



# **A Feasibility Study on the Development of Happy Basketball in the Physical Education Curriculum of Primary and Middle Schools in China under the Background of “Healthy China”**

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**Abstract:** With the continuous development of quality education, the society pays more and more attention to the development of students' physical health. Therefore, the physical education curriculum in primary and secondary schools should match the age characteristics of the students. Relatively speaking, my country's primary and secondary physical education curriculum is single and boring. Carrying out Happy Basketball can not only increase the interest of physical education classes and develop students' intelligence, but also improve students' independence, coordination ability, quality of will, team awareness, etc. Based on this, this article uses literature methods, expert interviews and other research methods, Taking the basketball curriculum of primary and secondary schools in China as a breakthrough, explore the feasibility of developing happy basketball in primary and secondary schools, and provide suggestions and suggestions for students to establish lifelong sports.

**Keywords:** Happy Basketball; Primary and Secondary Schools; Physical Education Curriculum; Feasibility

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## **1. Introduction**

Basketball has a strong mass foundation in China. There are not only professional basketball teams, but also college student teams organized by various universities, basketball teams organized by various industries, and primary and secondary schools<sup>[1]</sup>. As an innovative project of basketball, Happy Basketball not only requires extremely high levels of the participants' various athletic abilities, but it also has certain requirements for the participants' intelligence. Happy basketball is a sport that takes physical coordination as the core, strengthens physique, and develops thinking as the goal, and makes perfect cooperation between teams as the pursuit. It is a sport that conforms to the law of physical and mental development in primary and secondary schools in my country today. Carrying out a happy basketball class in the physical education curriculum of primary and secondary schools can not only promote students' sports quality, but also improve their intelligence; not only can enrich the diversity, entertainment, and fitness of the physical education curriculum, but also enrich the campus culture and activity Campus cultural atmosphere; to stimulate students' interest in learning other subjects and promote the development of lifelong sports habits. At the same time, the key to improving the effectiveness of basketball teaching is to incorporate the concept of happy basketball so that students can participate in basketball teaching activities on a happy basis<sup>[2]</sup>.

## **2. Results and analysis**

### **2.1 Analysis of conditions for orienteering in primary and secondary schools**

#### **2.1.1 The hardware conditions for the development of Happy Basketball in primary and secondary schools**

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The difference between the equipment necessary for the development of happy basketball on campus and the normal basketball course lies in the personality that students wear and the obstacle equipment required for the course, while the venue requirements for the development of happy basketball are more flexible. Track and field courts are acceptable. On the other hand, Happy Basketball has higher requirements for teachers, requiring teachers to have strong professionalism, rich creativity, flexible resilience, etc., so Happy Basketball also meets the development requirements in terms of hardware conditions.

### **2.1.2 Software conditions for orienteering in primary and secondary schools**

As a branch of the emerging basketball sport, Happy Basketball is incomparable to other sports in terms of gameplay, creativity, uniqueness, fitness, etc.; and because of the strong gameplay of Happy Basketball, it is easy for students to have a variety of physical qualities. The coordinated development with intelligence has made Happy Basketball very popular among teachers and students. As Happy Basketball enters primary and secondary schools, schools and governments have invested more and more funds in basketball sports. Some equipment and equipment are gradually complete, and China's primary and secondary school basketball The training of coaches and athletes is becoming more and more common. Most places have participated in schools as a unit and have achieved good results. These coaches and athletes exist as backup teachers. Therefore, Happy Basketball is based on the soft power of teachers, results, funds, etc.

## **2.2 Restrictive factors for the development of Happy Basketball in primary and secondary schools**

### **2.2.1 The Ministry of Education lacks a unified preparation of learning materials for primary and secondary schools**

Due to the short introduction of Happy Basketball, China not only lacks basketball talents, but also has very few teaching materials on Happy Basketball. Some of the only textbooks are also about the training of happy basketball coaches and referees. The happy basketball books used for teaching in elementary and middle schools are almost blank. Even where Happy Basketball develops well in China, there is always a blank for the writing and putting into use of Happy Basketball books.

### **2.2.2 The inadaptability of traditional education concepts in China**

Because the primary and middle school physical education has long followed the traditional single-technical physical education, the physical education is based on the physique health test and academic credits. Happy basketball, as a new basketball sport, will be subconsciously rejected by physical education teachers. As a result, the implementation of the new curriculum reform and quality education is difficult. School teaching still takes the cultural class performance ranking as the first standard, and the overall evaluation of students is still lacking in diversity. This gives the country, schools, and society an illusion of developing a happy basketball, leading to a tepid state of curriculum development.

## **3. Countermeasures and suggestions**

Happy basketball is a sports project that integrates intellectual development, pleasure of the body and mind, and physical fitness. If it can be fully developed in the context of the school, it will inevitably improve the physical fitness, competition awareness, and cooperation of our primary and secondary school students. Spirit, moral quality, etc., so as to realize the comprehensive development of students' morality, intelligence, physical education, and art. According to the limiting factors in the development of Happy Basketball in the school physical education curriculum, we should take the following measures when promoting the development of Happy Basketball classes in primary and secondary schools: first, speed up the training of talents and increase the recognition of the curriculum. Cultivating professional talents for Happy Basketball is an important task. On the one hand, under the background that the physical education curriculum is gradually recognized as the main subject, strengthen exchanges with surrounding primary and secondary schools, provide coaches for schools, increase students' sense of identity, and provide guarantee for cultivating a new generation of basketball; on the other hand, adhere to the inheritance of teachers and students The method is to focus on

training students with learning interests and high qualifications to avoid technical changes; at the same time, to enhance the local people's understanding of their own happy basketball exercises, etc., and stronger basketball confidence.

## References

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