

The Development Trend of School Sports in China from the Teaching Goal of the Previous Primary and Middle School Sports

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Abstract—Physical education (PE for short) is a basic organization form of school sports, and one of the important ways to realize the teaching goal of school sports. Therefore, the establishment of the teaching goal of school sports restricts directly the success or failure of PE, and also influences the realization and the development of school sports. The thesis analyses and probes into the teaching goal of the previous primary and middle school sports and the development trend of school sports in China with abundant literature, comparative analysis and logical deduction etc. It aims to provide the theoretical basis for the primary and middle school sports.

Keywords—*sports teaching goal; school sports; primary and middle school*

I. INTRODUCTION

The teaching goal of school sports refers to in a certain period, the expected result that the practice of school sports achieves; it is the starting point and destination of school sports, determines the development direction of school sports, and is the first issue of school sports teaching. The teaching goal of school sports is the concrete reflection to the guiding ideology of school sports teaching, the guide that PE teachers organize and carry on the sports teaching activities, and the basis to evaluate the teaching quality standard of PE. The teaching goal of school sports is an open, developmental and dynamic concept system. With the development of society and educational function, it has a characteristic of historic, periodic, successive and developmental. The establishment of the teaching goal of school sports restricts directly the success of failure of PE and the realization of school sports work. Throughout the 1950s, people can find through the results of sports teaching goal in the primary and middle school *PE syllabus* that the establishment and implement of the teaching goal of school sports teaching in the previous primary and middle school conform to the historical background and social development. The clearness, concreteness and objectiveness of the goal are the inevitable outcome of the historical development to a certain stage. So by comparison with all the previous primary and middle school sports teaching goal, people can see that the teaching goal of China's school sports will be to "people-oriented", "lifelong sports" and "happy sports"; and it will pay more attention to develop students' personality, interest, and proficiency with the development of the time. School sports will pursue the combination of the long-term benefits and healthy

education to the diversification and modernization.

II. THE TEACHING GOAL OF SCHOOL SPORTS

A. *The origin of the teaching goal of school sports*

Until mid-80s, China sports academic uses the wording of "sports teaching task" instead of "sports teaching goal". With the deepening of sports teaching research, the research thinks that it is difficult to measure and evaluate because of insufficiency of stage and gradation, of the rule of quality and quantity. However, teaching goal based on students as the subject, teachers as the leadership, it is much clearer, concreter and stronger in interoperability than teaching task and it is the basis on evaluation of students' behavior and teachers and students can share it. In the early 1989, the National Education committee compiled *The Nine-year Compulsory Education- the Teaching Syllabus of Sports and Health*, in which "teaching task is changed as "teaching goal" (Zhang et al, 2007).

B. *The connotation and value system of the teaching goal of school sports*

The goal means that people want to achieve in a certain situation or standard and they expect to achieve the expected results by efforts, which is feasible and anticipated. The goal has the guiding and incentive effects for the practical activities of people. It can make the direction of activities keep stable and then become the guide of the specific actions through all aspects of the control and adjustment of the activities. At the same time, the goal has the incentive effect and can arouse the enthusiasm of people. The goal cannot be easily changed once established, but can adjust because of the change of external environment and internal conditions.

School sports goal refers to in a certain period, school sports practice can achieve the expected results. It is the embodiment of the guiding ideology of school sports, the starting point to carry on school sports work, and the important basis to evaluate the effect of the school sports work. People in the past always confused sports goal and the teaching goal of school sports; in fact, it is a wrong understanding. Sports goal and the teaching goal of school sports both have distinction and connection. Sports goal is drawn up from the perspective of the whole country to achieve an expected effect by sports activities. However, the teaching goal of school sports refers to in a certain period, it can achieve the expected results and standards through the sports teaching activities (PE). It is an important part of the school teaching goal, so the teaching goal of school sports is the intersection of China's sports goal and school teaching goal.

With the rapid development of society and economy, by experience, PE teachers' teaching does not adapt to

students' growing demand and the rapid development of the society. So the PE teachers need a scientific and reasonable teaching theory to guide the sports teaching activities, and the teaching goal of school sports would become their basic starting point and the foothold. A scientific and reasonable teaching goal of school sports must adapt to society, school education and development needs of students' future.

C. The classification of the teaching aim of school sports

TABLE 1 THE CLASSIFICATION STATISTICS ABOUT NATURE OF THE TEACHING GOAL OF SCHOOL SPORTS

| Classification | Contents |
|----------------|---|
| condition goal | School sports should achieve the objective conditions, such as quantity and quality of PE teachers, physical condition and healthy condition of the students, sports venues, equipment, etc.; |
| process goal | It refers to in a certain stage and time, the implementation of sports activities should achieve the sub-goals, including the teacher training, PE teaching, extra-curricular exercise, after-school training, free competition, the research of scientific research, organization and management, health care, etc.; |
| effect goal | It refers to school sports that can achieve a final effect, including the student's physique and health level, ability level, personnel quality, scientific research, etc.. |

According to the structure, the teaching goal of school sports can be divided into the general goal and sub-goal; according to the sequence of time, it can be divided into long-term goal, medium-term goal and short-term goal; according to the study section, it can be divided into the sports goal of preschool education stage, the sports goal of elementary education stage, the sports goal of secondary education stage and the sports goal of higher education; according to the nature, it can be divided into condition goal, process goal and effect goal these three aspects, the details are shown in Table 1.

D. The main content and historical background about sports teaching goal of the previous primary and middle school

Since its founding in 1949, from the evolution and the historical background about the sports teaching goal of China's previous primary and middle school, the formulation and implementation of school sports teaching goal in every stage is consistent with the background of that time and social development, and much clearer, more specific and more objective. The details are shown in Table 2 and Table 3

E. The content analysis of comparison with the teaching goal of the previous school sports in China

From the evolution about the sports teaching goal of China's previous primary and middle school in Table 2, the teaching goal of China's school sports has

experienced a process to improve the physique from service for socialism to man's all-round development, especially the emergence of the "new standard" which reflects a kind of development trend of education democratization and personalization, and also reflects a kind of value orientation of the education humanization. The formulation and implementation of the teaching goal is consistent with the background of that time and social development. The author believes that this is a clear, specific and objective teaching goal. Back to the founding of the teaching goal of school sports in our country, people can find the target of historic, phased, inheritable, and developmental characteristics.

TABLE 2 THE CONTENT TABLE OF THE TEACHING GOAL OF THE PREVIOUS PRIMARY AND MIDDLE SCHOOLS SPORTS IN CHINA SINCE ITS FOUNDING OF THE NATION

| Time | Contents |
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| 1949-1957 | To cultivate the students' communist moral quality; to improve students' health on the basis of the sports system of "labor and defense", and make the body all-round development; to make the students master the basic knowledge and skills of sports and exercise, and apply it to the production and labor, social life and daily life; to cultivate the habit of students systematically in sports activities, and improve the technical level of students' exercise to achieve generally level 2 standards of the system of Labor and Defense. To be prepared for the construction of socialism and the defense of the motherland. |
| 1958-1965 | To develop students' physical quality in an all-round way, improve students' basic behavior ability that their bodies need in the career of the productive labor and defense to motherland, promote further the student bodies' normal development and the growth of engineering, and strengthen the ability of students to adapt to the natural environment; to master expertly the methods and skills of physical training, possess the necessary knowledge of sports, health, health care, get into the habit of physical exercise; to improve the movement technical level of the students who have a good sports foundation; to cultivate students communist moral quality by sports (Zhu, 2008). |
| 1966-1976 | To hold high the great banner of Mao Zedong thought, highlight the proletarian politics, and train students to become strong successors of the cause of proletarian revolution; As the class struggle and two routes struggle for the platform, to criticize thoroughly the route of counter-revisionist, improve students' consciousness of class struggle of two routes; to learn from the people's liberation army, to cultivate students the revolutionary spirit of "one far, two not afraid dead", strengthen the organizational discipline, master certain basic knowledge and skills of military sports to enhance physical fitness (Yang, 2009), and serve for the three revolution. To strengthen students' physique and make the students take on the glorious mission of construction of the country and defending the motherland. |
| 1977-1986 | The teaching goal in <i>Nine-year Compulsory Education Sports Teaching Outline</i> reflected the guiding ideology with others, the content including: enhanced physique and comprehensive exercise; learning to master the basic knowledge, basic skills, and developing the basic ability; to the student to carry on the ideological and moral education, edify the sentiment of beauty and so on. |
| | The ministry of education formulated the |

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| 1987-2000 | <i>Nine-year Compulsory Education Full-time Primary and Secondary School Physical Education and Health Teaching Outline</i> , the teaching goal of school sports is: to improve students physical fitness, promote a harmonious development of students' body and mind; to raise the student sports ability and good thinking quality to make students become the socialist builders and successors with modern spirit and all-round development of moral, intellectual, physical, aesthetic and labor. |
| 2001- | To develop students' potential of body and mind, strengthen the students' physique, improve students' health, and promote the harmonious development of the students' body and mind; to train the students to engage in sports attitude, interest, habits and abilities, lay a good foundation for the lifelong sports; to promote the students' individual socialization, raise the students' good thought quality, make them become the qualified personnel of the socialist construction with the innovation spirit and innovation ability and a full-round development of morality, beauty, intelligence and physique. |

F. *The contrastive analysis about the historical background of the teaching goal of all previous school sports in China*

From the contrast of the form background about the sports teaching goal of China's previous school sports in Table 3, the formulation and implementation of school sports teaching goal in every stage are restricted and influenced obviously by a series of factors such as politics, economy, ideology, culture, education, science and technology. In order to adapt to the social development, the functions of education are being developed. As an important part of education, the functions of school sports are also growing, and will be in accordance with the development of society and education. The teaching goal only established by the functions of school sports will have directionality and feasibility, and will come true. To complete a variety of functions of school sports, it is necessary to establish a target system of school sports of "multipolarity, more direction" (Zhu, 2008). With the development of time, the teaching goal of China's school sports is gradually expanding, heading for the development of independent, specific and explicit, ordering and the overall systematic direction to fit in with the social development in the future.

TABLE 3 THE COMPARISON WITH THE HISTORICAL BACKGROUND ABOUT THE TEACHING GOAL OF THE PREVIOUS PRIMARY AND MIDDLE SCHOOLS SPORTS IN CHINA

| Time | Contents |
|-----------|--|
| 1949-1957 | During this period of the new China founded, all things were in the early period, the economic construction and national defense construction was the first question. Therefore, China established the basic thoughts of education for political and social service, and put forward the work policy of "popularization of mass sports" in order to safeguard people's health, make the construction of the new democracy and people's national defense construction move on smoothly. In the early 1950s, the international political landscape formed the contradictory between east and west two camps. Due to political reasons, our country school sports learned comprehensively the model of the former Soviet Union, the announcement of <i>The System of Labor and Defense</i> to a certain extent made a great |

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| | progress in school sports of China (Yang et al., 2009). |
| 1958-1965 | In this period, the social development in China was not stable; the main reason was that The Great Leap Forward in 1958 emerged left-leaning errors which made the education circles set off a negative education reform movement. The education theory was out of political, productive labor and the actual situation. The formulation of the teaching goal was so high that all students in a short time cannot achieve "the system of Labor and defense" about the standards of one-level, two-level, and three-level athletes. What's worse, the national economy suffered from three-year natural disasters so that the school sports were forced to reduce or stop, all of which made the students physique generally declining. By implementing the approach of "adjustment, summary, enrichment and improvement", our country summarized the positive and negative experience. In 1961, on the basis of summarizing the sports teaching outline of 1956, our country clearly put forward the guiding ideology from strengthening the students' physique in writing the textbook of the primary and middle school sports teaching. |
| 1966-1976 | During this period of Cultural Revolution, school sports had suffered the unprecedented havoc, all the achievements and experiences obtained from the founding of the nation were denied, and the organizational leadership, teachers, rules and regulations and site equipment of school sports were destroyed, under the influence of the far-left ideological trend, and finally, it appeared the phenomena of labor, military training instead of sports. The thought and practice of school sports were in a state of great confusion and reverse, the students' physique dropped obviously. |
| 1977-1986 | After the Cultural Revolution, through criticizing the far-left route and bringing order out of chaos, school sports were gradually restored. With the guidance of policy and route of The Third Plenary Session of the Eleventh Congress, school sports were a new atmosphere and stepped into the reform and opening up and the new stage of development. |
| 1987-2000 | In 1992, the State sports Commission convened a forum about studying Deng Xiaoping's "Southern Talk" and "14 Session of the National People's Congress" and the theme of the symposium on the reform of sports. The meeting in the process of physical education reform had a great significance of a twist, at the same time, it played an important role in the development of school sports. In 1998, the State Sports Commission renamed as the "National Sports Administration", and drafted and issued <i>The Sports Reform and Development Compendium in 2001-2010</i> to make sports enterprise development have a basic blueprint in the next 10 years of our country. |
| 2001- | Since the 21st century, China's political, economic, and cultural, science and technology develop rapidly, and always insist on "Mao Zedong Thought", "Deng Xiaoping Theory" and important thought of "Three Represents" as the guidance to strive for a modern socialist country with Chinese characteristics. School sports in our country have been developing steadily to the expected planning. |

II. CONCLUSION

Throughout the teaching goal of the middle and primary school sports in China since 1950s, the development and evolution of the teaching goal of school sports suffer from the restriction and influence of

politics, economy, ideology, culture, education, science and technology and other factors, which reflect the different backgrounds of times, and have its limitations. However, with the deepening of the social development and sports scientific research, sports view transforms from a single biological view toward three-dimensional sports view, our country school sports will also comply with the social development needs with the quality education as the main line towards the “people-oriented”, “lifetime sports”, “happy sports” and pay attention to the cultivation of students’ personality, interest and potential and digging, respect students, and pay attention to the direction of the harmonious development of students’ body and mind. Because of the huge transformation and development of school sports, our country builds a new curriculum goal system about the connection of primary and secondary school sports and health, combining the long-term benefits and healthy education toward integration, diversification,

and modernization, to make the school sports meet a better challenge of the new century.

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