

Exploring the Path of Tai Chi Pushing Hand into Schools under the Guidance of Sports Core Accomplishment

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Abstract

With the continuous deepening of teaching reform, core literacy in physical education has gradually become a hot topic that is widely discussed and of concern in physical education. Students' athletic ability, healthy behavior, and bodily integrity have become an integral part of school physical education. As Tai Chi continues to gain popularity, it has attracted more and more people's attention and participation. However, the potential of Tai Chi Pushing Hand, as an important form of Tai Chi combat, has not yet been fully explored and utilized in the teaching process of Tai Chi. As a sports activity deeply rooted in the Chinese martial arts tradition, Tai Chi Pushing Hand carries a rich historical lineage and has many functions that are closely related to modern society. Its movement mechanism and practice method contain profound philosophical wisdom. This paper analyzes the promotion of Tai Chi Pushing Hand teaching in schools from the perspective of sports core literacy, intending to propose effective strategies to improve the quality of sports teaching.

Keywords

Physical Education Core Literacy; Tai Chi Pushing Hand; Pathfinder.

1. Introduction

Tai Chi Pushing Hand, also known as playing hands, kneading hands, is a two-player unarmed confrontation exercise in Taijiquan, which is an indispensable part of traditional Chinese martial arts culture. It not only has significant practical value, but also contains profound cultural meaning. Tai Chi Pushing Hand and Taijiquan routines complement each other, reflecting the philosophical idea of "unity of body and use" of Taijiquan, and the two complement each other and complement each other. The introduction and promotion of Tai Chi Pushing Hand in the teaching of wushu in schools can not only stimulate students' enthusiasm and interest in learning, but also help to cultivate students' lifelong sports concept. Through the study and practice of Tai Chi Pushing Hand, students can understand the connotation of wushu more deeply, master wushu skills, and promote the overall development of physical and mental health. At present, the core literacy of sports is getting more and more attention, but at present, the understanding and awareness of Tai Chi Pushing Hand in many schools are still insufficient. Combining the needs and characteristics of students, a set of scientific and reasonable Tai Chi Pushing Hand promotion plan is of great practical significance and far-reaching impact to promote the popularization of Tai Chi Pushing Hand in schools.

2. Definition of physical education core literacy

The Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era states that the reform of teaching should be deepened so that the development of school physical education will be in line with the reform and development of education. It emphasizes the implementation of the fundamental task of promoting moral integrity in school physical education, and the systematic promotion of students' physical and mental health and

all-round development through comprehensive, balanced and sustained physical activities. Sports core literacy^[1] refers to a series of important values, personality traits and basic skills that students gradually internalize through systematic learning and practice in the physical education and health curriculum. It is the necessary character and key abilities that students should have in the process of physical education learning and can adapt to the needs of lifelong and social development. It includes motor competence, health behaviors, and physical fitness^[2]. Athletic ability, as a collection of multidimensional abilities^[3], aims to enable students to not only possess the physical abilities and skills needed to complete a physical education program, but also to practice a reasonable exercise program and to apply what they have learned about physical education and health to solve the challenges encountered during exercise. Healthy behavior, which mainly refers to the comprehensive performance of students in promoting physical and mental health and positively adapting to the external environment^[4], is embodied in behavioral habits and exercise concepts, and the physical education and health curriculum should guide students to establish correct lifestyles and values. Sports character, as an important part of the spiritual culture of sports, guides students to form a correct awareness of sports rules and good sports quality^[5]. Combining the cultivation of disciplinary core literacy in the teaching process of Tai Chi Pushing hand classroom promotes the development of comprehensive education.

The promotion of Tai Chi Pushing Hand teaching in schools under the perspective of sports core literacy not only allows students to cultivate certain athletic ability, healthy behaviors and sports morality in the process of learning Push Hands, accelerating the formation of sports core literacy, but also allows students to become the disseminator of wushu culture, the inheritor and the innovator in the process of learning, practicing, and competing to enhance the influence of wushu culture.

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3. The status quo of the promotion of martial arts teaching in schools

At this stage, students are in a critical period of moral outlook and value shaping, and are still unfamiliar with the background and connotation of China's profound traditional culture, and their ability to distinguish between right and wrong has to be improved. Against the background of the strong penetration of Western culture, how to effectively carry out traditional culture education has become an important issue that needs to be solved urgently. As a carrier of the essence of Chinese culture, Wushu, in the wave of curriculum reform in the new era, should seize the opportunity to ride the wave and move forward. The current school martial arts teaching not only fails to give full play to its role in promoting the national spirit, but also appeared "students love martial arts itself but not interested in the formal opening of the course"^[6] this contradictory phenomenon, and even led to "in the school, the martial arts only exist in its name but not in fact"^[7] The status quo, to reverse this situation, so that martial arts education renewed vitality, must be set exercises and combat applications combined; fitness and health and moral and artistic cultivation of equal importance; skills transfer and cultural heritage integration. Only in this way can we cultivate a group of students with a strong body, a healthy mind, and a perfect personality. At present, the main problems hindering the development of wushu education can be summarized in the following aspects.

3.1. Insufficient attention to traditional sports

Under the far-reaching influence of the traditional teaching concept of “education to the test”, improving students' academic performance and increasing the rate of advancement have become the mainstream thinking in society, which leads to a relatively low degree of attention to traditional sports in society. On the one hand, there is a lack of sufficient attention to traditional sports in the school education system, which is manifested in the relatively small proportion of traditional sports in the school curriculum and the insufficient arrangement of class time, making it difficult for students to understand and master the skills and cultural connotations of traditional sports in a comprehensive and in-depth manner. In some schools, there is the phenomenon of focusing too much on teaching cultural knowledge and neglecting the basic quality education of students, taking cultural courses as the core when making teaching programs and neglecting the teaching of physical education courses, and in the practice of physical education in most schools, they fail to pay full attention to the cultivation of students' motivation and sports habits, and at the same time, neglecting the shaping of optimistic attitudes towards life and positive personalities, which makes the development of school physical education deviate from the traditional sports programs. The development of school sports has deviated from the direction of “happy sports”, “lifelong sports”, “recreational sports”, “fitness sports” and so on.” and so on. The physical education curriculum in primary and secondary schools lacks distinctive features, and traditional physical education is faced with a scarcity of professional teachers, a single and lagging teaching content, and insufficient venues and facilities etc. Students' knowledge of traditional physical education is limited, and it is difficult to deeply implement the concept of core literacy in teaching, and the teaching methods are outdated and backward. On the other hand, the phenomenon of neglecting physical education is also common among students' parents, which directly leads to students' low interest in physical education, lack of intrinsic motivation, limited mastery of physical education skills and fitness knowledge, and obvious insufficiency of physical education awareness and ability.

3.2. Students are not highly motivated to learn martial arts

At this stage, physical education in China is mainly carried out from two aspects, one is systematic physical education and sports teaching in schools, and the other is to carry out recess exercises and running exercises during class. School physical education program is class-based, teaching content is relatively single, to running, bodybuilding, all kinds of ball-based, learning more to cope with the sports test, the lack of traditional competitive sports that can trigger students' interest, skills sports and other sports, is not conducive to the cultivation of athletic ability, this can only meet the needs of the students' sports participation in time, it is difficult to achieve the improvement of the physical fitness of young people, mastery of the basic athletic ability. The need for athletic ability. Recess activities, such as recess exercises and running, can temporarily reduce students' fatigue and increase their physical activity, but their tight schedule and monotonous content make students lack interest in participating in sports and lack motivation to exercise, and are not conducive to the formation of a sports atmosphere on campus.

3.3. Emphasis on routine learning, light on Kung Fu practice

In school physical education, the relative importance of taijiquan routine teaching contrasts sharply with the neglect of Kung Fu practice. Routine teaching occupies a prominent position in the school curriculum system, and its teaching content presents relatively single and repetitive characteristics, mainly focusing on the teaching of skills and standardized movement exercises. This teaching mode tends to focus on the precise reproduction and presentation of external movements, but often neglects to guide students to have an in-depth understanding and personal experience of traditional sports culture, which leads to a lack of interest and

motivation in the learning of routines. At the same time, the practice of Kung Fu, which is the core component of traditional sports, has been marginalized and lacks a systematic and effective guidance and training mechanism. Kung Fu practice covers a variety of cultivation methods, such as internal and external gong, and its goal is to realize the ideal state of physical and mental unity and internal and external cultivation through long-term and unremitting training. However, due to the boring and difficult nature of Kung Fu practice, many students find it difficult to practice it consistently, which leads to the serious neglect of Kung Fu practice at the practical level. This situation makes the learning of wushu degenerate into a pure form of physical exercise, and the difference between wushu and other common sports is gradually blurred, greatly weakening its unique value and charm as a traditional cultural treasure. At present, there is a general lack of masculinity in some youth groups, and if the fighting elements are integrated into the learning process, it is expected to exercise students' courage and boldness through confrontation practice, so that they can shape the spirit of "robustness and self-improvement" in the process of constantly experiencing challenges and sharpening^[8]. This not only helps to cultivate students' self-esteem and self-improvement personality traits, perseverance, and willpower quality, as well as the courageous and aggressive spirit of not being afraid of danger, but also makes the students as a whole glow with a more energetic and vigorous spiritual outlook.

3.4. Emphasis on technology, light on cultural heritage

Culture is the essence and soul of the development of sports, and only by manifesting its profound cultural attributes can the sports program realize sustainable inheritance, and the spirit of sports can fly freely. As a result, it can transcend the constraints of material forms and reach an ultimate state. The connotation of traditional Chinese martial arts is far beyond the scope of sports, and it has its unique cultural ideology. As a kind of Chinese martial arts, Tai Chi Pushing Hand has a long history and deep cultural heritage. It is not only a kind of physical confrontation art, but also a kind of spiritual cultivation and philosophical thinking. Skill is its external manifestation, and what impresses people is the cultural connotation it contains. However, when we look at the current situation of wushu education in China's schools, it is not difficult to find a worrying phenomenon: the focus of education is too much concentrated on the teaching of skills, while the inheritance of wushu theories, wudao philosophies, and the national spirit that it implies is invisibly diluted or even ignored in the process of education^[9]. Therefore, in the process of promoting Tai Chi Pushing Hand, the teaching should not be limited to the technical level, but should also go deeper into the kernel of cultural inheritance. Only in this way can we better promote and develop Tai Chi culture.

4. The significance of promoting Tai Chi Pushing Hand in schools under the perspective of core literacy in sports

4.1. It is conducive to the inheritance of Chinese traditional culture

The principles of Taijiquan are expressed in Tai Chi Pushing Hand as follows: dip and connect and stick, lead and take and send, rigidity and softness and emptiness, and give up one's self and follow others. These principles not only guide the practitioner on how to maintain balance and harmony in the confrontation, but also reflect the essence of traditional Chinese culture in the pursuit of nature and adapting to change. These principles and ideas are closely related to the sports virtues in the core qualities of sports, and together they constitute a unique sports spirit. In conclusion, practicing Tai Chi Pushing Hand can not only significantly improve students' physical fitness, such as enhancing muscle strength and improving cardiorespiratory fitness; it also enables students to gain a deeper understanding and knowledge of China's long and splendid traditional culture, and draw wisdom and inspiration from it. More importantly,

through the study and practice of this sport, students can develop a more positive attitude towards life, enhance national pride and cultural self-confidence, and become new-age talents with an international outlook while being deeply rooted in the soil of local culture.

4.2. Beneficial to attract more young people to participate in

Tai Chi Pushing Hand is different from Wushu sets, has a certain confrontation and technical combat, enriching the curriculum at the same time, to attract students' interest. Tai Chi Pushing Hand is one of the martial arts confrontation programs, with a long history and deep cultural heritage. Tai Chi Pushing Hand is particularly suitable to be introduced into the school curriculum in terms of culture, function, and external aspects. The introduction of Tai Chi Pushing Hand can help school physical education to change the status quo of obsolete content and a single method teaching mode. At the same time, school education can provide sufficient reserves for the development of Tai Chi Pushing Hand and realize its sustainable development. After the founding of New China, Tai Chi Pushing Hand has been promoted and developed rapidly. Under the direct leadership of the national Wushu administration, the education system has also paid more and more attention to Tai Chi Pushing Hand. Tai Chi Pushing Hand is economical and convenient to carry out, and does not require too much investment; it only needs to appropriately increase the content of Push Hands based on the practice of Taijiquan. As a kind of confrontational program, Tai Chi Pushing Hand is not as intense as other programs, which reduces the unsafe factors to a large extent. At the same time, Tai Chi Pushing Hand does not need protective gear, has no special requirements for venues, and has simple rules; all these factors provide convenient conditions for Tai Chi Pushing Hand to be included in school physical education programs.

5. The path of promoting Tai Chi Pushing Hand teaching in schools from the perspective of physical education core literacy

5.1. Relevant training for teachers to ensure the construction of teachers

To promote Tai Chi Pushing Hand to play a key role in the teaching of wushu, it is necessary to attach great importance to the construction of teachers. Specialized wushu teachers are the core force to promote Tai Chi Pushing Hand; therefore, it is essential to focus on the construction of specialized wushu teachers. By recruiting specialized martial arts teachers through multiple channels, regularly organizing martial arts teachers to participate in Tai Chi Pushing Hand training activities, and adopting diversified forms of training, such as special lectures, lectures by famous teachers, academic salons, experience sharing and teaching competitions, etc., physical education teachers should be improved in all aspects of their teaching ability of the specialization of traditional national sports. In addition, the education administration department also needs to support schools from the policy level to employ external inheritors of ethnic traditional sports programs and outstanding talents to participate in campus culture construction, carry out teaching and instruction of ethnic traditional sports programs, and enrich the students' knowledge of wushu learning content.

5.2. Innovative Tai Chi Pushing Hand Teaching Methods to Stimulate Students' Interests

To promote Tai Chi Pushing Hand, it is necessary to pay attention to the formulation of scientific teaching objectives and the application of innovative teaching methods to improve the overall quality of Wushu teaching. When formulating teaching objectives, the demand for strengthening the body should be fully considered, different teaching cycles should be set up scientifically, and the objectives should be refined so that students can learn different content at different stages and develop step by step. At the same time, the teaching method of Tai Chi Pushing Hand is innovative, based on the students' interest in learning, to improve their

motivation to learn Tai Chi Pushing Hand. Through the application of multimedia technology and the method of group cooperation, presenting colorful teaching activities and allowing students to practice in real competitions according to the normative movements. The only way to help promote Tai Chi Pushing Hand is to strengthen it at these levels.

5.3. Enrich the teaching content oriented by the core literacy of the physical education discipline

The single teaching content is one of the important reasons for the low participation of students in the process of Tai Chi Pushing Hand on campus, and it is necessary to enrich the teaching content oriented by the construction of students' core literacy. Strengthening the deep integration of practice and experience, through situational simulation and practical exercises, students can feel the charm of Tai Chi Pushing Hand in real confrontation, and improve their ability to adapt and tactically use. By organizing colorful Tai Chi Pushing Hand competitions and performances, students are provided with a platform to show themselves, communicate and learn, and enhance their self-confidence and expressiveness. Promote personalized and differentiated teaching methods, and provide customized teaching plans and guidance according to students' interest characteristics and skill levels. Enriching the teaching content of Tai Chi Pushing Hand with the core literacy of the physical education discipline is a systematic and complex project. It requires us to constantly innovate ideas, broaden horizons, deepen connotations, and optimize methods in teaching, with a view to achieving the goal of cultivating students' comprehensive quality and promoting their overall development.

5.4. Focus on cultural heritage, promote the development of students' sports morality

Tai Chi Push Hands, as an important part of Chinese martial arts, and wushu as an important carrier of traditional culture, contains the "robust and self-improvement", "Virtue of the world" cultural spirit, and its spiritual core is the 'rites' and "virtue". The core of its spirit is "propriety" and "virtue". Physical education character is an important part of the core qualities of physical education, and the Physical Education and Health Curriculum Standard for Compulsory Education (2022 Edition) emphasizes the development of the core qualities of physical education. In this context, the teaching of Tai Chi Pushing Hand is not only about teaching martial arts skills, but also about integrating the education of martial ethics into the teaching of Tai Chi Pushing Hand, which can effectively cultivate the students' good character. In the teaching process of Tai Chi Pushing Hand, teachers should combine action skills with spiritual values, and through teaching etiquettes such as "clasping fist salute" and "instrument salute", students can deeply understand the traditional virtue of respecting teachers and honoring morality; through the exercises of routines and multi-player confrontation, students can be cultivated to be tough and perseverant, and to face difficulties. Through the set exercises and multi-player confrontation, students can cultivate the spirit of perseverance and rising to the challenge; through the introduction of the story of Push Hands and the movie resources, it can stimulate the students' interest in learning, and carry forward the sentiment of helping people and patriotism. In this way, we can not only strengthen the body but also shape the mind, laying a solid foundation for building a lifelong awareness of physical exercise.

6. Conclusion

In a word, with the continuous development of the social economy, the core literacy of sports has become a necessary issue to be thought about in the teaching work of schools. Tai Chi Pushing Hand sport is an excellent traditional sport in China with a very long cultural history and heritage, and promoting Tai Chi Pushing Hand into schools can not only carry forward the

spirit of traditional Chinese martial arts and open up a new path for the inheritance of Chinese martial arts, but also conform to the current new trend of physical education development.

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