

The Times Value and Implementation Strategies of Cultivating Students' PE Core Accomplishment under the Background of the New Curriculum Standard

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Abstract: To achieve the goal of "Healthy China 2023", improve people's health level and enhance their health quality. The "New Curriculum Standard" proposes to cultivate the core literacy of students in three aspects: sports ability, healthy behavior and sports morality through the study of physical education and health courses, so that students can gradually form correct values, essential qualities and key abilities. Through the interpretation of the "New Curriculum Standard" policy, enhance students' core literacy through the study of physical education and health courses. It is clear that physical education and education cannot be separated, so as to better promote the development of physical education and the improvement of school physical education teaching. Through literature research methods, logical analysis methods, etc., summarize and sort out the literature of relevant scholars on students' core literacy of physical education. It is necessary to continue deepening the reform of physical education curriculum, explore how to improve students' core literacy and cultivate their comprehensive abilities under the background of the new curriculum standard. The concept of core literacy and the era value of cultivating students' core literacy have been analyzed. Physical education curriculum reform should be continuously deepened, teaching methods and means should be innovated, the main role of students should be fully exerted, and strong support should be provided for their all-round development.

Keywords: New Curriculum Standard, Core Physical Literacy, times Value, Implementation Strategy

1. Introduction

In 2014, the Ministry of Education issued the "Opinions on Comprehensively Deepening Curriculum Reform and Implementing the Fundamental Task of Building Morality and Cultivating People", in which the "core literacy system" was mentioned for the first time. And the curriculum plan and the curriculum standards of various disciplines were revised according to this system, thus officially kicking off the curriculum reform based on core literacy in China^[1]. In 2022, the "Compulsory Education Physical Education and Health Curriculum Standard (2022 Edition)" clearly proposed the core literacy of physical education and health courses in the compulsory education stage^[2]. The proposal of core literacy is the inherent need to practice the guiding ideology of "Health First" and promote the physical and mental health development of students. On this basis, students' core literacy is cultivated from three aspects: sports ability, healthy behavior and sports morality. So that students can apply the sports knowledge, skills and methods they have learned to improve their physical fitness and sports skills level; enhance the development of physical and mental health, the ability to adapt to the external environment, and develop the concept of lifelong sports; the sports spirit, sports morality and sports ethics formed by students in school will not be arrogant in victory or discouraged in defeat, respect the rules and respect others. The implementation of cultivating students' core literacy of physical education in schools can not only strengthen students' bodies, but also regulate students' emotions, strengthen students' will and cultivate students' sentiments.

2. The times Value of Cultivating Students' Core Literacy under the New Curriculum Standard

2.1. Helps to Promote the Reform Process of Physical Education Discipline

Under the background of quality education and the new curriculum standard, the physical education discipline is facing teaching reform and innovation^[3]. In the past, physical education teaching often paid more attention to the imparting of knowledge and skills, but ignored the communication activities between teachers and students, which led to the lack of emotion in students' sports and was extremely unfavorable to the good development of their core literacy. However, in physical education teaching based on core literacy, teachers will pay more attention to the quality development and emotional experience of students, and effectively cultivate students' endurance, perseverance, innovation ability and cooperation ability through discipline innovation. For this reason, physical education teaching based on core literacy is of great help to teaching innovation, and thus strongly promotes the reform process of physical education discipline. At the same time, we should also continue to explore more effective teaching methods and means to better promote the all-round development of students in physical education discipline, so that physical education discipline can keep pace with the times and radiate new vitality and brilliance.

2.2. Helps to Promote the Formation of Students' Sports Morality

Sports morality mainly covers three levels: sports spirit, sports morality and sports character. Tempering students' psychology is the key to shaping sports morality, especially in extracurricular sports training or competitions. In the face of arduous training and fierce competitions, how to stimulate students' fighting spirit is extremely important. This requires teachers to focus on cultivating the trait of daring to fight and dare to challenge in the hearts of students, so that they can maintain good character and positive emotions in difficult situations^[4]. Teachers should continuously instill knowledge of sports spirit in classroom teaching and extracurricular training, encourage students to actively participate in it, cultivate their love for sports and tenacious character, and thus comprehensively improve students' sports morality level.

2.3. Helps to Cultivate Students' Healthy Lifestyle

Healthy behavior is a comprehensive manifestation of promoting physical and mental health and actively adapting to the external environment. It is an essential guarantee for the cultivation of core literacy in physical education discipline^[5]. Mastering correct sports health knowledge can not only provide a strong guarantee for healthy behavior, but also promote the improvement of health ability^[6]. In addition, as students grow older and learning tasks become more and more arduous, this causes a series of changes in students' physical and mental health, and then leads to unstable emotions of students. Teachers should also pay attention to the guidance of students' emotions and mentality while covering students' knowledge, encourage students to actively communicate with others, and improve students' social adaptability^[7]. Teachers should enable students to cultivate good interpersonal skills and social adaptability through interaction by organizing group activities, carrying out cooperative learning and other ways, so that students can better cope with various challenges in life and study, promote the all-round development of students, and let healthy behavior play a more important role in the growth process of students.

2.4. Helps to promote the physical and mental health development of students and the formation of their awareness of rules

As students' age keeps increasing and their learning tasks become more arduous, a series of changes occur in their bodies and minds, leading to unstable emotions among students. If core literacy is infiltrated into physical education teaching, it prompts students to be able to use the sports knowledge, skills and methods they have learned to organize and participate in exhibitions and competitions, improve their physical fitness and sports skills level; enhance physical and mental health development, the ability to adapt to the external environment, and develop the concept of lifelong sports; learn to be a person who is not arrogant in victory and not discouraged in defeat, and respects the rules. The cultivation of core literacy through physical education and health courses not only promotes the strengthening of students' bodies but also regulates students' emotions, strengthens students' will, and cultivates students' sentiments, thereby achieving the purpose of maintaining students' physical and mental health.

3. Implementation Strategies for Cultivating Students' Core Physical Literacy under the New Curriculum Standard

3.1. Formulating Teaching Plans is the Prerequisite

As the planner of the classroom content, the teacher must not arbitrarily draw up the teaching plan, but must carry out the planning with goals and plans. In advance, teachers should carefully design the teaching plan of each unit according to the basic requirements of the core literacy of physical education, and even the teaching plan of each lesson in detail, so as to fit the cognitive laws and characteristics of students and promote students to actively participate in the physical education class. This is an important prerequisite for the realization of physical education core literacy. When making teaching plan, teachers should take unit teaching as the leading direction, so that they can effectively control students' learning as a whole^[8]. In the teaching process, teachers can organize appropriate game activities in combination with the teaching content, so as to fully mobilize the enthusiasm of students to participate in skill learning and increase the amount of exercise of students. The current teaching concept advocates the integration of "learning, practice, competition and evaluation". Teachers can carefully design competition activities in the teaching process, build a good platform for students to show their own abilities, and let students gain a full sense of achievement in the process of participating in the competition. At the same time, teachers should also pay attention to the flexibility and adaptability of the teaching plan, adjust and optimize it in time according to the actual situation and feedback of students, so as to ensure that the teaching plan can truly meet the needs and development of students. Teachers need to constantly improve the teaching program, improve the teaching quality and effect, and provide a solid guarantee for students' physical learning and the cultivation of core qualities.

3.2. Designing Teaching Content is the Key

Designing and formulating teaching plans and goals are the preparatory work in the teaching process, while the classroom is the key place for students to practice and master sports skills. Teachers should not only attach great importance to teaching content, but also closely connect it with students' personal lives to further enrich teaching content. For example, teachers can organically combine health knowledge, prevention and treatment of sports injuries and other contents closely related to life to help students develop good sports habits. Teachers should also pay attention to the potential classroom content, such as students' emotional changes, teacher-student relationship and teamwork ability, etc^[9]. In addition, General Secretary pointed out: "Building morality and cultivating people" is to guide students to "understand great virtue, abide by public morality and be strict with private morality"^[10]. To effectively implement the task of "building morality and cultivating people", teachers need to appropriately cite typical examples of outstanding national athletes in the teaching process, lead students to learn those excellent qualities and behaviors, and promote the formation of students' good morality. And teachers also need to select the appropriate time to skillfully integrate psychological education. In general, teaching content is a complex and highly practical part in the teaching process, and it is also the key to the formation of core physical literacy.

In actual teaching, teachers should also continuously optimize and adjust teaching content according to factors such as students' age, interests and abilities to make it more targeted and adaptable. Some challenging and innovative teaching content can be introduced to stimulate students' desire for exploration and creativity. At the same time, attention should be paid to the systematicness and coherence of teaching content, so that students can continuously improve physical literacy and comprehensive ability in the gradual in-depth learning. In addition, modern technological means such as multimedia and virtual reality can also be combined to add new vitality and attractiveness to teaching content, and better meet the learning needs of students and the requirements of the times.

3.3. Skillfully Using Teaching Methods is the Link

The essence of teaching methods lies in grasping the key point of "skillfulness", because it can make teaching achieve twice the result with half the effort. Teaching methods are an important bridge to achieve teaching tasks and play an important link role in the formation of students' core physical literacy^[11]. When choosing teaching methods, they should be based on the physical and mental characteristics of students at different stages to fully stimulate their interest in practice and enable them to enjoy sports and actively participate in it. Teachers need to effectively change the teaching methods,

resolutely abandon those single and boring teaching methods, and instead adopt novel and interesting methods to successfully complete the teaching content in a relaxed and active classroom atmosphere. At the same time, teachers can also flexibly adjust and combine different teaching methods according to the specific teaching situation and students' feedback to better adapt to students' learning needs and characteristics. For example, the explanation method can be combined with the demonstration method to allow students to understand the key points of the action more intuitively; the game method can be combined with the competition method to increase the interest and challenge of the classroom. In addition, teachers should also pay attention to the innovation and exploration of teaching methods, constantly try new ideas and strategies, provide students with more diversified and personalized teaching experiences, further improve teaching effects and students' learning quality, and help the effective cultivation and improvement of students' core physical literacy.

3.4. Carry out diverse activities to cultivate sports ability

Sports ability refers to the ability that a person possesses when participating in sports, and is reflected by a person's body shape, physical quality, physical function, sports skills and psychological ability, etc. To cultivate students' sports ability, it is necessary to ensure that students have sufficient exercise volume in the class. Therefore, teachers need to carry out diversified teaching activities to effectively improve the teaching effect in the class, promote students to fully master the skills of sports and improve the technical level of students.

In the daily teaching process, whether students can master sports skills and improve their own technical and tactical level is a key issue that teachers need to pay attention to. However, the learning of sports skills is often a complex process, and not all students can quickly master the sports skills they have learned. Therefore, in the process of learning sports skills, teachers can enhance auxiliary exercises, divide complex movements into several relatively simple parts to help students overcome the difficulties in skill learning and promote students' mastery of sports skills. In addition, the game teaching method is also an important way to mobilize students' interest. In the teaching process, teachers can carry out appropriate game activities in combination with the teaching content, so as to mobilize students' enthusiasm for participating in skill learning and increase students' exercise volume. Today's teaching concept advocates the integration of "learning, practicing, competing and evaluating". Teachers can design competition activities in the teaching process to provide students with a platform to show their abilities and allow students to gain a sense of achievement in the competition process.

3.5 Strengthen the training of physical education teachers and improve their professional level

Physical education teachers are the main organizers and implementers of physical education teaching, and they play a very important role in cultivating students' core literacy in physical education. Therefore, if more students with core literacy are to be cultivated, there must be a high-quality team of physical education teachers. To this end, our country should strengthen the training of physical education teachers and set different training contents according to the teaching goals at different stages. For example, at the primary school stage, it is mainly to improve physical education teachers' mastery and understanding of basic movement skills. At the junior high school stage, it is to improve physical education teachers' learning and mastery of knowledge related to core literacy. At the high school stage, it is to help physical education teachers clarify teaching goals and be able to apply knowledge related to core literacy to the actual teaching process. In addition, schools should also regularly carry out teacher training activities so that every physical education teacher can understand the teaching methods, teaching skills, teaching concepts and other contents that need to be mastered under the background of the new curriculum standard.

4. Conclusion

"Building morality and cultivating people and all-round development" is the fundamental task of education in our country. Physical education teaching, as a key component of the basic education curriculum system, shoulders the major responsibility of cultivating students' core literacy in the wave of physical education reform. The cultivation of core physical literacy is of great significance for promoting the all-round development of students' body and mind, cultivating students' innovative spirit and practical ability, and improving students' comprehensive quality. Therefore, schools need to attach importance to the reform of physical education curriculum, continuously improve relevant policies and systems, and provide students with a good learning environment. In addition, measures such as

carrying out rich and colorful extracurricular activities and establishing and improving the evaluation system of students' core physical literacy can be taken to improve students' core physical literacy. In conclusion, only through comprehensive efforts can all-round talents be cultivated.

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