

# Study on National Traditional Sports of Ethnic Preparatory Education

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**Abstract:** This paper analyzes the value and feasibility of setting up national traditional physical education in minority preparatory education, and puts forward the main principles of ethnic minority preparatory education to carry out national traditional physical education teaching. It aims to promote ethnic minority preparatory education to carry out national traditional physical education and promote national tradition. The development and inheritance of sports culture.

## 1. Introduction

As a national traditional culture, national traditional sports bear the value orientation of each nation, affect the lifestyle of each nation, and reflect the cohesiveness of each nation's self-identity. It enhances the health of people of all ethnic groups and enhances the national centripetal force and cohesiveness. Promoting national unity and social and cultural progress plays an important role. Therefore, ethnic minority preparatory education plays an important role in the teaching of traditional national sports.

## 2. The value of national traditional sports teaching in ethnic pre-university education

Ethnic minority preparatory education to carry out national traditional physical education teaching can enable minority students to intuitively understand and appreciate the sports and entertainment techniques created by their ancestors in production and life, and to understand the sports material culture such as sports and sports equipment that are crystallization of their ancestors. In the continuous practice, we gradually recognize or accept the spiritual culture of the national culture system, national self-confidence and national aesthetics embodied in the national traditional sports. In addition, it promotes the understanding of ethnic minority students on national history, national nature, social environment, national customs, national beliefs and other related cultures, and to a certain extent helps minority students to achieve a sense of national belonging, national self-confidence and national self-improvement. In addition, an important goal of the preparatory education for ethnic minorities is to comprehensively improve the overall quality of students, and the traditional national sports teaching is the main way to achieve this goal. National traditional sports programs are very interesting and entertaining, which can make students feel relaxed and happy during the learning process. They feel uncomfortable in practice and feel proud in national emotions. Thereby promoting students' good development in terms of intelligence and physical fitness, personality psychology and social adaptability. Therefore, ethnic pre-university education provides national traditional physical education to cultivate a good personality for ethnic minority students and improve their overall quality, so as to take a positive role in getting into the job and better adapt to the social living environment of ethnic minority areas.

The current international situation is complex and changeable. A small number of hostile forces have begun to extend their reach to colleges and universities, among which minority students are the target of their infiltration. Ethnic minority preparatory education to carry out national traditional sports is to carry forward the spirit of national culture through simple and easy sports activities that are rich in national psychological experience and emotional needs, to educate students on humanistic quality, and to promote cultural exchanges among ethnic groups while making cultural exchanges among all ethnic groups. Minority students realize their national unity mentality, establish a good national self-confidence and pride, and have a strong sense of national cohesion. It can be

seen that the development of national traditional physical education in minority preparatory courses is an important part of the ideological and political education of ethnic preparatory education. It trains students to become qualified, politically reliable, strong-thinking and healthy, and has important practical significance for promoting the stability and development of ethnic minorities and ethnic areas.

With the advancement of the development of the western region, the demand for talents in ethnic areas is becoming more and more urgent, and the development requirements for ethnic preparatory education are getting higher and higher. This requires ethnic preparatory education to cultivate talents, not only to train and transport students with good scientific and cultural knowledge and technical ability, but also to cultivate individuals with ideological quality and physical fitness. The development of national traditional sports not only has good effects in cultivating students' good quality and strong physical quality, such as unity and cooperation, courage and hard work, but also has ethnic characteristics and local characteristics in terms of cultural connotation and expression. And the characteristics of education, the formation of these characteristics is conducive to the students of all ethnic groups to communicate and exchange with each other through the traditional sports of the nation in the study and activities, and promote the friendship between the students of all ethnic groups. This friendship will be when they leave the school to serve the society. It is consciously transformed into the driving force for national unity, social construction, and economic development.

The single physical education system with competitive sports as the teaching content no longer adapts to the development needs of current physical education curriculum. The good combination of competitive, nationalization, fitness and entertainment has become the development direction of the school physical education system in China. Due to its rich and colorful content, diverse cultural characteristics and comprehensive value function, minority traditional sports have become the main target resources development and utilization in the "new curriculum reform". Ethnic minority preparatory education to carry out the national traditional physical education teaching is in accordance with the requirements of the "National General Higher Education Physical Education Curriculum Guidance Outline", through the selection of national characteristics, high fitness value, good group foundation, entertaining, easy to learn, humanities education function Significant content supplement and enrich the existing ethnic preparatory physical education is an effective way to realize the development and utilization of traditional sports curriculum resources for ethnic minorities.

### **3. Feasibility of carrying out national traditional physical education in ethnic preparatory education**

Minority preparatory education belongs to a special unit of a national college or a college in a minority area. The inheritance and development of national traditional sports in school sports should begin with the preparatory education for ethnic minorities. On the one hand, students in ethnic areas have been fascinated by traditional national sports since childhood, and have a special national sentiment for traditional national sports. They love traditional national sports, whether in school or in school, or in social work. A veritable national traditional sports inheritor. On the other hand, with the improvement of scientific and cultural knowledge and the improvement of comprehensive ability, students in ethnic areas will continue to find problems and solve problems in traditional national sports and modern sports activities. In the long run, they will naturally become the main force in the development of traditional national sports. .

At present, national traditional sports, as an important part of our national culture, have been collected by the state and localities, and more than 900 items including competitive competitions, traditional sports activities and traditional sports games have been collected, including traditional sports of ethnic minorities. 676 items, 301 traditional Chinese sports. These traditional sports activities of various ethnic groups are diverse in form and rich in content. Many project methods are simple and easy to learn, and the requirements for venue facilities are not high. It can greatly alleviate the shortage of sports teaching funds for minority preparatory education, and the shortage

of sports venues and equipment. In addition, national traditional sports exist in the form of recreation and games, focusing on satisfying people's physical and mental needs and emotional desires, highlighting the artistic and skillful nature of people's physical activities, and its unique characteristics of fitness, fun and entertainment are also rare. The pre-university physical education curriculum and extracurricular activities provide a wealth of content, which can reform and innovate the traditional trivial teaching materials and the monotony of the teaching syllabus, and enrich the connotation of the pre-university physical education curriculum. It can be seen that the colorful national traditional sports resources provide a wide range of optional materials for the development of special sports activities for ethnic minority preparatory education.

#### **4. Basic pre-university education to carry out the basic principles of national traditional sports**

The principle of national characteristics should be highlighted according to local conditions. Ethnic preparatory education has certain regional characteristics except for the colleges of ethnic colleges. The actual situation of each school is different. Therefore, the pre-university of ethnic minorities should carry out the teaching of national traditional physical education. The content should be based on the choice of students and the local conditions, and the main traditional areas or the traditional national sports with popular characteristics. At the same time, some simple and easy projects can be expanded. The teaching content of the national traditional sports has been continuously enriched and carried out in depth, further highlighting the national characteristics.

Step by step to highlight the principles of the national focus. Some ethnic traditional sports have relatively large movements and have certain risks. They have high requirements for the speed, strength, endurance and coordination of the human body. Therefore, the common content of the nationality should be selected in the teaching content so that the students can learn easily, and the teaching content should be arranged reasonably in the teaching process, and follow the principle of gradual technical teaching. At the same time, pay attention to strengthening safety awareness education and adopt effective safety supervision and protection measures to prevent accidental accidents.

Education and music highlight the principles of entertainment and fitness. Selecting recreational and fitness projects, under the premise of respecting the culture and customs of various ethnic groups, adopting a variety of teaching methods to cultivate and mobilize students' participation awareness, fully respect the "subjectivity" of ethnic students, and exert their The consciousness, enthusiasm and initiative in the activity process allow students to experience freedom and happiness in practice. At the same time, appropriate reduction of certain technical requirements of the movement, more allows students to practice consciously in a relaxed and pleasant atmosphere, so as to better achieve the purpose of improving technology and developing physical fitness.

The principle of the innovative development of national sports and modern sports. Reasonably arrange the class time ratio of modern sports and national traditional sports, and match the time of western teaching and oriental sports in classroom teaching and practice. At the same time, it pays attention to cultivating students' sense of innovation and ability in teaching. It encourages students to use the similarities and differences between modern sports and traditional national sports to create a simple combination of fitness techniques and patterns, so that students can discuss and judge new with teachers. The practicality and aesthetics of the combination.

#### **5. Conclusion**

Ethnic minority preparatory education to carry out the teaching of national traditional physical education curriculum helps to improve the national knowledge and comprehensive quality of minority students, enhance their national sentiment and cohesiveness, is conducive to the development of minority preparatory education and the embodiment of their characteristics, and is conducive to national traditional sports. The development and utilization of curriculum resources is conducive to the formation of lifelong sports thoughts for minority students and the inheritance of

traditional national sports culture. However, China's good policy for the development of traditional national sports in school sports and rich national traditional sports resources and excellent national traditional sports teachers are important guarantees for the development of national traditional sports teaching in ethnic minority preparatory education in China, and it is in line with minority preparatory courses. Educational goals and characteristics of school requirements. Under the premise of mastering, understanding and respecting the cultures and customs of various ethnic groups, this move should follow the principles of adapting to local conditions, gradual progress, education, and innovation, and highlight the main line of national characteristics, simplicity, and entertainment.

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