

Research on Countermeasures of Xi'an primary and secondary schools' integration into winter sports

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Abstract: in 2022, Beijing successfully hosted the 24th Winter Olympic Games. It is also the first city to host the Summer and Winter Olympic Games, which plays an important role in promoting the Olympic spirit, enhancing the further spread of Olympic culture in China, and helping primary and secondary school students formulating more confident and self-improvement Olympic spirit. In this context, many cities began to try to integrate winter sports into education. In view of this, this paper will analyze the integration of winter sports in primary and secondary schools in Xi'an, and put forward some strategies for Researchers' reference.

Key words: Xi'an city; Primary and secondary schools; winter sports; Integration Countermeasures

Introduction: before bidding for the 2022 Winter Olympics, China started the call for "winter sports into the campus". The Chinese Olympic bid delegation also proposed at some meetings that the Chinese Olympic Committee is organizing and implementing projects such as "ice and snow Sunshine Sports" and "winter sports for millions of youth". After the successful holding of the Beijing Winter Olympics, the Chinese government put forward the "Campus Winter Sports Plan", and the General Administration of sport of the people's Republic of China also issued the guiding document "Winter Sports Development Plan (2016-2025)", which plays an important role in guiding primary and secondary school students' participation in the winter sports.

1. The significance of integrating primary and secondary schools in Xi'an into winter sports

(1) It is conducive to the Sinicization of Olympic Culture

In 2018, China issued the Olympic education plan for primary and secondary school students of Beijing 2022 Winter Olympic Games and winter Paralympic Games (hereinafter referred to as the Olympic education plan), which also marked the official launch of the Olympic education plan. The main purpose of the Olympic education plan is to help Chinese teenagers have a deeper understanding of the Olympic movement and the Olympic spirit, so as to realize the organic combination of physical education and spiritual education. By integrating winter sports into Xi'an primary and secondary schools, it can help them master the knowledge and skills of , and make them appreciate the Olympic culture, so as to help them virtually integrate the Olympic culture with Chinese traditional culture, so as to realize the localization of Olympic culture in China and help them get a more comprehensive development. In addition, the integration of winter sports in primary and secondary schools can lay the seeds for "winter sports into the campus". By launching various sports activities, Xi'an's

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primary and secondary schools implement the activities that enable primary and secondary school students to hone their will and strengthen their physique. , Which will make their physical and mental development more comprehensive, realize the deep integration of sports and education, and improve the effect of education.

(2) It is conducive to the integration of "Sports" and "intellectual education"

In primary and secondary education, the integration of sports and intellectual education can comprehensively promote the personality of primary and secondary school students, help them better combine sports and cultural knowledge, and play an important role in promoting the integration of sports and education. However, at present, many schools in China do not have a deep understanding of physical education, and some teachers do not pay enough attention to winter sports on campus, which to a large extent hinders the efficiency of primary and secondary school students' contact with the Olympic spirit and culture, and is not conducive to the comprehensive physical and mental development of primary and secondary school students. Integrating winter sports into primary and secondary schools in Xi'an can effectively respond to the national call for "winter sports on campus", help primary and secondary school students have a deeper understanding of ice and snow culture and knowledge, and further expand and enrich the content of physical and cultural education respectively, which plays an important role in promoting and carrying forward ice and snow culture. In the long run, primary and secondary school students in Xi'an can not only learn all kinds of winter sports, but also have a deeper understanding of the related ice and snow culture, so as to achieve a fuller integration of sports and intellectual education.

(3) It is conducive to the realization of winter sports cultural cognition

In order to better respond to the call of the state to "drive 300 million people to participate in winter sports" and make winter sports play a greater role in primary and secondary schools, schools in Xi'an should actively introduce winter sports to better affect primary and secondary students, so that they can have a correct understanding of the Olympic spirit and culture in the process of learning winter sports, and improve their knowledge of winter sports. The mastery level of skills, so as to realize the landing of sports cultural cognition of motivation project. By carrying out winter sports in primary and secondary schools, the function of students' cardiovascular and cardiopulmonary can be further developed, which plays an important role in enhancing their physical immunity. Moreover, with the support of winter sports, primary and secondary school students will gradually form a higher level of sports awareness and habits, help them develop the good quality of perseverance and hard work, and promote their more comprehensive development.

2. Analysis on the current situation of the integration of winter sports in primary and secondary schools in Xi'an

In June 2020, the Shaanxi Provincial Department of education, the Sports Bureau and the Department of Finance jointly issued the implementation opinions on vigorously developing winter sports, which pointed out that we should take the Beijing Winter Olympics as an opportunity to explore ice and snow resources in combination with the local actual situation, so as to further promote the development and optimization of winter sports in Shaanxi Province, Enable "campus ice and snow" be further implemented in every primary and secondary school, and achieve the goal of 5million people participating in winter sports. Then, Xi'an, Shaanxi Province, established 28 ski resorts, including Zhaojin Ski resort, Ankang national ski Resort and Aoshan ski resort, which received a large number of primary and secondary school students. At the same time, more than a dozen primary and secondary schools and kindergartens in Xi'an, including Qujiang No. 2 primary school, Xi'an Jiaotong University Affiliated Middle School, Tiewi Middle School, GaoXin No. 1 Middle School and Xi'an Kangqiao school, also participated in the winter sports, and carried out ice and snow projects such as curling, roller skating, ice hockey and pulley, which laid a basic framework for the development of winter sports in Xi'an.

As for the government, Xi'an sports culture Co., Ltd. and the student sports association of Shaanxi Provincial Department of education have carried out in-depth cooperation, and jointly held projects such as "Winter Olympics Knowledge Competition" and "Youth Winter Sports Instructor Training Class", which plays an important role in further promoting the ice and snow strategy of "North ice exhibition in the south, West Expansion in the East". In this context, the goal of "5million people participating in winter sports" in Shaanxi Province has been further implemented, which has greatly promoted the coverage of winter sports in primary and secondary schools in Xi'an, and has also virtually cultivated more reserve talents for winter sports in China.

Ice and snow course is the core content of winter sports into the campus. At present, many primary and secondary schools in Xi'an have implemented winter sports that meet the characteristics of the school, which also makes the teenagers in Xi'an have a new understanding of winter sports. They have a deeper emotion for winter sports in the form of "ice wheel", and other activities. According to the situation of the school, some schools have opened a variety of courses such as skating, land curling, roller skating, ice skating, ice skating and speed skating, gradually forming the characteristics of "one school, one product" of winter sports. In addition, in the "Baoji Aoshan ski open" in 2022, a youth group for primary and secondary school students was set up, which also reflects the government's attention to winter sports in primary and secondary schools.

In schools, many characteristic courses are imitative winter sports, which can combine winter sports with land sports, effectively solve the problem of venue, and enable primary and secondary school students to experience the fun of winter sports, so that they can have a deeper understanding of the rules of winter sports, which plays an important role in promoting their self-confidence and initiative in winter sports.

3. Strategies of integrating winter sports into primary and secondary schools in Xi'an

(1) Training of teaching staff

If we want to improve the effect of integrating winter sports into primary and secondary schools in Xi'an, we should pay attention to the construction of high-quality teachers, so as to lay a solid foundation for the development of winter sports into the campus in the future, provide more sufficient educational resources for primary and secondary students, and improve the practical effect of winter sports. At present, the talent reserve of many schools is not sufficient, and the brain drain of some high-quality winter sports talents is serious. At the same time, in winter sports, some schools will take the performance as a hard index to evaluate the training effect of primary and secondary school students, which leads to the situation that many teachers often "pay more attention to training than education" when carrying out winter sports education. It is difficult to realize the effective support of high-end talents for school winter sports. In addition, the treatment of grass-roots teachers of winter sports needs to be improved, and the lack of clear educational goals will hinder the integration of primary and secondary schools into winter sports. Therefore, all primary and secondary schools in Xi'an should actively carry out the training and construction of teachers' team, actively carry out more abundant and effective teacher training activities, and do a good job in the construction of characteristic training projects and courses according to the actual needs of winter sports, so as to form a linkage training mechanism, and then highlight the advantages and characteristics of winter sports characteristic projects in primary and secondary schools. In practice, school teachers can cooperate with winter sports enterprises to optimize the training of the teaching staff through school enterprise cooperation, so as to make full use of the resources of schools, society and enterprises, and create an winter sports talent incubation system.

(2) Attach importance to ice and snow culture publicity

In essence, the formation and development of winter sports culture has a great relationship with the winter sports itself. It is the general name of sports with ice or snow as the medium. There are many kinds of winter sports, which can make people feel interested when sliding, resulting in a feeling of "dizzy sports". Many people will like this feeling very much, and even become addicted. When carrying out winter sports, primary and secondary school students should have a high level of balance ability. They need to master certain balance exercise skills and muscle control ability, which plays an important role in enhancing the physical quality of primary and secondary school students. In order to better promote the integration of winter sports into primary and secondary schools in Xi'an, we should pay attention to the publicity of winter sports, and have an impact on educators, student groups and society from the ideological level, so that they can more deeply and intuitively understand the role of winter sports in promoting the development of primary and secondary students. In practice, the school can play some competition videos, technical action explanation videos and winter sports history introduction videos related to winter sports for primary and secondary school students in the winter sports classroom by means of micro lecture, media video and other means, so as to optimize and enrich the content of winter sports and enhance the interest and education of winter sports teaching.

(3) Pay attention to the construction of ice and snow teaching materials

In order to further improve the effect of Xi'an primary and secondary schools' integration of winter sports, we should try to start from the teaching material level, carry out the construction of special ice and snow teaching materials, so as to expand the content of winter sports, and lay a more solid foundation for the development of winter sports education in primary and secondary schools. In the process of winter sports entering the campus, curriculum reform and textbook construction are the key steps. However, the premise of curriculum reform is to have a set of appropriate textbooks as a guarantee, so as to provide guidance for the follow-up education reform activities. At present, some schools in Xi'an have tried to introduce school-based winter sports textbooks into educational activities, which plays an important role in enriching the content of winter sports textbooks. Before the development of teaching materials, we should carry out in-depth analysis on the knowledge reserve, cognitive ability, interest tendency and other factors of winter sports of primary and secondary school students, and then we can find the relevant knowledge content of winter sports according to their actual needs, which can effectively ensure the consistency between ice and snow teaching materials and the sports needs of primary and secondary school students, and enhance the practical role of ice and snow teaching materials construction.

(4) Prepare site equipment

If we want to do a good job in integrating Xi'an primary and secondary schools into winter sports, we should not only make full-scale preparation for teaching staff, ice and snow culture publicity and textbook construction, but also pay more attention to the preparation of venues and equipment, which is also the premise and foundation for the follow-up high-quality winter sports. However, in practical work, the preparation of venue equipment is extremely difficult. Many provinces and cities do not have a natural environment related to ice and snow, and the hardware facilities related to winter sports are not perfect, which has greatly hindered the development of winter sports into the campus. Therefore, when integrating winter sports into primary and secondary schools, Xi'an should make good preparations for the site equipment, actively seek the cooperation between schools and enterprises, schools and the government, and formulate a more scientific and reasonable site equipment preparation plan, so as to lay a solid foundation for the introduction of equipment, environmental construction, equipment installation and other work in the future. Reasonable planning is an important prerequisite for the construction of winter sports equipment, and also an important guarantee for the integration of primary and secondary schools into winter sports.

Summary

To sum up, if we want to improve the effect of Xi'an primary and secondary schools' integration into winter sports, we can start from

the aspects of teacher training, paying attention to the publicity of winter sports and the construction of winter sports teaching materials, and making good preparations for venues and equipment, so as to virtually promote the quality of Xi'an primary and secondary schools' integration into winter sports to a higher level. This paper aims to enable winter sports play a greater role in primary and secondary education, improve the winter sports level of primary and secondary school students in Xi'an, and further develop Olympic cultural spirit.

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