Current Situation and Countermeasures of Implementing Life Education in School Physical Education

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Abstract. In recent years, with the continuous development of life education and school physical education, both of them have been paid more and more attention, and life education has become a new proposition in the development of school physical education. Life education is not only a means of education, but also a people-oriented view of school physical education. There are many problems in the implementation of life education because of the difference between instrumental education and teachers' quality. Based on the concept of life education, this paper tries to analyze the current situation, existing problems and countermeasures of the implementation of life education in Chinese school physical education, so as to explore the value orientation of school physical education reform, which is a very meaningful research topic.

Introduction

Jay Donald Waters, an American scholar, first proposed the idea of life education. In the 1960s, young people in the United States frequently suffered from phenomena that endangered their own lives, such as drug abuse, suicide, sexual promiscuity, and so on. This thought was put forward out of concern for this phenomenon, hoping to realize teenagers' cherishes for their own lives through social education. The thought of life education has developed rapidly since it was put forward, and its influence has been continuously expanded. So-called life education, its core is "person" this life individual. Every individual is different, and individuals have initiative and difference. Life education just emphasizes people's subjective initiative and respects differences[1]. In fact, the intrinsic nature of life education is a kind of educational practice that respects life, advocates life concern, realizes life value, respects individual life, emphasizes life dignity, and finally improves life quality.

Every life is an individual with its own personality, and at the same time every life is free with its own independent will and creativity. Life education, is to "life" and "education" organic combination together, its core is through the individual respect education methods made by education implementation process of life, life meaning and value of life experience, to find out the life potential of each individual by education, raise the life quality of the individual by education, finally makes the education individual has a unique creativity and social adaptation ability of individual life[2]. Life education has the characteristics of experiencing life, liberating life, respecting life and attaching importance to humanistic care.

In the long history of sports development in China, the dispute between instrumental rationality and value rationality has a long history. In the current situation of the development of sports achievement first, the importance of life education itself is increasingly apparent, and will occupy an increasingly important position in school physical education. With the continuous development of life education today, it is very meaningful to grasp the relationship between life education and physical education, and to find some problems in life education and areas for improvement.
Relationship between School Physical Education and Life Education

School Physical Education is an Important Material Basis and Practice Base for Life Education

Whenever we talk about school physical education, the first thing that comes to mind must be the sports results. However, with the popularization and development of life education methods, we emphasize more and more on caring for people. School physical education is an important material basis for the realization of life education. Natural body is the material basis for the realization of life education[3]. Only good natural physical conditions can ensure the smooth implementation of life education. If an individual cannot even guarantee a healthy body, how can the realization of life education be guaranteed? School physical education as an important means to enhance individual physical health, good physical exercise can ensure the health of the body and full of spirit, at the same time is to improve the physical quality and skills, and the important position of good character education. Therefore, school physical education is an important carrier of life education.

One of the characteristics of life education is to attach importance to individual differences and plasticity. School physical education through the teaching of good sports skills to shape each flexible, strong, powerful natural life; Each individual through the exercise of subjective initiative in sports, overcome difficulties, beyond the limits of the method to achieve the stimulation of the spirit of life praise; The social value and sense of life of each individual can be realized through the unity, cooperation and team spirit of the game. It is not difficult to find that school physical education is an important practice base to build perfect, harmonious and unified individuals in complex social relations. School physical education not only improve the quality of every individual's life. In addition, it is an important practice base to implement life education to realize its own value and significance in the eulogy and praise of life[4].

Life Education is the Return of the Nature of School Physical Education

From the point of view of the emergence of sports, since human settlement, the production of food to meet their own needs, hunting and other activities are no longer just to meet the needs of food with entertainment, sports came into being. The existence and development of various physical activities in early human life support constituted the predecessor of modern school physical education. From the beginning of the emergence of sports is to achieve human development, the need for physical fitness. But since modern times with the emergence of competitive sports, sports is no longer just as a way to keep fit, more as a prize, especially for professional athletes, so in the process of school physical education, it will inevitably produce deviation, with a sense of utilitarianism in there, the purpose of sports as a prize of tool began to develop rapidly. Driven by this honor, sports go further and further away from their original nature[5]. Modern school physical education pay more and more attention to the education of competitive sports, ignoring the significance of the existence of man as the subject.

With the implementation of modern education concept, life education has become a common understanding in the education circle. From the perspective of modern education, life education is not only the foothold of education, but also the ultimate pursuit of education. Implementation of life education in the school physical education, can enhance teenager's physical quality and health level and teaching of basic sports skills at the same time, can greatly make up for the lack of school physical education in the education, through the education of civilization, realize the physical and mental development of adolescents, in physical fitness and health at the same time can improve the character of the teenagers, to realize the improvement of life quality of individual life and the life value creation[6]. The ultimate goal of school physical education is to cultivate the life of every individual with sound character, physical and mental health, and perfect personality, "brutalize their bodies and civilize their souls" is a vivid portrayal of the purpose and pursuit of school physical education.
Physical Education and Life Education in Schools are Both Important Carriers of Humanistic Education

The so-called humanistic education emphasizes the importance of taking human text in daily educational activities, paying attention to the development of the meaning of human as an individual, respecting the differences of each individual and stimulating the potential of each individual. As an important part of school students' daily learning, school physical education not only emphasizes unity, cooperation and team spirit, but also pays attention to the differences of each individual[7]. Every student can choose his favorite sports to learn according to his own preferences, thus realizing the full development of the individual. Life education plays an important role in humanistic education. Humanistic education and the education advocated by life education are essentially consistent. Life education is humanistic education to some extent. Life education emphasizes the value of each individual's life and is an important carrier to realize humanistic education[8]. School physical education, like life education, advocates the development of each individual, excavates the inner spirit of the individual, and realizes the promotion of the spirit of life, which provides an important carrier for the education of humanism.

Present Situation and Problems of Life Education in School Physical Education

Relevant Education Departments Pay Little Attention to Life Education, and PE Teachers Pay Insufficient Attention to Life Education

The development of school physical education in China has experienced different theories, including "physique theory", "technology theory", "comprehensive theory" and "health theory" under the current new curriculum model, which takes "health first" as the guiding ideology[9]. New physical education curriculum standard to some extent, corrected before the kind of simple physical exercise, no attention to students' psychological health problems, but throughout the development of school physical education in China, we can still find the development of school physical education did not cause the attention of relevant education departments, the students' physique health still have a lot of unqualified. Schools only set sports content in the curriculum of physical education, and because the overall quality of physical education teachers is still low, it is generally believed that the so-called school physical education is sports, which leads to the lack of concern and implementation of life education, it is difficult for students to get comprehensive development.

School Physical Education Gives Priority to Study, Ignoring the Improvement of Students' Physical Quality

At present, the establishment of physical education classes in schools at all levels in China has obvious utilitarianism, which exists for the purpose of examination, and the struggle for extra points has not only become the implementation philosophy of physical education classes in schools, but also goes deep into the hearts of students. The setting, time and projects of physical education courses in various schools are all for examination service, not paying attention to the comprehensive development of students, and ignoring the implementation of ideological and moral education of students to a large extent. In order to obtain additional score in the college entrance examination, some schools only set some programs, which seriously deviated from the track of proper physical and mental development of sports. More part of the school, in order to tests, the entrance examination, the sports is removed from the student's daily learning directly, under the pressure of entrance examination for secondary school or college, because sports is not occupy much score doesn't account for even points, so the school and students focus on the language number outside, political history, physical culture class, completely ignored the need of exercise. Little do you know, certain school physical education can not only enhance the physique of students, let students have enough spirit to learn culture, and appropriate physical exercise can also ease the students' nervous mood and body and mind, let students in the soothing psychological conditions to learn, will achieve twice the result with half the effort.
Insufficient Funds for Physical Education and Inadequate Supporting Facilities for Life Education

Influenced by the traditional concept of going to college and neglecting physical education, China's current school physical education lack the necessary funding input, and the supporting facilities of life education are seriously inadequate. In developed areas, the material security is better, and the investment in life education in schools is still ok. However, due to the lag of teaching philosophy, many life education facilities are not well used, which not only cannot make students get comprehensive and effective healthy development, but also causes serious waste of resources. In some less developed areas, most schools now only have sports input is a playground, not only do not have a variety of sports programs, but also lack of life education facilities that are vital to the overall development of students' physical and mental health, such as psychological counseling room, quality education base, etc. Coupled with the backward educational concept, it is more difficult for students to have the possibility of healthy and all-round development.

Insufficient Implementation of the Concept of Life Education in Physical Education Ignores Students' Individual Development and Humanistic Care

In daily physical education, students have serious classroom discipline and movement standards in physical education and students completely follow teachers to do fixed movements in class, creating a serious and cold classroom atmosphere. Students are unable to exert their creativity and autonomy and lack independence. The school does not pay attention to the differences of each individual in the daily teaching activities, and the generalized and one-size-fits-all teaching method kills the creativity of some students. Moreover, there is not enough humanistic care in the teaching process, so that students cannot get the overall development of body and mind.

To sum up, the traditional school physical education work attaches importance to the utilitarian nature of sports and the transmission of various sports skills, but ignores the important role of sports in the physical and mental health development of individuals. Ignoring the life characteristics of sports, ignoring the differences between each individual and individual needs, ignoring the cultivation of students' humanistic spirit and life quality, to a large extent, the creativity of life was stifles, and the care and respect for life was not fully demonstrated.

Therefore, school physical education must attach importance to the implementation of the concept of life education, life education concept into every teaching, make each individual can feel the presence of life education, and then return to the essence of sports, let every student can healthy growth in the environment full of humanistic care, develop every student creativity, uniqueness, carry forward the life character, reveal the life value, finally realize people's development in an all-round way[10].

Countermeasures for the Implementation of Life Education in School Physical Education

Objectives of Physical Education Curriculum Should Fully Express the Contents of Life Education

Goals determine the direction and quality of development. Therefore, in order to promote the implementation and implementation of the life education concept in school physical education, we must first integrate the life education content into the curriculum objectives of physical education. In the physical education curriculum objectives set the content of life education, not only can provide guarantees for future teaching activity, and the connotation of life education can be deeply to each individual, can produce let every individual life focus on life, cherish life, beyond the sense of responsibility, let the idea of life education into the hearts of every one of us.

Content of Physical Education Should be Closely Related to Life Education

Given China's current life education in school physical education course content rarely, cannot satisfy the needs of the healthy development of the teenagers, so we will give the idea of life education and sports teaching closely together, with building classroom life, promote life value, let
everyone can get fully development and individual life show, let the potential of every individual to be able to burst, make full play to the ability of each individual to be able to. Through psychological counseling room and so on some aspects of mental health education work, improve the students' psychological counseling course, alleviate the pressure of the student's study life, let each student's psychology to be able to healthy development, focusing on the constitution and at the same time pay attention to the development of psychology, eventually hopes to form a everyone can comprehensive and healthy development of school physical education, new look.

**Increase the Investment in School Physical Education and Build the "Hardware" Guarantee for the Implementation of Life Education**

To increase the school physical education investment, first of all, all aspects of the concept to change, fully recognize the importance of sports development, but also according to different regions for different investment planning. When carries on the education investment, should not only attach importance to regional differences, according to different regional development level of the corresponding investment, but also to see the students of various areas in their own physical quality, specialty, different hobby, adjust measures to local conditions, the concept of life education to carry out the teaching environment, different regions to the idea of life education can maximize utility.

**Implement Life Education and Ensure the Effect of Life Education**

After setting goals, refining content, and building the "hardware," the next big thing to consider is implementation. First of all, we need to get rid of the teaching philosophy that takes the promotion as the priority, and ensure students' school physical education time. Only by giving students enough time to study school physical education courses, can the effect of life education be brought into play. If the pre-construction is very good, the curriculum is also very comprehensive, but students do not have time for school physical education, so it is impossible to implement life education. Secondly, we should raise the awareness of life education of physical education teachers. At present, PE teachers in many areas of China are not highly qualified due to the lack of attention paid to their courses. Under the requirements of the implementation of life education, PE teachers' awareness of life education should be improved if the concept of life education is to be well implemented. Not only to the existing physical education teachers to carry out special life education training, let them master the basic life education methods; Colleges and universities should set up specialized courses to impart the concept of life education and intensify the training of a new generation of school physical education talents. We should speed up the transfusion of talents and recruit a new generation of physical education talents with the consciousness of life education from professional colleges and universities to the frontline teaching team, so as to guide and check the development of the majority of young people[11].

**Curriculum Evaluation Should Fully Reflect Life Education**

Now, many schools have introduced the curriculum evaluation system, a good curriculum evaluation system can greatly promote the development of education and teaching. To integrate the evaluation system of life education into the evaluation of physical education will promote the implementation of life education to a great extent. In the assessment of students, it is necessary to increase the relevant content of life education, through the assessment to improve students’ grasp and understanding of life education. At the same time, in the system of evaluation and teaching, we should also strengthen the evaluation of the means, methods and current situation of teachers' life education, so that teachers can better understand the needs of students, so as to better implement the concept of life education. The application of the system can also urge teachers to put students' needs and life education into their hearts at all times, and finally form a virtuous circle of teaching through fun and learning.
Conclusion

To sum up, the life education in Chinese school physical education has made certain achievements and exerted certain influence, but it is far from enough from the perspective of satisfying students' physical and mental health development. The reason lies not only in the responsibility of policy makers, but also in the responsibility of front-line physical education teachers and the responsibility of society. In the face of the development status of life education in China's school physical education, we should be aware of the need to implement the concept of life education in practice, the need for all aspects of the unremitting efforts. As decision-makers, we should deeply realize the importance of life education for students' development and integrate the concept of life education into the development of sports. As a front-line physical education teacher, we should always put the concept of life education in our hearts, give full play to the vitality and creativity of every student, and create a sports classroom full of humanistic care, so that every student can feel the care of life education; As a society, we should change the concept of children's comprehensive and healthy development as the first goal, not to judge talent by results[12]. Only in this way, life education can be truly implemented in the school physical education career, training comprehensive and healthy development of new talents.

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