

Correlation between Wushu Teaching in Secondary Vocational Schools and the Cultivation of Students' Core Competencies in Physical Education

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Abstract: This paper aims to deeply explore the important role and practical path of Wushu teaching in secondary vocational schools in cultivating students' core literacy in physical education. Through the combination of literature review and field investigation, this paper comprehensively analyzes the present situation, characteristics and challenges of Wushu teaching in secondary vocational schools, and on this basis, puts forward specific plans for innovating teaching strategies and optimizing course content and methods. It is found that the teaching of Wushu in secondary vocational schools can improve students' physical quality and sports skills, and it plays a key role in shaping students' sports spirit, teamwork ability and social responsibility. By introducing innovative strategies such as "flipping the classroom", hierarchical teaching and project-based learning, and optimizing the course content and teaching methods, Wushu teaching in secondary vocational schools can be closer to the actual needs of students, effectively stimulate students' interest in learning and promote the all-round development of their sports core literacy. Based on the above, this paper draws a conclusion: Wushu teaching in secondary vocational schools is an important way to cultivate students' sports core literacy, and its position and role can not be ignored.

1. Introduction

In today's society, with the deepening of education reform and the continuous promotion of the national fitness strategy, physical education, as an important way to cultivate students' physical and mental health and improve their comprehensive quality, is becoming increasingly important [1]. In the system of secondary vocational education, Wushu, as the treasure of China traditional culture, bears the practical value of keeping fit and defending itself [2]. At the same time, it contains profound cultural background and moral education function. However, at present, Wushu teaching in secondary vocational schools is generally faced with the problems of single curriculum, traditional teaching methods and disconnection from the needs of modern society, so it is difficult to give full play to its potential in cultivating students' all-round development. As an important part of the educational goal in the new era, the core literacy of sports discipline covers many dimensions such as sports skills, health knowledge and sportsmanship [3]. It plays an irreplaceable role in improving students' lifelong sports ability, cultivating good living habits and forming a positive attitude towards life [4]. Therefore, the combination of Wushu teaching and the cultivation of core literacy of physical education is the need to inherit and carry forward Chinese Wushu culture, and it is also an inevitable choice to improve the comprehensive quality of secondary vocational school students and adapt to the future social development trend [5].

The significance of this study lies in the in-depth analysis of the present situation and challenges of Wushu teaching in secondary vocational schools, exploring its internal relationship with the cultivation of students' core literacy in physical education, and providing new ideas and practical paths for the reform of secondary vocational education. Through the carrier of Wushu teaching, students' physical fitness and sports skills can be effectively exercised, and at the same time, their indomitable will and spirit of unity and cooperation can be cultivated. At the same time, the integration of Wushu culture into physical education will help to enhance students' cultural

self-confidence and promote the inheritance and development of Chinese excellent traditional culture. The core purpose of this study is to explore how Wushu teaching in secondary vocational schools can effectively promote the formation and development of students' core literacy in physical education. Through research, it aims to reveal the positive role of Wushu teaching in improving students' physical fitness, mastering skills, changing attitudes and accumulating knowledge, and the influencing mechanism behind these roles.

2. Status and characteristics of Wushu teaching in secondary vocational schools

As a part of the vocational education system, Wushu teaching in secondary vocational schools not only carries the task of imparting Wushu skills, but also shoulders the mission of cultivating students' comprehensive quality [6]. However, the current situation of Wushu teaching in secondary vocational schools is not optimistic, as shown in Figure 1:

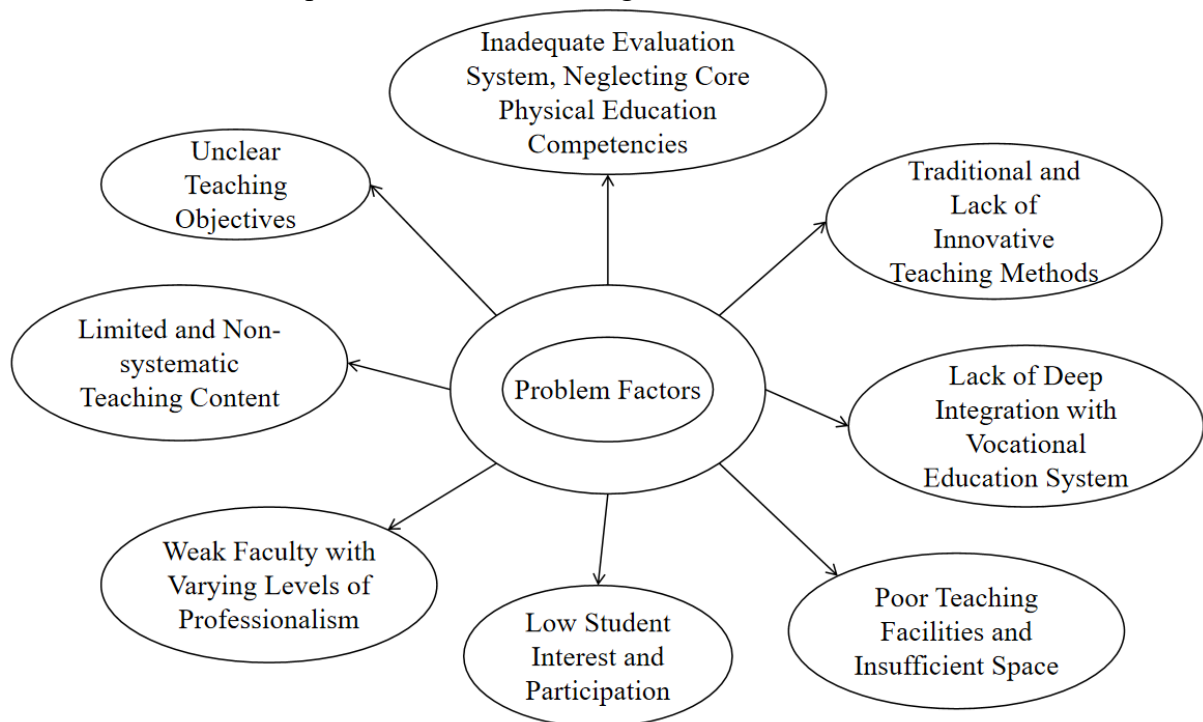


Figure 1 Issues in Current Situation of Secondary Vocational Martial Arts Teaching

These factors in Figure 1 together lead to the failure to give full play to the potential of Wushu teaching in secondary vocational schools in cultivating students' sports core literacy.

Although Wushu teaching in secondary vocational schools faces many challenges, it also has some unique advantages and characteristics [7]. ① Wushu teaching in secondary vocational schools pays attention to practicality and application, and emphasizes the practicality and application value of Wushu skills. This is consistent with the learning characteristics of secondary vocational school students, which focus on practice and pursue skill improvement. ② Wushu is an important part of China traditional culture. Its teaching contains rich cultural connotation and moral education function, which is helpful to cultivate students' cultural self-confidence and national pride. ③ Wushu teaching emphasizes both body and mind, pays attention to the improvement of physical quality, and pays attention to students' mental health and moral cultivation. This coincides with the educational goal of all-round development of secondary vocational school students.

Interest is the best teacher in learning, and it is also the key to promote students' continuous participation and in-depth learning [8]. Stimulating students' interest is very important in Wushu teaching in secondary vocational schools. Teachers can make Wushu teaching more lively and interesting by innovating teaching methods and means, and attract students' attention. Teachers can also design diversified teaching contents and forms according to students' interests and needs, so

that students can choose their learning direction according to their own preferences. In order to enhance their learning initiative and enthusiasm. By organizing Wushu competitions, performances and other activities, students are provided with a platform to show themselves and communicate and learn. This can also effectively stimulate students' interest and enthusiasm.

3. Composition and significance of core literacy of physical education discipline

3.1. Core literacy and secondary vocational education goals fit

The core literacy of physical education is an important goal of physical education in the new era [9]. It refers to the comprehensive embodiment of students' key abilities, necessary characters and values that are gradually formed in the process of receiving physical education and adapt to personal lifelong development and social needs. It is not only limited to the mastery of sports skills, but also covers many aspects such as health knowledge, sports spirit, teamwork and social responsibility. The specific display is shown in Figure 2.

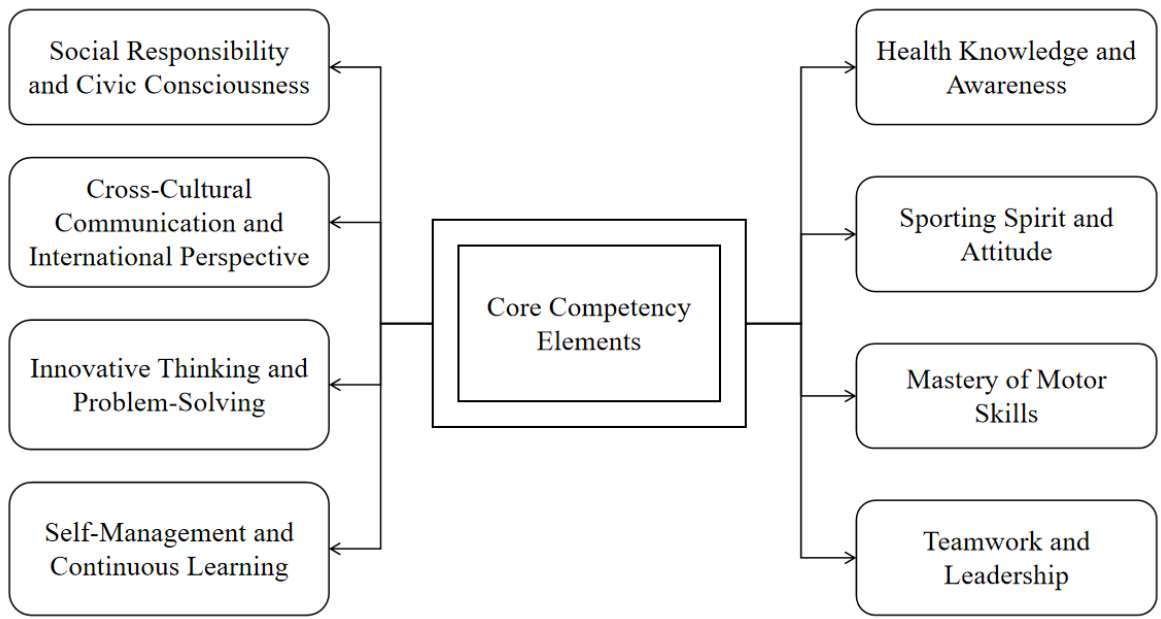


Figure 2 Components of Core Competencies in Physical Education

Secondary vocational education is an important part of vocational education. Its goal is to cultivate high-quality workers and technical and skilled personnel with professional skills, good professionalism and comprehensive ability. The cultivation of the core literacy of physical education is highly compatible with this goal of secondary vocational education. First of all, good physical fitness and athletic ability are the basis for students to engage in any occupation, which helps to improve their work efficiency and endurance. At the same time, scientific health knowledge and behavior can help students establish a healthy lifestyle, prevent occupational diseases and maintain long-term work vitality. Secondly, the qualities of teamwork and fair competition in sports spirit are very important for cultivating students' professional quality and enhancing their teamwork ability. In addition, the sense of social responsibility and leadership ability cultivated through sports activities are also indispensable qualities for the future career development of secondary vocational school students. Based on the above, strengthening the cultivation of the core literacy of physical education is the need of physical education, and it is also an important way for secondary vocational education to achieve its training goal.

3.2. Wushu teaching on the specific role of core literacy training

Wushu teaching is a special form of physical education, which has unique advantages in cultivating students' physical core literacy [10]. Wushu training can comprehensively improve students' physical fitness, including strength, speed, endurance and flexibility, and lay a solid

foundation for other sports activities. The study and practice of Wushu routine requires students to pay high attention, exercise their reaction ability and coordination, and also help to cultivate students' patience and perseverance. At the same time, traditional virtues such as respecting teachers, respecting morality, courtesy, honesty and shame contained in Wushu culture play a positive role in shaping students' moral quality and improving their cultural accomplishment. Wushu sparring and teamwork projects can also enhance students' sense of teamwork and communication skills, and cultivate their sense of collective honor and responsibility.

Through Wushu competitions and performances, students can show their achievements and enhance their self-confidence. They also learned how to keep calm and respect their opponents in the competition, which embodies the principle of fair competition and respect in sports spirit. This paper holds that Wushu teaching plays an irreplaceable role in cultivating students' sports core literacy and is an indispensable part of secondary vocational education.

4. The strategy and practice of Wushu teaching in secondary vocational school to promote students' core literacy in physical education

4.1. Innovation of teaching strategies

In order to effectively promote the formation of students' core literacy in physical education, Wushu teaching in secondary vocational schools needs to constantly innovate teaching strategies. Teachers can introduce the "flip classroom" mode, so that students can learn the basic theory by themselves through videos and materials before class, and the classroom time is more used for skill practice, question answering and interactive communication. This can not only improve students' autonomous learning ability, but also deepen their understanding of Wushu skills. The implementation of hierarchical teaching, teachers according to students' physical fitness level, skill base and interest in learning, design different difficulty course content, to ensure that each student can make progress at a level suitable for himself. Teachers can also integrate project-based learning into teaching, and encourage students to carry out group cooperative research around the theme of Wushu, so as to cultivate their research ability, teamwork ability and innovation ability. For example, discuss the historical evolution and cultural value of Wushu.

4.2. Optimization of course content and methods

In terms of course content and methods, Wushu teaching in secondary vocational schools should pay attention to diversity and practicality. On the one hand, the course content should cover the basics of Wushu, routine learning, practical skills, Wushu culture and other aspects, forming a comprehensive and systematic knowledge system. At the same time, combined with the professional characteristics of secondary vocational school students, the related Wushu application course is designed. For example, students majoring in security can learn self-defense, and students majoring in tourism can learn about the development of tourism resources in Wushu. This will make Wushu teaching closer to students' future career development. On the other hand, the teaching methods should be flexible. In addition to the traditional oral instruction, virtual reality technology can also be used to simulate the Wushu sparring scene. In order to increase the interest and interaction of teaching. Teachers can help students improve their skills and broaden their horizons in actual combat by organizing Wushu competitions and exchange meetings inside and outside the school.

4.3. Challenges and countermeasures

In the process of promoting students' core literacy in physical education, Wushu teaching in secondary vocational schools also faces some challenges. Among them, the shortage of teachers is a common problem. Some teachers lack professional Wushu background or teaching experience. In this regard, schools can improve the professional level of teachers by introducing professional Wushu coaches, organizing teacher training and establishing school-enterprise cooperation. Differences in students' interests and low participation are also a big problem. Schools can stimulate

students' interest in learning and create a strong learning atmosphere in Wushu by setting up interest classes in Wushu, holding a cultural festival in Wushu and inviting famous lectures in Wushu. In addition, the limited teaching resources are also a factor that restricts the quality of teaching. For this challenge, this paper thinks that schools can actively seek government support, social donations, or cooperate with other institutions to jointly build and maintain Wushu training venues and purchase necessary equipment. In order to provide a good material guarantee for Wushu teaching. Through the implementation of the above countermeasures, this paper holds that Wushu teaching in secondary vocational schools will better promote the all-round development of students' sports core literacy and lay a solid foundation for students' lifelong health and career development.

5. Conclusions

This paper profoundly reveals the key position and irreplaceable role of Wushu teaching in secondary vocational schools in cultivating students' core literacy in physical education. It is found that through innovative teaching strategies and optimized course content and methods, Wushu teaching in secondary vocational schools can effectively improve students' physical fitness and sports skills. And it can shape students' sports spirit, teamwork ability and social responsibility in a deeper level, and lay a solid foundation for their all-round development. With its unique cultural charm and practical value, Wushu teaching has become a bridge connecting tradition and modernity, knowledge and skills, and provided a broad stage for secondary vocational school students to show themselves and surpass themselves.

In the future, the deep integration of Wushu teaching in secondary vocational schools and the core literacy of physical education is still a field worthy of continuous exploration. With the continuous progress of educational ideas and the continuous innovation of scientific and technological means, we believe that Wushu teaching will be able to open up more diverse and effective training paths. Future research can further focus on the relationship between Wushu teaching and students' mental health, the spread and innovation of Wushu culture under the background of globalization, and how to use digital technology to enhance the interactivity and personalization of Wushu teaching. We look forward to witnessing the emergence of more innovative achievements in future research, and jointly promoting the teaching of Wushu in secondary vocational schools to a new height.

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