

Value and Path: Inheritance and Development of Chinese Excellent Traditional Sports Culture in School in the New Era

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Abstract: Using literature research methods, analysis and comparison, and using the multidisciplinary theoretical knowledge of culturology and sociology, and guided by the school's inheritance and promotion of China's excellent traditional sports culture, the school makes a theoretical analysis on the value and path of the inheritance of China's excellent traditional sports culture. The results show that Chinese excellent traditional sports culture can cultivate students' cultural self-confidence and realize cultural power, awaken students' collective memory and enhance their patriotic consciousness; it is of great educational value to improve students' physical and mental health and help build a healthy China. **Conclusion and suggestion:** The inheritance of Chinese excellent traditional sports culture in school should focus on the construction of school education environment, improve the training system of sports talents, strengthen the construction of traditional sports characteristic courses and the development of teaching materials, and enhance the educational and cultural functions of fostering character and civic virtue, so as to provide a solid theoretical basis for the development of Chinese school sports and the great rejuvenation of the Chinese nation in the new era.

Key words: new era; traditional sports; sports culture; school sports

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RESEARCH PURPOSE

Excellent Chinese traditional sports culture is an important portion of Chinese traditional culture and plays a principal role in Chinese cultural revitalization and national education. In January, 2017, the State Council make an announcement, requiring: centering on the fundamental task of "fostering character and civic virtue", the project should be carried out in an orderly manner according to the educational laws recognized by students, so that the excellent Chinese traditional culture can be

integrated into all aspects of education in all directions and run through all fields of education.¹ Schools should play the main role in the implementation of Chinese traditional culture to promote the rejuvenation of the Chinese nation and the inheritance and development of traditional culture.

President Xi attended the National Education Conference on September 10 in 2018. He made important arrangements for the school sports work in China in the new period. He also clearly stated that schools should establish the guiding ideology of "health first", and set up enough physical education

courses in the process of school sports.² At present, China's school sports are seriously influenced by western foreign sports culture, while the inheritance of excellent traditional sports culture in school is greatly challenged. This article discusses the value and path of the inheritance of Chinese excellent traditional sports culture in school, and plays a principal part in rejuvenating Chinese traditional culture, fostering character and civic virtue and improving the physical health level of young students in new period.

RESEARCH METHODS

Literature Method

We searched literature electronic databases such as CNKI and Wanfang Database with "school sports", "traditional sports" and "cultural heritage" as key words. Based on that, we obtained the academically representative literature published in recent 10 years, and focused on the influential Chinese core journals such as Sports Science and Journal of Beijing Sport University.

Comparative Analysis

We consulted the policy texts have a bearing on Chinese traditional culture and school physical education issued by the central government and relevant ministries and commissions. On the basis of comparison and analysis of the texts, we carefully combed the different problems in the evolvement of Chinese traditional physical culture and modern foreign physical culture in school.

RESULTS AND ANALYSIS

Practical Problems of Inheritance of Chinese Excellent Traditional Sports Culture in School

Excellent Chinese traditional culture is not only an important embodiment of the soft power of national culture, but also an important content of Chinese culture, with profound cultural heritage and extensive mass. Chinese traditional sports culture is jointly created by the people of all ethnic groups in China. It is a comprehensive culture of competition, entertainment and education, which is aimed at strengthening people's physique and cultivating

sports physical skills. It is a dynamic body movement complex and an excellent traditional cultural form formed by the progress of human civilization, and has the cultural genes of the Chinese nation itself.³ It contains excellent traditional Chinese virtues such as patriotism and trustworthiness, unity and cooperation, civility and courtesy, hard work, tenacious struggle, mutual assistance and love, etc. It needs to be vigorously inherited and promoted to adapt to Xi Jinping's core values of socialism with Chinese characteristics in the new era.

The construction of school sports culture is an important part of school education. Looking back on the educational history of modern China for more than 100 years, since the Opium War in 1840, China, which is backward and closed, had been blasted out of the country by the "guns and cannons" of western powers. Since then, China has taken the initiative to absorb western sports culture thoughts. Especially under the influence of the modern Olympic Movement and the Chinese nation's self-improvement thoughts, western competitive sports culture turn into the mainstream thought of Chinese school sports. However, Chinese traditional sports culture, which is rich in content, diverse in forms and long in history, has been greatly neglected. During the 70-year development of the People's Republic of China, many researches and explorations have been made by experts and scholars in the field of physical education, but little results have been achieved. At present, the school sports of China still has many shortcomings in inheriting traditional sports culture, which affects the inheritance and dissemination of national traditional sports in school.

Value Analysis of the Inheritance of Chinese Excellent Traditional Sports Culture in School

Chinese traditional sports contain profound cultural and educational value, which must be realized through school education. Inheriting national traditional sports with Chinese characteristics in school plays a guiding role in the development of traditional culture. Therefore, to develop school sports in the new period, it is necessary to upgrade the educational level, so that the development of traditional sports culture can promote the goal of sports power, cultural revitalization and healthy China.

Cultivate young students' cultural self-confidence, and establishing the thought of developing a

powerful cultural country

Thriving youths leads to a thriving nation; strong youths lead to a strong country. School education is of special value for the systematic inheritance of traditional sports culture and the cultivation of teenagers' cognition of sports culture. The values of physical education that adapt to the laws of their own educational development are constructed, which will provide higher social participation and responsibility for the inheritance of Chinese sports culture spirit in school and the cultivation of a new generation of youth's outlook on life. By strengthening school education, the young students can also feel the profound connotation and cultural charm of Chinese culture, thus providing a prerequisite for the promotion of their humanistic education and promoting the complete inheritance of Chinese traditional culture in school.³ Sports cultural accomplishment and personality quality of the new generation of young students, strengthen their cognition of Chinese school physical education culture in the new era, absorb the essence of excellent Chinese physical education culture, and continuously develop and strengthen the influence of Chinese excellent traditional physical education culture. Chinese sports once devoted itself to transforming western sports culture resources into Chinese own sports culture for development, while Chinese excellent traditional sports culture lacks due care, even shows the lack of Chinese traditional cultural thoughts to some extent. Excellent traditional sports culture cannot achieve integration and innovation in the connecting and collision with foreign sports cultures, which has an important impact on the formation of young students' self-confidence, self-improvement and self-improvement.

Awakening students' collective memory and enhancing their patriotism

China's excellent traditional sports culture contains strong cultural identities of the Chinese nation, such as humility, tolerance, integrity, hard-working, unity and forging ahead, self-improvement, etc. To widely integrate it into school education and teaching, we should pay attention to the cultural awareness of young students, improve their

personality and psychological quality with the help of school education platform, and cultivate their humanistic spirit of self-improvement, so as to communicate and adapt to different societies and enhance the cohesion and centripetal force of the Chinese nation. Traditional sports include unique cultures such as humanistic education, fitness and entertainment, spiritual power and national cohesion. Inheritance of sports culture in school can make an important contribution to the realization of the Chinese dream of the great rejuvenation of the Chinese nation.⁴ Therefore, the inheritance of Chinese traditional sports in school should change the development mode of school education in which western sports teaching is unitary, achieve the integration and exchange of two different sports cultures, reduce the lack of understanding of Chinese and Western sports culture education, and establish a sports culture system with Chinese characteristics, Chinese style and Chinese style in the new era. Excellent traditional sports in China will be transferred to schools on a large scale, which will stimulate students' understanding of excellent traditional sports, promote the development of Chinese traditional culture, embody their intrinsic value for the integration of Chinese and Western culture and education, and enhance the function of cultural memory.

Improving students' physical and mental health to help to construct a healthy China

The level of students' physical health is related to the construction of "a Healthy China". The physical and mental health education of young students is the cornerstone of national health education. School physical education plays an important role in cultivating healthy social citizens and lifelong physical education for the whole people in the future. In the past 40 years, school physical education has gone through an unusual road of development and reform, from strengthening students' physique to improving their health, from developing good exercise habits to mastering sports skills, from enriching campus cultural life to cultivating school cultural brands, from encouraging the cultivation of sports competition awareness to developing leadership ability, etc. It is difficult to make substantial progress due to the value conflict caused by the combination of sports and education.⁵ In terms of sports culture inheritance, schools should have a deep understanding of the characteristics that there are many funny, leisure, entertainment and healthy

sports events in Chinese traditional sports, grasp the characteristics of various sports education at all levels, and integrate the elements of strengthening physique and entertaining body and mind contained in traditional sports culture into all aspects of school education to make up for the deficiencies in current school physical education. We should strengthen the integration of China's excellent and unique fitness elements into the campus, so that schools can protect, inherit and innovate the fitness function of Chinese traditional sports culture, and build a solid confidence in Chinese traditional sports culture.⁶ We should promote school education to better explore China's excellent fitness sports culture, make it actively play its sports function, accelerate the reform of sports teaching, and optimize the renewal of sports culture teaching and education content, so as to realize the diversification and education of school sports content, further promote the improvement of students' physical health level, and lay a solid foundation for constructing a healthy China.

Chinese Splendid Traditional Sports Culture in the School Heritage Initiatives

President Xi as the core put forward the new concepts, new ideas and new strategies of governing the country with socialism with Chinese characteristics in the new period, and made unremitting efforts around China. In 2017, The Opinions emphasized that Chinese traditional culture should run through the all-round process of "national education", and that we should enrich and expand the construction of campus culture, vigorously promote Chinese traditional sports to enter the campus, and¹ make the traditional sports culture with Chinese national characteristics actively return to the school.

Let the school become the frontier of inheriting our traditional sports culture

In recent years, with the strong return of Chinese traditional culture, schools at all levels attach great importance to the education of Chinese traditional culture. Since 1997, in response to national policies, relevant national ministries and commissions jointly established national traditional sports disciplines represented by martial arts and other traditional sports. From the top-level design of discipline

development to the promotion and development of Chinese traditional culture, it shows that traditional sports have begun to enter the physical education of various schools, and there is a trend of widespread development, so that Chinese excellent traditional sports culture can be integrated into school education in all directions.⁷ All levels of schools in China rigorously support traditional sports to enter the campus, provide more development opportunities and school platforms, give full play to the advantages of their respective schools' regional cultural characteristics, and actively implement zoning protection, realizing the common promote of traditional school and sports education, effectively enhancing the effect of sports culture inheritance, and enriching the contents of school physical education.⁸ The school also gives full play to the teachers' advantages, venues, equipment and facilities, and introduce Chinese excellent traditional sports into physical education courses at all levels and various schools, bring into student association activities, carry out colorful sports cultural exchanges, and implement protection, inheritance and development in various forms and channels, so as to embody unique cultural charm Chinese excellent traditional sports.

Establishing a sound training system for physical education teachers

Talents are the cornerstone of educational development. The development of traditional sports requires to train sports teachers in a planned way, which is the most effective and reliable guarantee of talent mechanism for inheriting and spreading Chinese excellent traditional sports culture. Therefore, it is necessary to enhance the training of teachers of traditional sports events, improve their ideological understanding, vigorously strengthen the reform and innovation of sports teaching means, and actively cultivate the awareness of inheriting and developing traditional sports culture. The first is to strengthen the training of professional sports talents. We should put sports discipline system for training all kinds of sports professionals in China, excavate and sort out traditional sports with regional characteristics, develop sports courses with national and regional characteristics all over the country, actively guide education departments at all levels to strengthen the training system of sports teachers, set up special training funds and formulate detailed training plans, and regularly train and re-educate teachers of traditional sports so that they can master one or two special skills of traditional sports and improve their

teaching ability. The second is to actively seek folk traditional sports artists, inheritors of intangible sports cultural heritage, exert the strength of civil society organizations, extensively implement the plan of traditional folk artists entering campus, and actively carry out traditional sports teaching activities. The third is to strengthen the cooperation and communication between sports professionals and folk traditional artists, and build a platform for traditional sports culture exchange, so that modern school sports culture and folk traditional sports culture can be combined with each other to jointly promote the inheritance of heritage culture of sports in school in the new era.

Strengthening the construction of characteristic courses and teaching materials of traditional sports

The entry of Chinese traditional sports culture into campus requires the strong support of education departments and all sectors of society. Deepening the reform of physical education teaching is the prerequisite for the development of traditional sports. In the opinions in 2016 (G.B.F [2016] No.27), it is also clearly pointed out that schools should vigorously promoting the development of basic sports and national sports in adapting measures to local conditions, strengthen the construction of school physical education courses, explore and sort out ethnic and folk sports in depth to enrich the content of physical education courses.⁹ For a long time, in the construction of school physical education curriculum in China, western modern physical education is in an absolute advantage, while national traditional sports are in a disadvantage. The main problem lies in the lack of sports innovation consciousness in the heritage sports. The heritage sports, to some extent, is not suitable for modern school physical education teaching mode, and does not conform to the realization of many school physical education goals. Therefore, the inheritance of China's traditional sports culture in school needs to reform and innovate the physical education curriculum, introduce excellent characteristic courses and teaching materials of traditional sports suitable for school education in the new period, and dig deep into the value of traditional sports events to students' physical

and mental health and enhance their physique, so as to better conform to the development law of school education and contribute to the development of school sports education with Chinese characteristics. At the same time, we also expect Chinese traditional sports events to have their own right to speak in the construction of school physical education curriculum,¹⁰ so as to help school sports better meet the requirements of the development of school education in the new era, improve students' physical health, and serve the development of national education.

Enhancing the sports culture's fundamental function of fostering character and civic virtue

The report of China emphasizes: based on the three major educational themes of "who to train, for whom to train and how to train", we should carry out systematic thinking and positioning of strategic objectives, thoroughly implement educational policy, fully implement the fundamental educational function of "fostering character and civic virtue", continuously promote the fairness principle of education, actively develop comprehensive quality education, and strive to cultivate the socialist builders and successors comprehensiveness of "five educations" with all around development of moral, intellectual, physical, aesthetics and labour education. Therefore, schools at all levels should dig deep into the cultural education function of sports. Especially, they should carefully sort out the elements of "fostering character and civic virtue" included in the national traditional sports represented by Chinese Wushu, and make them integrate into the process of school physical education curriculum reform, improve the deficiencies in school physical education existing for many years, and increase the dissemination of traditional sports culture, so that the excellent traditional sports culture originated and rooted in the Chinese culture is more suitable for the quality education in schools and the cultivation of the personality qualities of young students. In this way, the school sports can better serve and promote the development and revitalization of China's national education.

CONCLUSION

Excellent traditional Chinese sports culture embodies the collective wisdom of the Chinese nation, conveys the emotion of the Chinese nation, and contains the imprint of the development of Chinese civilization and traditional culture. It is a "living" cultural heritage of China's historical development,

and a human spiritual culture that needs to be doubly cherished. In the new period, the inheritance and development of China's excellent traditional sports culture in school need to dig deep into the educational values of students' physical and mental health, cultural self-confidence and loving motherland, etc. To inherit the excellent sports culture with national characteristics, many measures and policies such as personnel training, platform building, cultural education and characteristic curriculum construction should be actively implemented, so as to bring it into the mainstream education of school sports and arouse students' cultural cognition and collective memory of China's excellent traditional sports. In this way, we can continuously expand the radiation force, driving force and demonstration effect of China's excellent traditional culture, and provide powerful Chinese cultural gene for the prosperity of China and the Chinese dream of the great rejuvenation of the Chinese nation.

Author Declaration

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