

# Problems Analysis and Countermeasures Research on PE Curriculum Reform in Primary and Secondary Schools under the New Curriculum Concept

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**Abstract:** With the implementation of China's efforts to strengthen the quality education programs in primary and secondary schools and further advancement, the physical education teaching model in primary and secondary schools has undergone great changes and improvements in recent years. But at the same time, we can also deeply feel that there are still some problems and shortcomings in the current physical education teaching in primary and secondary schools, which requires the physical education teachers to constantly improve the teaching concept and optimize the teaching content. Under the concept of the new curriculum education reform, the physical quality of primary and secondary school students across the country has become the core content of the education community. This paper analyzes the problems existing in the physical education curriculum of primary and secondary schools under the new curriculum concept and proposes corresponding and reasonable countermeasures.

**Keywords:** New curriculum concept; Primary and secondary school; Curriculum reform; Countermeasure research

## 1. Introduction

The teaching of physical education in primary and secondary schools nationwide belongs to the category of quality education under the new curriculum reform in the country. Strengthening the reform of physical education curriculum in primary and secondary schools nationwide is the key to deepening quality education, and it is also a very important educational reform measure. In order to train students to participate in sports training under the new curriculum concept, students must be able to learn the necessary professional skills in the physical education curriculum and improve their interest in physical education. This will promote the overall development of students. Therefore, it is necessary for school educators to effectively innovate students' physical education classroom learning methods and to more effectively master various sports skills. This paper expounds the teaching of physical education curriculum in primary and secondary schools under the new curriculum background from two aspects. On the one hand, under the new curriculum background, the teaching of physical education in primary and secondary schools neglects its own role and value, on the other hand, the strength and weakness of the physical education curriculum in primary and secondary schools under the new curriculum background. Then it is discussed from the following two aspects: First, the

teaching of physical education in primary and secondary schools should update the ideas and concepts in the context of the new curriculum. Second, the physical education in primary and secondary schools should improve the professional quality and level of teachers in the new curriculum. Furthermore, it puts forward a strategy that is reasonable and can satisfy the teaching of physical education curriculum in primary and secondary schools under the new curriculum background.

## 2. The Significance and Necessity of the Reform of Physical Education Curriculum in Primary and Secondary School under the New Curriculum Concept

Since the reform and opening up, China's primary and secondary education has been greatly improved, especially the introduction of nine-year compulsory education is in line with China's basic development of the country. With the continuous deepening of the new curriculum reform of quality teaching, various teaching ideas have changed. This also requires teachers to change the traditional teaching methods in the past, to open up new and innovative teaching methods that can meet the current social development trends. Primary and secondary school teachers should take the curriculum indicators as the teaching objectives, and always pay attention to and

strengthen the theoretical performance of the disciplines, rationally set up comprehensive courses and properly carry out comprehensive practical activities.[1] Therefore, we must first cultivate the health and sports quality of primary and secondary school students, enhance the physical fitness of primary and secondary school students and establish a reasonable awareness of healthy sports, and help primary and secondary school students develop good habits and styles of self-exercise. In turn, it can promote the development of their comprehensive quality. At the same time, the improvement of physical quality is also conducive to helping students alleviate the various pressures on heavy learning. This shows that increasing the extracurricular activities of primary and secondary school students will greatly help students' physical health and future development.

For a long time, the educational philosophy in our country has always been based on achievements, especially the requirements of cultural achievements are extremely extreme. The original quality education has become a well-known exam-oriented education. The teaching of physical education in primary and secondary schools cannot be fully taken seriously by educators. Physical education in primary and secondary schools has always been in a particularly embarrassing position. Physical education itself has no important role for primary and secondary school students. In the classroom of physical education teaching in primary and secondary schools, many school students show a free and sloppy phenomenon in physical education. Physical education teachers have not made explicit demands on students, and they will not seriously prepare for physical education. Therefore, the physical education classroom in primary and secondary schools is not conducive to the overall improvement of the quality of students, and does not have the function of exercising. Therefore, the teaching of physical education in primary and secondary schools requires physical education teachers to think deeply. Teachers should think about the countermeasures and methods of physical education and teaching, and improve the quality of physical education teaching in primary and secondary schools. Especially in the context of the current new curriculum, the syllabus has put forward more stringent requirements for the teaching of physical education in middle schools, and put forward new standards for the quality of primary and secondary school students. Therefore, summarizing the teaching problems of physical education in middle schools and improving the teaching status of physical education has become a must.

In recent years, it is difficult to achieve good education and teaching effects in physical education in primary and secondary schools in China, and it is even more difficult to achieve the goal of comprehensively improving the physical quality of primary and secondary school students. This also makes it difficult for primary and sec-

ondary school students to develop their own good exercise habits. This situation has been widely concerned by primary and secondary school physical education teachers, and has attracted the attention of many sports education and teaching researchers. Along with the implementation and continuous development of the current new round of curriculum reform, there has also been a certain change in the teaching of physical education in primary and secondary schools. This is a project that requires all middle school physical education teachers to actively participate. This requires more physical education teachers to implement them. In the process of continuously deepening the reform of the new curriculum, the teaching of physical education in middle schools presents some problems. In this paper, the author analyzes the problems existing in physical education in middle schools, and discusses the countermeasures of physical education in primary and secondary schools under the new curriculum background.[2]

### **3. Problems in Physical Education Teaching in Primary and Secondary School under the Background of New Curriculum**

#### **3.1. Under the new curriculum background, physical education in primary and secondary schools neglects its own role and value**

In essence, secondary education is still in the test-taking stage where the examination is the dominant factor. Therefore, those subjects in exam-oriented education such as English, mathematics and Chinese achievement are highly valued by schools, teachers and parents. Compared with physical education, although there are exams in middle school sports, physical education in primary and secondary schools will not be taken seriously. Physical education subjects have always been regarded as deputy subjects. In the eyes of educated students and teaching staff, the role of physical education teaching in primary and secondary schools is nothing more than relieving tension, relaxing properly, etc. Many people think that the teaching of physical education in primary and secondary schools does not have much effect. The university mainly relies on the achievements of cultural subjects such as mathematics and English. Sports achievements cannot solve any problems. Therefore, many schools and many teachers will take up the time in the physical education class in order to improve their rate of enrollment, and even more will directly cancel the physical education class. Changing the physical education curriculum to a cultural curriculum, many parents are also very supportive of this decision, and some very hard-working students are happy.[3] It can be seen that all sectors of society cannot fully recognize the role and value of physical education curriculum. This has largely hindered the development prospects of the physical edu-

education curriculum in the curriculum of primary and secondary schools.

### **3.2. Under the new curriculum concept, the intensity of physical education in primary and secondary schools is relatively weak**

In the process of teaching physical education in primary and secondary schools, physical education teachers have direct and important responsibilities. Primary and secondary school physical education teachers must fully consider the content of physical education curriculum, and develop the intensity, training time and training plan for physical education curriculum in primary and secondary schools. In the plan, the training method should be clearly defined. In recent years, the physical education teachers employed in primary and secondary schools in China are all teachers who specialize in sports. The physical education and physical quality of physical education teachers are relatively high. However, in terms of education and teaching, many physical education teachers do not know where to start, and they do not know how to carry out physical education curriculum. These physical education teachers lack the ability to regulate teaching and the ability to coordinate teaching and the ability to teach organizational skills, etc. Therefore, their physical education and teaching results are relatively small, and the intensity of implementing physical education and teaching is relatively weak.

## **4. Physical Education Teaching Strategies in Primary and Secondary Schools under the New Curriculum Concept**

### **4.1. Under the new curriculum concept, the teaching of physical education in primary and secondary schools should update their thoughts and concepts**

Relevant research and data show that the implementation of physical exercise can not only achieve the role of physical fitness, but also fully develop people's intellectual activities, which is very important to improve people's personality. Therefore, it is necessary for school educators to pay full attention to sports and to correctly consider the role of physical education in primary and secondary schools. Let educators improve their own understanding of the ideological aspect, reasonably view the diversified functions of physical education and teaching in primary and secondary schools, and then pay full attention to the teaching of physical education in middle schools and actively carry out physical exercise. In the end, primary and secondary school students will be able to improve their overall quality. Therefore, it is necessary to require physical education teachers in primary and secondary schools to change the traditional concept of education and teaching in the past. Physical education and teaching can not only train students' physical fitness,

but also integrate the educational ability into the physical education teaching in primary and secondary schools. Teachers can also improve the interest of primary and secondary school students in physical education through the implementation of game teaching methods, so that they can fully recognize the important position of physical education in primary and secondary schools.

### **4.2. Under the new curriculum concept, physical education in primary and secondary schools should improve teachers' professional quality and level**

In order to improve the quality of physical education and teaching in primary and secondary schools, it is required that primary and secondary school physical education teachers must upgrade their own sports professional standards. Only in this way can we implement professional physical education and teaching for primary and secondary school students. Before the teacher starts the physical education class, the teacher is required to prepare for the class by means of lesson preparation and so on. In the process of preparing physical education courses, teachers must make specific plans for physical education classes, make clear the training methods to be adopted in class, adopt correct physical exercise items, reasonably allocate time in class and control the training intensity. In addition, physical education teachers in primary and secondary schools are required to constantly improve their professional quality and moral standards. Every kind of behavior made by the PE teacher must conform to the moral requirements of the teacher, as well as strict requirements on their own training level. Physical education teachers only through continuous learning and innovation, can fundamentally change the physical education teaching classroom and atmosphere, and then really enable primary and secondary students to participate in physical education classroom, improve their own physical and psychological quality.

### **4.3. Under the new curriculum concept, the physical education teaching in primary and secondary schools should improve the evaluation system**

The evaluation system of school education and teaching implemented in China can not only supervise and guide the improvement of teaching methods of teaching teachers, but also supervise the teaching quality of teachers to a certain extent. Similarly, this has an important role to play in the teaching reform of physical education in primary and secondary schools. Further improving the teacher's teaching evaluation system plays an important role in comprehensively improving the quality of physical education in primary and secondary schools. First of all, objective evaluation of the academic performance of primary and secondary school students should be carried out, especially to grasp the assessment of students' practical courses. Because the way and key of the physical

education assessment is the complete display of the movement, it is crucial to evaluate the students' practical activities.[4] Secondly, it is necessary to let the primary and secondary school physical education teachers pay attention to the fact that the principles of process evaluation and result evaluation are combined, and blind evaluation cannot be generalized. Establishing a systematic and reasonable evaluation model is a relatively scientific evaluation method.

## 5. Conclusions

At present, the education department of our country pays special attention to the teaching of physical education in primary and secondary schools. The physical education curriculum in primary and secondary schools is especially important for the development of students' comprehensive quality. There are still various shortcomings in the teaching of physical education in primary and secondary schools, which seriously hinders the development of the comprehensive quality of primary and secondary school students. Only from the perspective of reform and innovation can we better promote the further development of physical education curriculum in primary and secondary schools. Under the current concept of new curriculum reform, primary and secondary schools should strengthen physical education, strengthen the cultivation and development of physical education for primary and secondary school students, and promote their multi-faceted improvement. Physical education teachers in primary and secondary schools in China must follow the new curriculum reform philosophy prudently and at the same time, and must use new teaching concepts to improve the comprehensive ability of primary and secondary school students. This is a long-term and worthwhile job. As a pri-

mary and secondary school physical education educator, they should enable students to fully understand the true charm of sports. In the daily teaching process, the teacher should pay more attention to the students' physical exercises, and timely discover and improve the shortcomings in the teaching. In the teaching of physical education in primary and secondary schools, students should feel that physical activity can relax and let them have a good learning attitude, laying a solid foundation for further in-depth learning and development in the future. In summary, the only way to promote the comprehensive reform and development of physical education curriculum for primary and secondary school students is to train more outstanding innovative talents for the country.

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