

# How to Improve the Quality and Efficiency of Primary and Secondary Education under the Background of Double Reduction

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**Abstract:** In primary and secondary school teaching under the policy of double reduction, we also need to pay attention to double increase, reduce the academic burden of primary and secondary school students at the same time, improve the students' moral, intellectual, physical, aesthetic and labor comprehensive development. At the same time, for the teaching of primary and secondary schools, it is also necessary to promote the all-round development of students in teaching, actively carry out various activities, strengthen the ideological and political construction of primary and secondary students, and take schools as the main teaching position, unite with family communities to effectively form collaborative teaching, and better promote the development of students.

**Keywords:** Collaborative teaching; Ideological and political construction; The development of

Introduction: In primary and secondary school teaching, the effective implementation of family, school and society cooperation and co-education in teaching can better enrich educational resources and expand educational paths, and better improve the comprehensive quality of primary and secondary school students. Under the double reduction policy, more attention should be paid to the cultivation of students' comprehensive quality, and the joint efforts of families, schools and society are needed to promote the all-round development of students under the coordination and co-education of the three parties.

## 1. Double reduction of the school's side shuren teaching

### 1.1 Innovative teaching methods to promote the healthy growth of students

Under the double reduction policy, classroom teaching is the main position. For traditional classroom teaching, the teaching mode is outdated and the teaching method is insufficient, which easily leads to the polarization of students and increases the learning pressure of students. In the double reduction policy, the quality of classroom teaching needs to be improved. For example in the classroom of primary and secondary school education teaching, the teacher can from the education teaching concept, and actively learn new teaching idea, set up according to their aptitude education ideas, and to encourage teachers' positive discussion teaching method, and according to the actual situation of ideological and political course and students, study the suitable teaching methods and provide teaching activities<sup>[1]</sup>.

### 1.2 Actively carry out learning activities to stimulate students' learning thinking

The implementation of the double reduction policy in education and teaching is not only to reduce students' learning pressure, but also to reduce students' learning pressure psychologically and emotionally, and promote students' all-round development. Therefore, in the process of designing learning activities, schools should actively carry out various activities according to the needs of students' thinking development to promote students' learning and development. For example, in the process of actively developing the ideological and political construction of primary and secondary school students, it is also necessary to design activities at different levels according to students' abilities and different grades. The first is for students' learning ability is weak, can design some practical activities related to life, will be the extension of extracurricular knowledge, helps the student life experience, therefore in the daily teaching, teachers can lead students to visit the city of red culture scenic area, actively carry out the ideological and political course; Secondly, innovative and developmental teaching can be designed for students with strong learning ability, so that students can improve their ability and cultivate their innovative qualities in the process of brain practice and participation, for example, reading red classic books and participating in related creative activities. Finally, for excellent students, we should actively expand personalized comprehensive practice activities, integrate the content of teaching knowledge for students, so that students can flexibly use knowledge and improve the ability to solve problems in the process of practice, and cultivate students' comprehensive quality.

## 2. Double reduction of family help learning

### 2.1 Working together to give full play to our strengths

ShuangJian education teaching is the students' comprehensive relief and promoting the comprehensive development of students, parents, as the main responsibility of the student education teaching, also need to actively cooperate with the school work, optimize

their concepts of education, and exert their own advantages, actively cooperate with the school work, optimized for their teaching idea, Give full play to their own advantages in students' learning, examine students with diversified and multi-thinking ways, and create a good living environment for them. Therefore, it is necessary for parents to actively cooperate to help students lighten their burden psychologically and spiritually. First of all, take the initiative to cooperate with the school work, not only to supervise students' academic study, but also need to actively contact with teachers of various subjects, according to students' interests and hobbies, to help students design personalized activities in line with their learning and development needs, better cultivate students' interests, and implement quality education; Secondly, it gives full play to its own advantages to help students expand extracurricular activities, actively lead students to participate in social practice, expand students' learning horizons, and establish correct values, and promote students' physical and mental health<sup>[2]</sup>.

## **2.2 Parents and schools jointly build a parent exchange platform**

In the implementation of the double reduction policy, the school also needs a certain organization of parents. Parents can meet frequently and share experience, so it can build a platform for parents to communicate and share, give full play to the inspiring role of excellent parents' example, and provide targeted learning resources for parents at different levels. Under the background of double reduction, the communication platform between parents has become an important carrier for parents to learn and share parent-child activities. In the interactive communication, parents at all levels carry out relevant research activities and family education lectures, analyze the problems existing in students' study together, and participate in extracurricular activities teaching, enrich students' extracurricular life, but also positively guide students to actively participate in ideological and political construction activities. In the growth process, parents can also build a track record, for students in the records of the students' learning, interests and life in general, and so on, full attention to the growth of the students, and take the initiative to contact the student teacher in charge and various branches teacher, the students set up more to promote the development of physical and mental health education activities.

## **3. Double community assistance to primary and secondary school teaching**

### **3.1 Explore the rich educational connotation of social resources**

Under the double reduction policy, more attention is paid to the cultivation of students' comprehensive quality. Therefore, in specific practice, schools also need to attach importance to the use of social resources, effectively enrich educational resources, and actively carry out social practice activities, so that students can grow in the society and cultivate students' social consciousness. At the same time, we can also invite social public welfare organizations to explain activities in schools to improve students' professional knowledge and make education closer to life, so as to improve the timeliness of education. In to carry out the construction of the ideological and political course of primary and secondary schools, for example, you need to integrate and use the social various aspects of resources, and museums, memorial halls, archives and red base, etc., to establish relations of cooperation, and mining the ideological and political education in the red culture and regional culture elements, effectively expand and enrich teaching forms, and with the help of the local government to strengthen the cooperation of school and society, Improve the quality of school-cooperative education.

### **3.2 Carry out diversified interaction to promote teaching**

Under the initiative of the double reduction policy, it is necessary to take students as the foundation in teaching and meet the development of students in many aspects. Therefore, in the implementation of education and teaching process, it is also necessary to enrich students' learning through diversified interaction. For example, schools can actively carry out social practice activities and encourage students to communicate with community workers to promote students' life education. At the same time, we can also carry out extra-curricular social practice investigation activities to encourage students to get close to the society and enter the community, and hold practice reports in schools to organically integrate social education and school education, and better promote the development of students.

## **4. Conclusion**

Students under ShuangJian policy reduced the daily pressures of subjects of homework, but spare time also can't slack off, need common joint development between and among schools, families and communities to carry on the teaching, to actively develop the students' interests, and help students in learning outside interests better set up correct ideas, effectively promote the students' ideological and political construction, To better promote the comprehensive and high-quality development of students.

## **References:**

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**Note:** This paper is a collaborative education research of family, school and community under the background of "double reduction"