoring in sports.

Physical education is an indispensable part of our education system and a key means to improve students' physical fitness. In view of the problems existing in physical education in urban schools in

my country at this stage, it is necessary to clarify the goals of physical education courses, strengthen the construction of venues and facilities, and integrate physical education into students' lives, continuously improve students' physical fitness, and cultivate more comprehensive qualities for the country and society excellent talent.

References

- [1] Fu Fangfang, Cao Zhaolian. Analysis on the Current Situation and Countermeasures of Dancesport Classes in Sports Departments of Guangdong Province. *Journal of Jilin Institute of Physical Education*, vol. 23, no. 2, pp.118-119, 2007.
- [2] Zhang Hong, Yang Zhanjun, Li Fengmei. Research on Teaching Content Reform of Major Courses of Dancesport in Sports Colleges. *Contemporary Sports Science and Technology*, vol. 5, no. 3, pp. 144-146, 2015.
- [3] Yang Defang. An Exploratory Research on the Reform of the Teaching Syllabus of Dancesport Specialty. *Chinese and Foreign Entrepreneurs*, vol. 3, no. 2, pp. 12, 2020.
- [4] Yang Yaqi. Research on the Current Situation and Countermeasures of Dancesport Courses in Physical Education Departments of Universities and Colleges. *Sports Time and Space*, vol. 2, no. 10, pp. 109-109, 2015.
- [5] Ruan Yijie. Investigation and Countermeasures on the Current Situation of Dancesport Courses in Some Universities in my country. *Sports*, vol. 11, no. 1, pp. 90-92, 2009.