

# Research on the Coupling Development of Chinese Traditional Sports and School Sports under the Background of New Curriculum Standards

Mengzhao Han, Xinguo Yuan <sup>Corresponding author</sup>

School of Education and Physical Education, Yangtze University, Jingzhou 434023, China

---

**Abstract:** In recent years, along with the in-depth implementation of the education system reform in our country, under the background of the new subject, the education system and education concept in the field of our country for each subject have improved and innovative. As far as Chinese traditional sports are concerned, in the next specific work, how to combine with school sports to achieve better educational results is worthy of in-depth exploration and exploration by relevant practitioners and theoretical researchers. In this paper, the author combined the relevant experience, according to the empirical research content of relevant literature, aiming to reveal the specific mechanism, development path and practical significance of the coupling development of traditional sports and campus sports, and made a multi-faceted analysis on the above issues, so as to provide guidance and help for the development of traditional sports in school sports.

**Keywords:** New curriculum standard; Tradition; Sports events; Coupling development; Study

---

## Introduction:

In recent years, with the further implementation of new curriculum standards in our country, physical education has played an important role in cultivating students' comprehensive quality. As an important part of China's traditional culture, Chinese traditional sports have rich cultural background and historical connotation. In the actual classroom, how to better integrate the traditional sports and school sports to achieve the combined development has become an important research topic in the field of physical education.

## 1. The mechanism of the coupling development of Chinese traditional sports and school sports

In China's cultural background, traditional sports carry rich cultural background and connotation, they are not only the display of sports, but also the concentrated embodiment of the spirit and wisdom of the Chinese nation. As an important platform for the development of students' comprehensive quality, the physical education classroom of the school shoulders the important responsibility of carrying forward and inheriting the excellent traditional Chinese culture. The coupling development between the two can help stimulate students' sense of belonging and identity to the traditional culture on the one hand, and better help students' physical and mental development on the other hand. Through the introduction and integration of traditional sports, the school can better help students to build a strong body in sports, but also feel the deep connotation and charm of our traditional culture in the process of learning, and thus realize the dual promotion of physical and mental health.

## 2. The coupling development path of Chinese traditional sports and school sports

### 2.1 Curriculum integration path

The integration of Chinese traditional sports with the school physical education curriculum system is a highly innovative measure, which is not only the inheritance of traditional culture, but also the cultivation of students' comprehensive ability. Therefore, the school can set up a special traditional physical education classroom, so that students can learn the traditional physical education content through the physical education classroom system, and enjoy the charm of traditional physical education through practice. When

carrying out sports courses, schools can invite professional traditional sports coaches to teach students excellent sports skills and teach the time-honored cultural connotation of these sports, so that students have the opportunity to deeply understand the unique cultural charm of traditional sports such as martial arts, Tai chi, dragon boat race and other traditional sports in China, and master sports skills in practice.

## **2.2 Teacher training path**

In order to ensure that Chinese traditional sports can be effectively developed and inherited in today's school physical education classroom, it is necessary to constantly train the professional quality and skills of physical education teachers. First of all, schools regularly organize special physical education training and knowledge tests for physical education teachers, which can include the analysis and explanation of theoretical knowledge. For example: historical background, cultural connotation and origin of sports events, through the transmission of practical technology, skill essentials, training methods and technical movements, teachers can deeply understand the content and essence of traditional sports events, and master its unique training skills and teaching methods. In addition, during the training process, sports experts with rich experience can also be invited to share their experience and experience, and teachers can be organized to exchange discussions and actual observation, so as to grasp the practical application of traditional sports in a more comprehensive way. In addition, schools should also actively encourage physical education teachers to actively participate in the teaching and research and exploration of traditional physical education, so as to constantly bring forth new teaching methods and improve teaching effects.

## **2.3 Activity promotion path**

In order to stimulate students' enthusiasm and interest in traditional sports, schools should actively organize various forms and rich contents of traditional sports campus activities and competitions. On the one hand, the above activities are the exercise and testing of students' sports skills, and on the other hand, they are also the promotion and development of Chinese traditional culture. Sports events such as Tai Chi and martial arts performances can be held regularly on campus. These events can be inter-class or inter-grade rivalry matches, or friendly matches organized between classes. During the competition, students can fully show their skills and talents, and also feel the fun of competition and the importance of teamwork. In order to make more students participate in it, schools can also use their spare time to organize some traditional sports activities, such as kicking shuttlecock and playing diabolo. Through these easy-to-understand and easy to learn activities, students can more easily and happily integrate into and feel the charm of traditional sports<sup>[1]</sup>.

# **3. The practical significance of the coupling development of Chinese traditional sports and school sports**

## **3.1 Is conducive to the inheritance and promotion of traditional Chinese culture**

Sports curriculum activities of the school are an important platform for carrying forward and inheriting traditional Chinese culture. Through these well-designed classroom activities, students can experience the charm of traditional Chinese sports more directly and deeply, thus deepening their sense of identity and acceptance of excellent traditional Chinese culture. When carrying out school physical education courses, students can make overall consideration through practice and understanding the cultural connotation of these projects, so that they can experience the effect of physical and mental integration exercise brought by traditional sports projects in practice, and feel the moral concepts and philosophical connotations, so that students can develop correct values, outlook on life and world outlook. In addition to sports courses, schools can also organize various traditional sports events and performance activities to provide a stage for students to show themselves and stimulate their enthusiasm and interest in these traditional sports<sup>[2]</sup>.

## **3.2 It is conducive to the comprehensive development of students' physical and mental health**

Since ancient times, Chinese traditional sports have emphasized both internal and external training. The output of this unique value reflects the Chinese nation's in-depth understanding of spiritual cultivation and physical health, and also has a positive impact on students' physical and mental health in practice. In terms of body, traditional Chinese sports attach importance to the coordination of various body gestures and movements to cultivate the coordination and strength of the body. For example, the slow movements of Tai Chi allow students to relax and improve their flexibility, while the quick reflexes and accurate movements of traditional martial arts can build strength and agility. The development of these training, on the one hand, can enhance the physical fitness of students, on the other hand, it can prevent diseases and ensure the health of students. From the perspective of psychological analysis, traditional sports in China are also of great value. They require students to maintain inner concentration and tranquility during sports, and achieve physical and mental unity through coordination of breathing and movements. Such training also helps to cultivate students'

perseverance and self-control, enabling them to remain confident and calm in the face of difficulties and challenges [3].

### **3.3 Promote the innovation and development of school physical education**

The deep integration of Chinese traditional sports into school physical education not only inherits traditional culture, but also injects new vitality into the innovation and development of school physical education. This kind of integration can integrate new resources and ideas into school physical education, and continuously enrich the form and content of physical education through the combination of traditional sports items, which greatly improves the level and quality of school physical education [4]. Specifically, the profound cultural heritage and unique skills displayed by traditional Chinese sports can provide valuable educational resources for the innovation of physical education in schools. Because of its unique sports form, cultural connotation and training methods, these projects can provide rich teaching materials and teaching inspiration for physical education educators. By introducing traditional sports, schools can break the limitations of traditional sports courses, develop a unique and targeted sports education model, and constantly meet the needs and interests of students [5].

### **Closing remarks**

To sum up, under the background of the new curriculum standards, the coupling development of Chinese traditional sports and school physical education has profound practical significance and theoretical research value. Through curriculum integration, teacher training and activity promotion, the coupling development of the two can be realized, and the innovation and development of school physical education can be continuously strengthened. It is believed that in the future, through the further integration and practical exploration of the two, more comprehensive talents with all-round quality can be cultivated for our country.

### **References:**

- [1] LAI Cailing. Research on the Coupling Development of National Traditional Sports and School Education under the background of the New Era [J]. International Conference, 2022(11) : 100.
- [2] Bao Weiqi. Research on the development of “One School, One Product” sports traditional project schools under the background of integration of sports and education -- taking Jingzhou City as an example [J]. Journal of Wuhan University of Physical Education, 2022(5) : 229.
- [3] Lu Yanan. Research on the Integrated Development of National Traditional Sports and School Education from the perspective of Coupling mechanism [J]. China Mass Education, 2022(1) : 522.
- [4] Liu Mannan; Yu Mengyuan. Research on the Coupling development of National traditional Sports and school Sports under the background of new curriculum standards [J]. Ethnic Education, 2022(10) : 112.
- [5] Zhou Yan; Jiang Fengyun. Research on the Development of Teaching Practice of Ethnic Traditional Sports in schools [J]. Contemporary Sports Science and Technology, 2021(6) : 89-91.

### **About the author:**

Mengzhao Han, 2002.7.23 Male Han nationality

### **Corresponding author:**

Xinguo Yuan (1972-), male, born in Tianmen, Hubei Province, master student, professor, master supervisor. Research direction: Traditional national sports.