

## Innovating the Launch Mode of Sunshine Sports & Improving Students' Practice Abilities on PE—— A Case Study of Yan'an University

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**Abstract**—In order to launch intensively the nationwide movement of Sunshine Sports among millions of students, drawing teenage students to play on the playground, in the nature and under sunshine, this research is set with the background of three-combination mode of “integration of the class inside and outside” of sunshine sports. Through the implementation of “three ones” project, with the discussion of the promotion of Chinese teenagers' all-round development by means of physical education, this paper aims to adopt the spirit of Advice on Enhancing Teenagers' PE and Strengthening Their Qualities by Central Committee of the Communist Party of China and State Council, fully pushing forward the further sunshine sports movement, gives a guidance of the teaching effects of PE practically in colleges and universities.

**Keywords**—colleges and universities; sunshine sports; launch model; reform and practice

Since the publication of Advice on Enhancing Teenagers' PE and Strengthening Their Qualities by Central Committee of the Communist Party of China and State Council and Decision on Launching the Nationwide Sunshine Sports for Students by Ministers of Education and Sports and Central Committee jointly, for completing sunshine sports project, this thesis proposes a three-combination mode (the combination of sunshine sports and sports teaching, sunshine sports and the National Students Physical health Standard”, sunshine sports and extracurricular physical exercise and sports competitions) of “integration of the class inside and outside” of sunshine sports, and establishes multiple-relation mechanism to guarantee the completeness of “three ones” project (namely, to play a drum of **northern Shaanxi**, to dance a Yongko of **northern Shaanxi**, and to sing a folk song of **northern Shaanxi**), which offers guidance for fully improvement of students' all-around physical qualities.

### I. THE CONSTRUCTION OF THREE-COMBINATION MODE OF “INTEGRATION OF THE CLASS INSIDE AND OUTSIDE” OF SUNSHINE SPORTS.

#### A. The combination of sunshine sports and sports teaching

To construct a new course teaching system, The Teaching Program for National College Physical Education Course is fully implemented. This university has reedit the PE Teaching Syllabus for Undergraduate, further explicated the guideline, developing an interest in sports, promoting physical qualities and cultivating lifelong sports consciousness, of PE course teaching, highlighted education concept of “everyone has a kind of sports” “health goes

first”, what's more some new styles of sports loved by the students such as skating, outdoor sports, yoga and dancing, are added.

It gradually comes to be scientific and reasonable on the course type and form. Besides offering some sports students usually are interested in, public elective courses also include some PE elective courses with distinctive characteristics, such as hip-hop, yangko in northern Shaanxi, waist drum in Ansai and shuttlecocks, aiming to spread the sport culture and popularize sports knowledge.

In terms of PE courses construction, this university improves curriculum system and strengthens management of PE, pays attention to the effect of PE and has independently edit *College PE Courses* with local characteristics including content of Yangko in northern Shaanxi and waist drum in Ansai, for consummation of curriculum construction successfully.

#### B. The combination of sunshine and National Students Physical Health Standard

As the result of popularizing sunshine sports movement and overall reform of PE curriculum, students' consciousness and enthusiasm of participating in physical activities is woke up and stimulated, physical and mental health is enhanced, thus students meeting the standard of physical health are obviously increased.

Guided by National student's Physical Health Standard (Standard for short), a center for students' physical health standard measurement is established. Meanwhile based on realities, this university interprets the Standard on billboards of the Center regularly, introduces common knowledge of scientific exercise on campus broadcasting and websites, provides scientific methods to exercise in sports activities after school, enhances the publicity of the Standard, and formulates a sound reward system to departments, classes and individuals according to the Standard.

#### C. The combination of sunshine sports and extracurricular physical exercise and sports competitions

1) *Promotion sunshine sports movement through morning exercise.* Morning exercise is a traditional sport from the founding of our university, which calls for all students collected by class. It is inspected and assessed by a specific agency and its assessment result becomes a reference condition of students' rewards, which therefore forms that “a early thing drives four”, i.e. the morning exercise drives getting up early, eating breakfast early, morning reading and attending classes in the morning.

Urging students to getting up early for morning exercise,

then participating morning reading of red classics after breakfast, attending the first class in the morning at last, all of which help students cultivate a regular living, a reasonable diet and a sound life style as well as a good study habit, thus improve their learning quality and become a unique model of sunshine sports movement in national colleges and universities.

Accordingly, morning exercises on Yaodong Health-building Square, where sports like aerobics, tai chi and setting-up exercises to music carry on effectively, have attracted teachers and students, masses in surrounding communities and tourists living in Yaoyuan Hotel and received an extensive praise by the public. People say that morning exercises in Yan'an University integrate the hearts of teachers and students and exercises on Health-building Square bring with the first trail of sunshine every morning.

2) *Cresting the sunshine sports movement with "sports stand culture"*. For seek of an effective, continuous and further sunshine sports movement and highlighting its concept, this university makes concrete plans for competitions, living up to the words, "every one has project, every class has arrangement, every day has activity, every month has match".

There are competitions every year, including the 8<sup>th</sup> setting-up exercises to music, 24 types simplified Tai Chi, cross country race in winter, basketball invitational tournament, track and field sports meeting, three-person basketball, badminton, table tennis, volleyball, basketball tournament, cheer leading, Tug-of-war competition in winter, mountain climbing, track and field sports meeting in one's department.

Through competitions, a unique "sports stand culture" is shaped by various ways for example cheerleading and singing organized by spectator spontaneously, to cheer athletes at games or during halftime. Athletes in that atmosphere perform better, while spectator on the stand become more interested in sports, which has created a favorable condition for further sunshine sports movement.

## II. ESTABLISHING MULTI-SIDE LINKAGE MECHANISM FOR "THREE ONES" PROJECT

The "three ones" project is that students can play a drum, dance a Yonko and sing a folk song of northern Shaanxi. Besides enriching sports activities in campus, it inherits and protects folk sports culture, in addition, raises the self-awareness of participating in sports.

### A. *playing a drum of northern Shaanxi*

The course of Ansai waist drum is an attempt of curriculum development in our university to dig national traditional sports resources out. Since bringing Ansai waist drum into syllabus, we have achieved excellent teaching effect.

As a result, our 300 or so students participated in Ansai waist drum square on the People's Republic of China's 60th anniversary annual National Day in 2009, which enhances our national traditional sports culture and performs splendid spiritual outlook of our students.

### B. *Dancing a Yongko of northern Shaanxi*

The course of Yongko of northern Shaanxi is another attempt following Ansai waist drum, receiving favor and love from students. It has a positive effect to promote mass pastime sports and students' physical and mental health, what's more, it make a contribution to protection and inheritance of national traditional sports resources.

### C. *Singing a folk song of northern Shaanxi*

Folk song of northern Shaanxi crystallizes spirits, thoughts and feeling of laborers in northern Shaanxi. Inheritance and development of Northern Shaanxi folk songs will contribute to the transmission of regional culture. The on the basis of playing Northern Shaanxi Yangko Dance, it ids required to learn North Shaanxi folk songs in class to carry forward folksongs and promote the audience all over the world.

## III. MAIN CHARACTERISTICS AND ENLIGHTMENTS

### A. *Adhere to the morning exercise to drive the other four*

With the influence of Yan'an Spirits, morning exercise which exists for nearly 70 years has formed a concept of physical education. What's more, morning exercise is one of important factors to evaluate students' comprehensive qualities and it is related to students' scholarships and awards. One early thing drives four early things, that is to say, morning exercise has a positive effect on getting up early, breakfast, morning reading and having classes in the morning. Then from the first day in Yan'an University, it is helpful for students to from good habits of living, eating and learning, so as to improve the quality of learning and make Yan'an University be the unique Sunshine Sports model of all colleges and universities.

### B. *Adhere to the three-combination mode of "integration of the class inside and outside" of sunshine sports*

The combination of Sunshine Sports and physical education standard, extracurricular physical exercise, sports competition highlights the educational idea of "health first". Different teaching methods are used and various forms of sunshine sports activities are taken according to characteristics of different projects. Moreover, the way of classroom teaching and extracurricular counseling arouses students' consciousness to take part in physical exercise, strengthens students' healthy standard. The Auditorium Culture of all kinds of group competition has become the mainstream in the leading of sunshine sports and makes students be interested in sports, laying a good foundation for the further promotion of sunshine sports.

### C. *Adhere to the "three ones" project to promote the cultural brand of Northern Shaanxi Sports*

It is based on the development of regional characteristics, economics and culture in Northern Shaanxi and the combination of the teaching reality in school and sunshine sports activities to make full use of regional condition and vigorously tap cultural resources of Northern Shaanxi. The introduction of cultural sports activities in

Northern Shaanxi region to classes and sunshine sports activities plays a positive role to inherit and protect traditional folk sports culture, strengthen the protection of intangible culture, promote the cultural life of new rural mass and popularizes students' physical and mental health. At the same time, the training and guidance for other universities and training courses which are for instructors in China, not only activities of sunshine sports but also promotes the construction of campus culture.

#### IV. CONCLUSION

Three combinations of sunshine sports integrating both in and outside class and the development patterns of three-ones projects are based on the actually regional, economic and cultural development of Northern Shaanxi, combine with the reality of school teaching and sunshine sports activities. The pattern, integrating folk sports such as waist drum and yongko dance of Northern Shaanxi and making the school full of vigor which is the same with sunshine sports activities, not only effectively strengthens students' physical and health but also greatly enriches extracurricular life of college students. Moreover, the pattern adds distinctively regional characteristics and unique project features to sports activities of universities. It especially plays an effective role in carrying out various

forms of traditional sports culture of regional nations and the tapping, protection and inheritance of the culture. What's more, the pattern, which not only increases the number of ways for students to participate in sports activities but also improves the depth and breadth of sunshine sports, greatly enriching the cultural construction of the universities and the contents of the quality education of college students, makes a positive contribution to the cultivation of talents in our school.

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