



# **Brief Analysis on the Thought of “Forced Physical Education” in Primary and Secondary School Physical Education**

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**Project:** The special project of teaching reform in basic education of Hainan Rehai Ocean College (RHYjcjg2020-02)

**Abstract:** “forced sports” is not autocratic sports, but through the “forced” type of provisions to make students participate in sports activities, and ultimately improve the physical quality of students. In the relevant policies and regulations on school physical education issued by the state, the overall requirements for the improvement of teenagers’ health level are put forward, and some contents embody “forced” regulations. It is a very important link to integrate the idea of “forced physical education” into school physical education teaching and test it in practice. This paper makes an in-depth discussion on it.

**Keywords:** Primary and Secondary Schools; Physical Education; Health; Compulsory Sports

## **1. Introduction**

Teenagers are the future of the motherland and the hope of the nation, who bear the historical responsibility of the great rejuvenation of the Chinese nation. The health status of teenagers is not only related to their life, study and physical as well as mental health growth, but also related to the improvement of the quality of the whole nation and the development of society. School physical education is the key link to improve the health quality of teenagers, and it is an important content to promote the all-round development of teenagers. It plays an irreplaceable role in the formation of their ideological and moral character, intellectual development and aesthetic quality. Since the founding of the People’s Republic of China, the Party Central Committee, the State Council and the education authorities have attached great importance to the physical and mental health of young people and school physical education. A series of important decisions was made to promote the reform and development of school physical education, and a series of important policies on school physical education reform was issued, which effectively promoted the development of school physical education in China. To a certain extent, it shows that the health of teenagers is placed in the national education strategy, and physical education plays an increasingly important role in the talent training system. However, since the mid-1980s, it is an indisputable fact that the overall and continuous decline in the physical health level of Chinese teenagers has been achieved. The proportion of overweight and obesity continues to increase with high rate of poor eyesight, as well as the vital capacity, strength and endurance quality of all age groups of teenagers are declining. Therefore, strengthening physical fitness and promoting students’ physical and mental health is the primary task of school physical education, which is the starting point and belonging of school sports work, and the foundation of school sports existence and development.

## **2. The concept of “forced sports”**

The educational thought of “forced physical education” was put forward by Mr. Zhang Boling, a famous educator and practitioners in modern China, and it was carried out in Nankai School and achieved good results. Nankai stipulates

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doi: 10.18282/le.v9i7.1460

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that the students' physical education scores must reach certain standards. Those who fail in the examination are forced to exercise, and those who pass must also choose certain items to practice regularly. With the regular school physical examination every year, for the students who are particularly weak in some part of their body, they must strengthen exercise to make up for their deficiency, otherwise, they cannot graduate. In the relevant policies and regulations on school physical education issued by the state, there are also some explanations: for example, the results of physical education examination shall be included in the total score of entrance examination; in addition to students who are exempt from physical education, those who fail to meet the physical and health standards shall not be issued with graduation certificates. These policies and regulations reflect a certain degree of compulsion.

With present the main idea of school physical education "personality development, happy sports", it is suggested that the idea of "forced physical education" be integrated into the practice of school physical education reform and emphasized that on the basis of the national policy on school physical education, the measures of "compulsion + guidance" should be adopted to force and guide students to meet the corresponding requirements of physical education assessment, so as to make students develop the habit of lifelong sports.

### **3. The necessity of "forced sports"**

At present, the vast majority of primary and secondary school students are only children. They are in a good social environment and have a certain sense of superiority. Many students have their own ideas and often not interested in the boring track and field courses, gymnastics courses. So they are often in probation and make sick leave. In addition, for some physical education courses, many students think it is a holy land for recreation and leisure. They learn when they want, and don't learn they don't want to, without discipline. For this situation, it is necessary for teachers to stimulate students' interest compulsively, and strictly formulate learning indicators and classroom learning tasks, to those who do not meet the requirements will not be dismissed. Students engaged in physical exercise have a process from unconsciousness to self-consciousness, as cultivating habits. They need supervision and guidance from one person. Therefore, it is necessary to carry out "forced" physical education. However, the "compulsive" system does not mean dehumanized management. Physical education teachers will carry out step-by-step intensity training in combination with students' physical quality. With encourage + guide + compulsory way of teaching, students continue to break through themselves, so as to feel the fun of physical exercise with improvement of physical fitness.

### **4. The application of "forced physical education" in teaching**

#### **4.1 Schools and parents should encourage "forced sports"**

The purpose of "forced sports" is to help students exercise and enhance their physical quality. Nowadays, many parents pay special attention to students' academic performance while schools pay attention to the school entrance rate, which leads to the neglect of sports. Therefore, the first step to achieve "forced sports" is to get the cooperation of schools and parents. First of all, schools should encourage the "forced physical education idea", that is, students' physical education should not be occupied by other teachers because of the pressure of entering school. Secondly, the school formulates "forced physical education" tasks for students, such as making 10 minute running plan and aerobics etc. After that, parents should believe in the school and teachers that physical training needs to follow the advice of professionals, and the training intensity still needs to be some. Sometimes students will inevitably suffer from physical pain and maladjustment, which are normal phenomena and parents need not worry about it. With the increase of physical exercise time, these conditions will gradually be reduced.

#### **4.2 Improve assessment methods**

If schools and students want to pay attention to physical exercise, on the one hand, we need to combine the assessment of schools and teachers with students' physical education situation; on the other hand, the assessment of students with sports achievements are needed to be combined. For students, such as the annual "three good students" evaluation and the qualification of joining the league, we need to choose from the students who have good sports performance. And the discrimination of sports performance also needs to use the way of combining peacetime results

with test results. If there is only one test result, many students will cram for a while and only do some training before the exam without train at ordinary times. This goes against the original intention of continuously enhancing students' sports quality. Therefore, in the ordinary classroom, extracurricular training also needs reasonable supervision and record. For example, the school supervises the students and urges them to carry out "forced" education by distributing them with a lock in bracelet so that they can freely choose the time to run independently every day. For teachers, teachers' salary level and the evaluation of excellent titles can be directly related to students' physical education, so that teachers' focus not only on students' learning, but also on students' physical condition. The supervision of teachers can promote the students' physical exercise, while for schools, it is necessary to strengthen the education and supervision of principals. In order to improve the enrollment rate, many headmasters think that the physical education curriculum is dispensable, allowing other teachers to encroach on physical education to make up lessons. Therefore, if we want to change the formalization and slogan of physical education, the headmaster should be the first person responsible for the physical education activities. This compulsory accountability system is conducive to promoting the implementation of primary and secondary school physical education classroom, and is of great significance to improve the quality of school physical education.

### 4.3 Improve the sports chain

Many schools take the lack of school space as an excuse for students' physical education and "forced sports" teaching greatly reduced. In fact, these problems are easy to solve. For example, teachers ask students to go out to exercise, or borrow some stadiums and stadiums to help students solve the problem of venues. Or with other schools to carry out a friendly competition, the students of the two schools compete with each other, so as to stimulate students' interest in active exercise. Schools should strive to bring the spirit of physical education into the spirit of the school. For example, physical education in Tsinghua University is a lifelong compulsory course for Qinghua students. This is because physical exercise can not only enhance people's physical quality, but also a spirit of self-improvement and fighting temperament, which is a life-long beneficial lifestyle. Therefore, schools should actively carry forward the advantages of physical exercise to strengthen students' "forced sports", and constantly improve the sports chain.

## 5. Conclusion

Proper "forced physical education" teaching is necessary, which is the inheritance and development of the new curriculum concept of physical education teaching. In order to better stimulate students' interest in learning and improve their participation, a certain "forced physical education learning" should be taken. It needs the cooperation of schools and parents in the specific application process of "forced physical education teaching". By changing the assessment methods of schools, teachers and students, we should constantly improve the sports chain so that students can exercise from unconsciousness to self-consciousness and from compulsion to initiative.

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