

Teaching Contents and Methods of WUSHU in Primary and Secondary Schools in Harbin

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Abstract: As one of the important components of the traditional culture of Chinese nation, WUSHU has many kinds of sports and exercise methods after thousands of years of social and historical evolution and continuous accumulation and innovation of human life. It is of great significance to introduce WUSHU into physical education in primary and middle schools. At present, there are many deficiencies in WUSHU Teaching in primary and secondary schools, which can not reflect the current situation of sports development in today's society. In this paper, literature review, comprehensive analysis and questionnaire are used to analyze the current situation of WUSHU Teaching in primary and middle schools in Harbin. This paper obtains the teaching methods and contents of WUSHU in primary and middle schools in Harbin, discovers the problems in the teaching process, and puts forward some methods and suggestions to solve the problems, which will pave the way for the development of WUSHU Teaching in the future.

Keywords: WUSHU, Teaching Content, Teaching Method

As one of the traditional Chinese culture, martial arts has a long history, is set to strengthen the body, entertainment, physical fitness in one of the main fitness activities. WUSHU plays an irreplaceable role in the inheritance of national culture, the improvement of democratic spirit and the strengthening of national position in the world. As early as the early 19th century, WUSHU was introduced into schools by people of insight, and gradually became an indispensable part of school sports. But the modern society martial arts into the campus development is not optimistic, as the quintessence of Chinese martial arts in primary and secondary school classroom facing a severe challenge.

The successful holding of the Beijing Olympic Games has raised the status of Chinese WUSHU in the world. Recently, the Central Committee of the Communist Party of China and the State Council have also increased the number of WUSHU performances at the 2016 Spring Festival group meetings, and the State education authorities are attaching more and more importance to the role of WUSHU in school education. In 1961, the state promulgated the "outline of physical education textbooks for primary and secondary schools", which emphasized the national characteristics, added martial arts textbooks, and also compiled teaching materials and syllabuses for Teachers WUSHU has become the only traditional sport item in the teaching content of physical education in primary and middle schools. According to statistics, all primary and secondary schools in Harbin have developed martial arts courses, bringing martial arts to the campus and laying a foundation for the inheritance and cultivation of martial arts culture. Martial arts into the campus greatly improves the status of martial arts in the primary and secondary school physical education classes, but also to strengthen the inheritance of traditional Chinese culture, training students to learn the spirit of martial arts first. Martial arts teaching content as a compulsory content of physical education, martial arts class hours than in the past, reflecting the study of martial arts is an important way to carry forward the traditional culture of the Chinese nation. But the problems that have followed have multiplied, seriously affecting the smooth development of martial arts in primary and secondary schools in Harbin. Based on the experience of predecessors, this paper analyzes the development of WUSHU Course in primary and secondary schools in Harbin, investigates the methods and contents adopted in WUSHU Teaching, and analyzes the problems and countermeasures. It is of great importance to improve the students' physique and health, and to promote the all-round development of students' morality, intelligence, Physique, beauty and labor.

1. Current Situation of WUSHU Development in Primary and Secondary Schools in Harbin

1.1 Form of Martial Arts Classes

At present, the teaching of Traditional WUSHU in physical education in primary and middle schools is very scarce. It is understood that Harbin primary and secondary schools are numerous, but martial arts into the campus of the school is only a small number. In Harbin, only 40 percent of schools have introduced martial arts to their campuses, while 60 percent have never offered martial arts classes. Junior High School WUSHU course is better than primary school, because junior high school sports equipment and facilities are better than primary school, teachers are stronger than primary school. WUSHU is an important part of physical education, according to the syllabus for Physical Education and health. Only 40% of schools in Harbin have martial arts classes. The development of WUSHU in many schools is only an empty shell, the name is in fact dead, never really brought WUSHU teaching into school education, inhibited the development and inheritance of traditional WUSHU. Therefore, in order to carry out WUSHU Course in primary and middle schools, we should innovate and reform the content and method of WUSHU Teaching.

1.2 Forms of Martial Arts Teaching

In primary and Secondary School Physical Education, a class teaching content is less, most of the classroom are

used "sheep" teaching. In the Physical Education Class, the teacher generally arranges a teaching content, this kind of teaching method is the single teaching form. The teacher arranges two or more teaching contents, which is a compound teaching method. According to the survey, most of the martial arts classes in primary and secondary schools in Harbin adopt the form of composite teaching. Among the schools which introduced WUSHU teaching in Harbin, 85% of the schools adopted compound teaching form, 15% of the schools adopted single teaching form, the WUSHU classes in primary and middle schools were restricted by many factors, and the contents of WUSHU teaching could not be guaranteed. School leaders should give solutions to the problems of students' incorrect and unclear technical movements and the lack of WUSHU lessons, which can not arouse students' interest in learning. Thus enhances the martial arts teaching content and the teaching method to carry out smoothly in the primary and middle schools.

1.3 Investigation and Analysis of WUSHU Teaching Contents and Methods in Primary and Secondary Schools in Harbin

According to the survey, the teaching contents of martial arts classes in primary and secondary schools in Harbin generally focus on interesting martial arts, pre-level martial arts and basic skills. It is understood that secondary schools as a result of the strength of teachers, venues and facilities stronger than primary schools, are generally taking basic martial arts practice and primary boxing practice. Primary school students generally carry out moral education and ideological and moral education, learning interesting martial arts, simple and easy to learn martial arts aerobics. The teaching method of each school is different. The teaching method is used in teaching and learning. The school lacks the understanding of the connection between teaching and learning in WUSHU Teaching. According to statistics, the methods used in schools are usually teacher-based teaching methods, while ignoring the learning process of students. Therefore, measures are taken according to this phenomenon.

1.3.1 Contents of WUSHU Teaching in Primary and Secondary Schools as Stipulated in the Syllabus of Physical Education and Health

Taking "health first" as the guiding ideology, "Physical Education and Health Teaching Program" stipulates the teaching contents for students to learn WUSHU at various stages. The middle school students take the WUSHU basic skill, the development student's attack and defense ability, the fitness boxing, the elementary equipment primarily. The syllabus stipulates that martial arts teaching mainly focuses on martial arts routines, developing students' competitive sports ability, strengthening students' physical health, strengthening students' ability to jump, spin and strength, etc. So as to promote the overall improvement of students' physical quality.

1.3.2 Teaching Contents of Interest to Primary and Secondary Students

According to a survey conducted in Harbin Primary and secondary schools, some simple and easy-to-learn martial arts exercises have been brought into the school's large class break. According to interviews with some students, the martial arts teaching content that primary and secondary school students enjoy is generally martial arts exercises with music and martial arts games. Because the student age is small, is in the childhood, the student likes some to have the rhythm to be easy to understand, easy to remember the teaching content. Junior high school students like martial arts SANGDA, boxing, martial arts games, equipment teaching, with the transformation of offensive and defensive routine exercises. Generally speaking, primary and secondary school students like the modern dynamic music with the fight, martial arts calisthenics, such teaching content in line with primary and secondary school students like entertainment, the pursuit of fashion characteristics, so more popular. 1.3.3 teaching methods of martial arts in primary and secondary schools in Harbin

"School Physical Education" clearly wrote that the use of teaching methods should be based on students, teachers, venues and so on to decide. At the present stage, the most important teaching method in the Physical Education class is the teacher's explanation of the model law, and the martial arts class is different from other physical education classes. The martial arts class not only needs the teacher's explanation and demonstration, but the students need to carry out imitation exercises. It shows the relationship between teaching and learning. However, it is understood that many schools only use this method of teaching. When a teacher completes the teaching plan and the teaching goal, it is equivalent to completing the teaching task of this lesson. However, the teacher does not pay more attention to the students' learning achievements, and the class is boring. Students are not interested in martial arts. Martial arts classes are tough.

2. Problems in Martial Arts Teaching in Harbin

2.1 Dogmatization of Teaching

WUSHU is the traditional culture of our country, with a far-reaching history. WUSHU is well known in China and even in the world. In WUSHU Teaching, students should not only inherit Chinese traditional culture, but also learn the true meaning of WUSHU. However, in the Modern WUSHU Teaching, the teacher has ignored the student's individuality characteristic, each student's physical quality is different, to the WUSHU cognition is also different, therefore in the student study process produces the study behavior is also different. In practice teaching, some teachers will add some interesting games, practice routines, and finally test and evaluate the students by using the rules and methods of competition. In this way, students' ability to study independently is ignored. Students can not show their

own sports ability, and at the same time, students' psychological changes are also ignored. It is impossible to know whether students have interest in learning WUSHU. This has had the influence on the martial arts teaching. Therefore, in the teaching process, we should change the teaching thought, pay attention to the students' psychological changes at any time, not just "dogmatic" teaching.

2.2 The Teaching Content is old and single

The teaching materials are the reference for teaching. In Harbin, the contents of the teaching materials in primary and secondary schools are getting old. At present, the teaching materials are compiled according to the training of professional athletes. Primary and secondary school martial arts teaching materials should be selected according to the characteristics of students' age and the needs of their physical development. According to the survey, schools offering martial arts classes in Harbin generally focus on the basic skills of martial arts, which are the prerequisite for learning martial arts and are also very important. But also from the students' interest in learning to choose teaching content, students can learn a rich teaching content, students' learning enthusiasm has also improved.

2.3 Rigid Teaching Methods

According to the investigation: the teaching method is rigid, it suppresses the martial arts class to carry out smoothly an important reason. Most students like "sports", while "KUNGFU" in martial arts attracts more interest from students. Because martial arts in the transformation of attack and defense, a variety of techniques, leg, body method of practice plus TV propaganda students have a strong interest in martial arts learning. It is understood that in the martial arts teaching in Harbin, the students have a kind of tiredness to the martial arts classroom. It is precisely because the teachers' teaching methods are inflexible and monotonous, which can not arouse the students' interest, that the "indoctrination" teaching methods adopted by the teachers. Teaching students from beginning to end does not take into account whether the students accept it or learn it. WUSHU teachers only "train" students in one direction, and do not take into account the physiological, psychological and physical characteristics of students at this stage. Appears the martial arts class empty, tends to the form teaching.

2.4 Lack of WUSHU Teachers in Primary and Secondary Schools in Harbin

Teachers are the organizers and leaders of a class. Teachers' teaching skills and abilities are the important preconditions for the smooth development of the course. The particularity of WUSHU Teaching Requires WUSHU Teachers to demonstrate movements accurately, to have clear movement paths, to have coherent movement drills, and to have strong WUSHU cultural attainments. The professional knowledge and ability of WUSHU Teachers is an important factor to improve WUSHU teaching. Today, our country is short of WUSHU Teachers, and there are very few WUSHU teachers in Harbin. According to the survey, there is a shortage of WUSHU teachers in all primary and secondary schools in Harbin. School leaders will take measures. By the School of Physical Education Teachers or foreign frequency martial arts teachers, very few schools have professional martial arts teachers to class. This shows that there is a serious shortage of professional WUSHU teachers in Harbin, and strengthening the teachers is an important way to develop WUSHU lessons and enrich the contents of WUSHU teaching^[1].

2.5 Limitations of WUSHU Teaching Facilities and Venues

As an indispensable hardware facility in school physical education, sports equipment plays an important role in the smooth development of school physical education, and is also one of the important material guarantees for students to carry out physical education. It is understood that Harbin primary and secondary schools in the martial arts teaching, the lack of professional venues and equipment. Only 25 per cent of schools offering martial arts instruction have standard indoor gyms, while 75 per cent have no gyms and take classes in outdoor playgrounds, which limit the number of activities that can be performed. Due to the financial and other factors of schools, the equipment used in martial arts classes is also extremely short. A few schools have martial arts sticks, while others do not. This will affect students' interest in learning and limit the teaching content. According to this phenomenon, school leaders and teachers should make timely countermeasures, martial arts teaching can be carried out smoothly.

3. Ways to Renew the Teaching Contents and Methods of WUSHU in Primary and Middle Schools

3.1 Importance of WUSHU Teaching Content Updating

Under the guidance of the new course standard of physical education and health, the teaching contents of WUSHU should pay attention to the relationship between students' interest and their study life as well as the development of modern society. WUSHU Teaching should choose teaching contents according to these conditions. There are two kinds of teaching content, one is: WUSHU Theory Teaching. In theory teaching, students should be taught WUSHU Morality, WUSHU Etiquette and the importance of learning WUSHU. In theory class, teachers should let students watch some WUSHU videos so as to arouse their interest in learning WUSHU. Second: WUSHU Practice Teaching. In practice teaching, teachers should arrange WUSHU teaching according to students' interest, age and changes of students, break the original teaching system, change the backward teaching and teaching contents which have no effect on improving health. When choosing the teaching content, we should start from the aspects of health, safety, education, entertainment and science, and take into account the participation of students. This will promote the healthy growth of students, but

also strengthen the martial arts teaching to the new era.

3.2 Improvement of Martial Arts Teaching Methods in Primary and Secondary Schools

The development of the first signal system is superior to the second system, which is an obvious physiological feature of the physical development of primary and secondary school students. This phenomenon leads to the weak ability of image thinking of primary and secondary school students, so more intuitive teaching methods are adopted in teaching. Take less abstract teaching methods. This requires teachers in teaching intuitive teaching model accurate, vivid language, less use of some abstract words. Innovation WUSHU teaching method, sublation of Traditional WUSHU and application of modern education technology in WUSHU Teaching^[2-4]. Teaching methods are flexible and varied. In teaching, we should adopt correct teaching methods according to students' study interest and study enthusiasm. In the martial arts class in primary and secondary schools to break the traditional martial arts teaching methods, so that students in learning experience the interest of learning, which can not only improve the efficiency of learning students can also promote students' physical health. Get rid of the original martial arts basic skills and routines, practice and study, add some teaching contents closely related to students' study and life, let students play their subjective initiative, study actively, and cultivate students' innovative spirit, improving students' ability of practical activities. In the process of Wushu Teaching, many advanced and scientific teaching methods are adopted, such as visual teaching method, situational teaching method, heuristic teaching method, cooperative teaching and research teaching, etc. The choice of teaching methods should be based on students' interests and the concept of lifelong physical education, and be developed in a variety of ways such as "enlightenment, education, body building" .

3.3 Improve the Teaching Staff Of WUSHU Education in Primary and secondary Schools

"Teachers, teaching and solving problems" , no matter which professional teachers, if their professional skills are not good, they will not arouse students' interest in learning, and may also cause students to be tired of learning, do not like classes, do not like teachers, and so on Compared with other subjects, WUSHU Teaching is more obvious. Therefore, it is an important guarantee for the completion of WUSHU Teaching to improve the teaching skill of WUSHU Teachers. At this stage, martial arts teachers are in short supply. Therefore, more professional recruitment of martial arts teachers or some teachers for professional training. In Harbin, martial arts teaching has great advantages. First, the school may let the Physical Education teacher carry on the specialized martial arts teaching content and the martial arts teaching method study, enhances the Physical Education Teacher's martial arts level, thus enhances the martial arts class teaching quality. Second, physical education teachers can go out to participate in teaching research activities, to participate in the open classes of martial arts in various schools, to provide a platform for teachers to exchange experience, to learn the teaching theories and methods of other schools, "select its essence, to its dross. ". Third, Harbin education authorities can train Harbin as a high-level martial arts professional athlete in universities and colleges to provide a high level of education and quality for future martial arts teachers in Harbin A person of professional skill level.

3.4 Strengthen the Attention of school Leaders to the Teaching of WUSHU

Under the examination-oriented education in China, the school only pays attention to the student's cultural class result, the student's main responsibility is the study, thinks that the study result is good is the student's study result, but the student's Physique Health also appears the question slowly. Therefore, it is an essential prerequisite to strengthen the understanding of school leaders on WUSHU Teaching, which plays a decisive role in the development of WUSHU Teaching. If a school does not attach importance to the leadership of martial arts, martial arts teaching content and methods in the rich, martial arts class is only an empty shell^[4,5].

School leaders should change the idea of emphasizing literature over martial arts and strengthen students' physical health. At present, physical education has been included as a compulsory subject in the middle school entrance examination. It is understood that many primary and secondary schools in Harbin understand professional skills when they recruit pe teachers. The leaders of most primary and secondary schools that offer martial arts classes attach great importance to teachers' martial arts teaching ability From this we can see that the school leaders attach importance to the teaching of WUSHU. In Harbin's primary and secondary schools, school officials have ordered the introduction of the martial arts aerobics series into large break activities and have added martial arts performances to school sports meetings and performances The support of school leaders has strengthened the development of WUSHU classes.

3.5 Construction of Perfect Martial Arts Teaching Field Equipment

WUSHU field equipment is the precondition of WUSHU Teaching. It is understood that the martial arts teaching venues in Harbin Primary and secondary schools are poor and lack of equipment. The primary school classroom teaching difficulty is low, generally takes the interesting martial arts primarily, therefore the school has a good playground to be possible to complete. But the junior middle school classroom many take the attack and defense transformation practice primarily, needs to have the texture soft plastic field or the indoor gymnasium as well. Therefore, the Harbin Education Department should strengthen the funding of schools, provide a good learning atmosphere and improve the quality of martial arts teaching with perfect facilities In order to avoid the sports injury which is easy to occur in the course of students' study, teachers can also choose various teaching contents, thus improving students' study interest and promoting students' enthusiasm to participate in sports activities With a good mental outlook and system also improve the efficiency of students learning other cultural courses^[6].

4. Conclusion

The research of this paper is based on the content and method of WUSHU Teaching in primary and middle schools in Harbin To explore the teaching contents and teaching methods adopted by martial arts teachers in primary and secondary schools in Harbin. After thinking about it, this paper gives a clear analysis and a feasible solution to the important problem of probing into the content and methods of WUSHU Teaching in primary and secondary schools in Harbin. From the previous research, only the teacher's teaching method and the teacher's teaching content are concerned, but this article starts from the students themselves, the teacher's teaching ability level, as well as some factors that affect the martial arts teaching This paper comprehensively analyzes the causes of the backwardness of WUSHU teaching contents and methods. WUSHU teaching is a bilateral activity, so the problem should be analyzed from both sides, which is also a feature of this paper. This article has also incorporated the problems existing in WUSHU Teaching, which has also strengthened the importance attached to the development of WUSHU classes, and has also shown the seriousness of the problems to the educators and Educates, thus raising the leaders' awareness of WUSHU This will improve the quality of WUSHU Teaching. WUSHU teachers should respect each other in teaching, students and teachers should cooperate with each other in mutual respect, improve teachers' teaching skill level, enrich teaching contents and flexible teaching methods, which not only improve teaching efficiency and teaching quality, may Cause the student to the martial arts study interest, the enhancement student's physical and mental health growth. A martial arts class has rich teaching contents and flexible teaching methods, updating knowledge, keeping pace with the times, paving the way for future martial arts teaching.

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