

# Construction of Core Literacy in Primary School Physical Education Classroom under the Perspective of Curriculum Reform

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**Abstract:** Core literacy is an important direction of the new curriculum reform and an important goal of the current education and teaching reform. This goal requires the primary school physical education classroom to have new teaching concepts and methods, and to carry out physical education teaching activities based on the cultivation of students' core literacy. Therefore, in the primary school physical education class, teachers should combine the physical and mental development characteristics of pupils, actively change the teaching concept and method of physical education classroom, and build the core quality teaching system. This paper mainly expounds the problems existing in the core quality of primary school physical education classroom and training strategies, in order to promote the healthy development of pupils' physical and mental health and improve their comprehensive quality.

**Keywords:** Curriculum reform; Physical education classroom in primary school; Core literacy; Construction strategy

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## Introduction:

Core quality education is an important part of current quality education and an important content of the new curriculum reform. It is of great significance to comprehensively promote quality education and promote students' healthy growth and all-round development. However, there are still many problems in the core quality teaching in primary school PE classroom teaching, which affect the healthy growth and all-round development of primary school students to a certain extent. How to solve these problems is worth thinking about for the current PE teachers.

## 1. Problems existing in the core literacy teaching of physical education in primary schools under the perspective of curriculum reform

### 1.1 The lack of clear goals in PE classroom teaching has a negative impact on students' overall development

In the traditional physical education classroom teaching, teachers often arrange the teaching content in one class to carry out unified training for students, but the knowledge learned by students can not be consolidated and applied after class, let alone develop it comprehensively. This is detrimental to the overall development of students. In addition, due to the unreasonable arrangement of teaching content, teachers will adopt a single form of training in class, such as letting students do long-distance running exercises or strength training, so that the knowledge learned in class cannot be consolidated and applied <sup>[1]</sup>.

### 1.2 Excessive pursuit of sports skills and neglect of students' quality education in PE classroom teaching

In the teaching process, many teachers pay too much attention to the training of sports skills and ignore the improvement of students' physical quality, which leads to the decline of students' physical quality and the improvement of students' health level. The main purpose of students' participation in sports class is to master sports skills, which makes students only pay attention to the mastery of sports skills in the learning process, ignoring other aspects of learning. Some physical education teachers excessively pursue the mastery of students' sports skills in the teaching process, which leads to the reduction of students' physical quality. In PE classroom teaching, teachers should teach pupils according to their physical characteristics and the law of physical and mental development to promote their healthy growth.

## **2. Core literacy training strategies of primary school physical education classroom under the perspective of curriculum reform**

### **2.1 Change the teaching concept**

In physical education teaching, teachers should take students as the foundation, actively change the teaching concept, based on the cultivation of students' core quality, and promote the healthy development of pupils' physical and mental health. It is necessary to strengthen students' awareness of sports participation and encourage students to participate in sports actively. It is necessary to strengthen students' physical quality training and improve their sports skills. We should pay attention to the cultivation of primary school students' core qualities such as the awareness of rules and the awareness of teamwork in PE teaching activities; We should pay attention to the cultivation of students' physical and psychological quality, strengthen students' health awareness and self-protection ability. For example, in the first grade physical education class, teachers can let primary school students to stand long jump, skip rope, sit forward bending and other practice activities, on the one hand can improve the physical quality of primary school students, on the other hand can enhance the team spirit of primary school students. Through practical activities, primary school students not only improve their physical quality, but also develop a sense of cooperation. This not only conforms to the cultivation goal of core literacy, but also promotes the all-round physical and mental development of primary school students.

### **2.2 Enrich the teaching content**

In the primary school physical education class, teachers should pay attention to the training of sports skills, improve students' sports skills, so that students can better master sports skills, and improve the effect of physical education classroom teaching. Therefore, in the primary school physical education class, teachers should constantly enrich the teaching content, and constantly improve the students' sports skills. First of all, teachers should make innovations according to the content of the textbook. The content of physical education textbooks in primary schools is rich and varied. Teachers should innovate the content of physical education textbooks on the basis of following the rules of physical education, such as combining the horizontal bar, parallel bar and other sports equipment with other sports, so that students can experience more fun when learning sports skills. Secondly, teachers should optimize the teaching methods in PE classroom. Through the creation of problem situations, interesting games, independent activities and other ways to stimulate students' learning interest and enthusiasm, mobilize students' learning enthusiasm, and guide students to actively participate in sports [2].

### **2.3 Innovative teaching methods**

The key of primary school physical education is that students learn physical education knowledge and skills, so teachers should actively innovate teaching methods in physical education, so that students can master more knowledge and skills in a happy learning atmosphere. For example, when teaching football in the third grade of primary school, teachers can organize students to play group games, and let students independently design group rules, and then teachers and students play football games together. For example: "Rule 1: Team members pass, dribble, shoot, stop, etc." The teacher can divide the students into several teams to compete, and each team sends one player to participate in the competition. Through this form of game, students can not only stimulate the sense of competition and cooperation, but also let them experience the joy of success in the game. Therefore, in physical education teaching, teachers should combine the characteristics of students' physical and mental development and teaching objectives to require innovative teaching methods.

### **2.4 Build a sound evaluation system**

After the new curriculum reform, teachers should change the traditional single evaluation method in teaching, and evaluate students in various ways. For example, teachers can use Internet technology to establish student sports files, and then record the process of students' physical learning and physical exercise. Teachers can also build a perfect evaluation system, conduct scientific evaluation of students' learning and development, and give timely feedback on students' performance. In daily teaching, teachers can also use classroom evaluation to understand students' learning situation in time, and help and guide them according to their shortcomings. Of course, in daily teaching, teachers can also set some open questions in class to encourage students to actively think and answer questions. In group cooperative learning, teachers can guide students to solve problems through discussion. These evaluation systems are designed to promote the development of students' comprehensive quality, and these evaluation systems can effectively promote the healthy development of students' physical and mental health and the improvement of sports ability. In short, under the new curriculum reform, teachers should constantly strengthen the cultivation and improvement of primary school students' core literacy.

## 2.5 Carry out comprehensive practical activities

In physical education teaching, teachers can organize and carry out comprehensive practical activities around students' actual life, so that students can feel the charm of physical education in practical activities and promote the cultivation of students' core qualities. In primary school physical education, teachers should combine the age characteristics, life experience and cognitive level of primary school students, organize and carry out rich physical education comprehensive practice activities, so that students can learn through practical experience. For example, in the teaching activities of "playing table tennis", teachers can organize students to carry out "table tennis competition" and let students choose their favorite table tennis games. Before the competition, teachers should guide students to choose the venue, equipment, sports clothing, competition rules and so on. In the process of the game, teachers should guide students to serve, catch, dribble and other links of practice in accordance with the regulations, and organize the field referee and umpire. By carrying out comprehensive practical activities, students can feel the fun and charm of sports. Through these activities, students' knowledge and understanding of sports can be improved, and their social adaptability can be improved [3].

## 2.6 Carry out extracurricular physical exercise

In the primary school physical education class, teachers should strengthen the guidance of extracurricular physical exercise for students, guide students to participate in extracurricular physical exercise, so that students can cultivate interest in sports activities and enhance physical quality. For example, when performing skipping exercises, teachers can guide students to perform skipping exercises in combination with teaching content, and teachers can help students improve their physical fitness by guiding students to perform skipping exercises. For example, when teaching "Skipping Rope", teachers can let students perform skipping rope practice according to the teaching content, so that students can feel the happiness and fun brought by sports in the process of learning skipping rope. After learning "Table tennis" this course, teachers can guide students to carry out table tennis competition to further strengthen the effect of physical education classroom teaching. In short, the primary school sports classroom should pay attention to the students' sports interest guidance and training, help students improve sports ability, enhance physical fitness, so that students feel happy and fun in sports learning.

## Conclusion:

In short, under the background of the new curriculum reform, teachers should fully realize the importance of cultivating students' core literacy, actively change the traditional teaching methods and teaching concepts, and actively build the teaching system of primary school students' core literacy, so as to improve the comprehensive quality of primary school students. In primary school physical education class, teachers should actively create relevant teaching situations, guide students to participate in physical education classroom activities, and promote the healthy physical and mental development of primary school students.

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