

How to integrate Chinese Excellent Traditional Culture into high School Physical Education

Siyu Liu

Chongqing Tongliang Middle School, Chongqing, 402560, China

Abstract: As the spiritual wealth of the Chinese nation, excellent Chinese traditional culture has irreplaceable important value, and it is of great significance to integrate it into senior physical education teaching. Teachers should combine the rich and diverse elements of Chinese excellent traditional culture with high school physical education, so that students can experience the charm of traditional culture through practice and draw spiritual nourishment from it. Based on this, this paper first analyzes the practical significance of integrating traditional culture into high school physical education, and then discusses its integration path based on the author's practical experience, in order to provide references for colleagues.

Key words: traditional culture; Senior high school; PE teaching; Integration path

Introduction

The fine traditional Chinese culture is not only the symbol of the national spirit, but also the crystallization of the 5,000 years of wisdom of the Chinese nation, which plays an important role in the development of today's society. As an important part of the education system, physical education in senior high school can effectively integrate into traditional culture, which can not only effectively promote the improvement of students' moral quality and cultural quality, but also further promote the inheritance and development of culture. In the process of implementing high school physical education, we should attach importance to the integration of traditional culture and the innovation of its integration path.

1. the practical significance of integrating Chinese excellent traditional culture into high school physical education

With the development and progress of society, the importance of traditional culture has become increasingly prominent. It is the spiritual pillar of people and the bridge connecting people with the past, present and future. And high school physical education, not only exercise students' physique, but also cultivate students' team spirit, indomitable quality, positive attitude towards life is an important way. It is of profound practical significance to integrate Chinese excellent traditional culture into high school physical education. First of all, the integration of excellent traditional Chinese culture into high school physical education is helpful to cultivate students' moral quality. The excellent traditional Chinese culture contains rich humanistic spirit, such as respect for the old and love for the young, honesty and trustworthiness, unity and friendship, which can be reflected in physical education teaching. For example, through team activities, students can experience the importance of solidarity, friendship and mutual help; By challenging themselves, students can develop the spirit of perseverance and courage. Secondly, the integration of excellent traditional Chinese culture into high school physical education is helpful to improve students' cultural accomplishment. China's traditional sports, such as Taijiquan, dragon and lion dance, shuttlecock, etc., all contain rich cultural connotations. By learning these traditional sports, students can not only understand the traditional Chinese culture, but also improve their cultural literacy. Finally, the integration of traditional culture into high school physical education helps to promote the inheritance and development of culture. By introducing traditional sports items into physical education teaching, students can better understand and accept traditional culture, thus promoting the inheritance and development of culture. It can be seen that the integration of Chinese excellent traditional culture into high school physical education has important practical significance, which not only helps to cultivate students' moral and cultural literacy, but also promotes the inheritance and development of culture. Therefore, teachers should pay full attention to the role of excellent traditional Chinese culture in physical education teaching, so that the two can integrate with each other and play a synergistic role in the all-round development of students.

2. The integration path of Chinese excellent traditional culture in high school physical education

1. Improve the teaching environment and create an atmosphere of excellent traditional Chinese culture

In the process of physical education teaching, the influence of environment cannot be ignored. It not only affects students' enthusiasm for physical exercise, but also has a profound impact on students' psychological development and the formation of values. By improving the physical education teaching environment to create a strong atmosphere of excellent traditional Chinese culture, and encourage students to accept the influence of excellent traditional Chinese culture in the process of learning sports knowledge, it can help students to strengthen the body and the process of shaping values. First of all, to improve the hardware facilities is a very important step. Teachers can add some sports facilities with Chinese characteristics, such as Taijiquan square, martial arts equipment, traditional folk sports equipment, so that students can feel the extensive and profound Chinese excellent traditional culture while practicing physical fitness. Secondly, teachers can add more traditional elements to physical education teaching. For example, some traditional music can be incorporated into the teaching process as background music, so that students can experience the charm of Chinese culture in practice. By learning sports skills in such an atmosphere, students can not only exercise their bodies, but also cultivate their aesthetic ability and cultural literacy. In addition, teachers can also

enhance the cultural atmosphere of physical education by holding various traditional cultural activities. For example, sports competitions are held on traditional festivals so that students can feel the unique charm of festivals in the competitions. And invite some professional culture lecturers to give lectures so that students can have a deeper understanding of the connotation of Chinese culture. By improving the physical education teaching environment through these measures, we can create a strong atmosphere of excellent traditional Chinese culture, so that students can feel the broad and profound Chinese culture while exercising their bodies, and improve their cultural literacy and sports ethics.

2. Find the right entry point and effectively integrate into the excellent traditional Chinese sports programs

With the internationalization of Chinese culture, Chinese excellent traditional sports have gradually received global attention and recognition. However, in physical education teaching, how to find the right entry point and effectively integrate these sports is still a challenge. According to the teaching experience, the author believes that teachers should choose the right sports events based on the understanding of students' interests and needs, and adopt a variety of teaching methods to help students understand the culture and value of Chinese excellent traditional sports events in a deeper level. Among them, understanding students' interests and needs is the key. In the teaching process, teachers should pay attention to the interests and needs of students, and arrange the teaching content according to the actual situation of students. For example, boys may prefer competitive sports, for which teachers can set martial arts, dragon and lion dance and tai chi classes, while girls may prefer softer sports, for which teachers can set dance classes. Adopting diversified teaching methods and guiding students to learn excellent traditional Chinese sports is the carrier of practice. A single teaching method may make students feel boring. Teachers need to integrate different teaching methods such as explanation, demonstration, competition and games to make them play a synergistic role in students' learning process, so as to attract students' attention to a greater extent and enhance their initiative in learning traditional sports. At the same time, in the process of students' independent exploration, teachers can also provide students with more vivid teaching resources such as video and audio to help them complete their independent learning. Collecting students' feedback is the basis for clarifying the improvement direction of the excellent traditional Chinese sports teaching model. In the teaching process, teachers should pay attention to students' experience, pay attention to collect students' feedback information, and take it as a guide to adjust the teaching content and methods in time to ensure the effective integration into the excellent traditional Chinese sports.

3. Reconstruct the physical education curriculum and promote the school-based development of the excellent traditional Chinese culture

At present, the relationship between traditional culture and school-based physical education curriculum is getting closer and closer. The rich connotation of traditional culture provides endless resources for the school-based physical education curriculum, and the school-based physical education curriculum also provides a new path for the inheritance and development of traditional culture. However, how to integrate the traditional culture into the school-based physical education curriculum, in order to achieve the goal of mutual promotion and common development, is still a problem worth exploring. In terms of theoretical research, teachers should explore the path of reconstructing physical education curriculum from the perspectives of cultural resources development, curriculum content design, teaching method practice and so on. First of all, the development of cultural resources is the key to integrating traditional culture into school-based physical education curriculum. Teachers can choose suitable traditional cultural resources for development according to the geographical location of the school, the local historical background and the strength of teachers. Secondly, curriculum content design is the core of integrating traditional culture into school-based physical education curriculum. In the course design, it is necessary to fully consider the factors such as students' age, physical quality and interests, so as to ensure that the course content meets the actual situation of students. Finally, the innovation of teaching methods is the guarantee of integrating traditional culture into school-based physical education curriculum. Teachers need to use vivid and interesting teaching methods to let students accept the influence of traditional culture in a pleasant atmosphere. In terms of empirical research, teachers need to analyze the specific application of traditional culture in the curriculum with specific practical cases of school-based physical education curriculum. Based on theoretical research and empirical research, exploring the path of integrating traditional culture into school-based physical education curriculum is not only conducive to the inheritance and development of traditional culture, but also conducive to improving the comprehensive quality of students. Teachers should start from the actual situation and actively explore suitable integration paths to provide strategic support for building a more distinctive and rich school-based physical education curriculum, and promote the deep integration of traditional culture and school-based physical education curriculum.

4. Strengthen teacher training to improve the ability to integrate excellent traditional Chinese culture

Strengthening teacher training and improving teachers' ability to integrate traditional culture into physical education is an important guarantee for the realization of traditional culture education. In order to pursue better integration effect, it is necessary to continuously improve teachers' traditional cultural quality and sports skills, train more teachers with innovative ability and cultural inheritance consciousness, and consolidate the foundation for integrating traditional culture education and physical education. This means strengthening teacher training to provide a better platform for the development of their professional abilities. Based on the practical experience, the author summarizes the plan of strengthening teacher training as follows.

(1) Training course setting

① Traditional Culture courses: Teachers need to understand the core content of traditional Chinese culture, including but not limited to classical Chinese literature, traditional art, folk culture and other aspects.

② Physical education courses: teachers need to master a variety of sports skills, including but not limited to gymnastics, swimming, football, basketball, volleyball, etc.

2 Cultural inheritance courses: teachers need to learn how to combine traditional culture with modern sports to design sports courses

with characteristics.

(2) Training methods

① Online training: Provide courses on traditional culture, sports skills, cultural inheritance and other aspects through the online platform.

② Offline training: Organize teachers to participate in physical courses for face-to-face learning and communication.

③ Practical training: Organize teachers to participate in practical activities combining traditional culture and sports to improve teachers' practical operation ability.

5. Optimize teaching evaluation methods and improve the effect of integrating excellent traditional Chinese culture

By optimizing the teaching evaluation method, more accurate and objective evaluation results can be obtained, and the direction of improving the strategy of integrating excellent traditional Chinese culture into high school physical education can be clearly improved, and the effect of integrating excellent traditional Chinese culture into high school physical education can be effectively improved. In order to improve the quality and effect of physical education teaching and let students fully understand the excellent traditional Chinese culture, teachers should optimize the teaching evaluation methods from different angles. First of all, teachers should integrate the excellent traditional Chinese culture into the curriculum objectives, that is, clarify the goals and requirements of traditional culture in senior physical education curriculum, pay attention to cultivating students' cultural self-confidence and awareness of inheritance, and provide directional guidance for the optimization of teaching evaluation methods. Secondly, they should enrich the teaching content and pay attention to observe the students' performance. Traditional cultural elements such as traditional martial arts, traditional dance and traditional sports should be added to the physical education curriculum, and students' performance in the learning process should be collected and analyzed as teachers' teaching data. In addition, cultural lectures and practical activities should be added. Organize students to participate in traditional culture lectures and practice activities to deepen students' understanding and recognition of traditional culture. Finally, individualized teaching evaluation should be implemented. According to students' personality characteristics and interests, different evaluation methods are adopted, such as students' self-evaluation, group cooperation evaluation, etc., in order to stimulate students' learning interest and enthusiasm.

Epilogue

In conclusion, it is of great significance to integrate traditional culture into high school physical education. Through the integration of traditional culture, the interest and connotation of physical education curriculum can be improved, so that it can effectively promote the improvement of students' moral and cultural literacy, as well as the inheritance and development of culture. As teachers, they should be fully aware of the practical significance of integrating traditional culture into high school physical education, and constantly explore new paths to integrate into high school physical education based on different levels such as cultural atmosphere, sports items, school-based curriculum, teacher training and teaching evaluation.

References:

- [1] Honghao Zhao. Practice research of Dragon Dance to improve high school students' core literacy [D]. Southwest University,2022.
- [2] Hui Liu,Libing Dong. Analysis on Moral Education of Excellent traditional Sports Culture in Public Physical Education Teaching in Colleges and universities [J]. Wushu Research,2023,8(03):107-110.
- [3] Mengqi Huang. Design and Evaluation of high school Physical Education Teaching under the Background of moral education and education [J]. New Curriculum Research,2023(04):132-134.
- [4] Weipeng Tang. Inheritance and Innovation of traditional national sports in senior high school sports Optional Teaching -- A case study of Dragon Dance Project [J]. Sports Vision,2023(02):56-58.