



Research on the Enlightenment Education of Youth Sports Literacy Under the Background of Collaborative Education Between Home, School and Society

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Abstract. Educating through physical activities is a shared mission and responsibility of families, schools, and communities to promote the healthy development of adolescents. To build a collaborative, complementary, and resource-sharing physical education model between family, school, and community, this paper employs literature review, questionnaire surveys, statistical analysis, and logical analysis methods to examine the initiation of physical literacy education for adolescents within this collaborative framework. The study suggests that through communication and cooperation among families, schools, and communities, integration of physical education curricula with family guidance, community resource integration, family support and participation, school activities with community backing, information-sharing and interaction platforms, and the establishment of an evaluation system, a unified physical education model can be constructed where family sports serve as the seedbed, school sports as the foundation, and community sports as the extension. This approach aims to establish a long-term collaborative mechanism among the "family-school-community" triad.

Keywords: family-school-community; collaborative education; physical literacy; initiation education

1 Introduction

The Ministry of Education and four other national ministries jointly issued the "Several Opinions on Further Strengthening School Sports Work", which proposes to "improve the school sports network that closely integrates schools, families, and society, and promote the organic integration of sports with moral education, intellectual education, and aesthetic education." Youth sports literacy enlightenment education refers to cultivating their cognition, love, and habits of sports through sports activities and teaching during their growth process, improving their sports ability, skills, and psychological qualities, and enhancing their physical and mental health and quality^[1]. The enlight

enment education of youth sports literacy requires the joint cooperation of families, schools, and communities. This study aims to explore the role of enlightenment education on adolescent physical literacy in promoting physical and mental health and personal development, and analyze the cooperation and support of families, schools, and communities in this process.

2 Challenges in the Initiation of Physical Literacy Education for Adolescents in China

The initiation of physical literacy education for adolescents in China faces several challenges, which have been identified through literature review and questionnaire surveys. These issues hinder the effectiveness and progress of early physical literacy education and can be summarized as follows:

(1) Emphasis on Exam-Oriented Education in Schools

The education system in China still prioritizes exam-oriented education, which results in the relative undervaluation of physical education within schools. This focus may lead to insufficient investment in physical education courses, thereby impacting the cultivation of physical literacy among adolescents.

(2) Limitations Due to Family Conditions and Environment

Family conditions and environment play a significant role in the initiation of physical literacy education. Some families, due to economic or other constraints, may not be able to provide diverse opportunities for physical activity, which in turn affects children's participation in sports.

(3) Societal Focus on Academic Achievement

Some parents place excessive emphasis on their children's academic performance, both in school and in societal competition, leading them to allocate more time to studying rather than participating in physical activities. This neglects the importance of physical education and health, resulting in insufficient attention to physical literacy education at the societal level.

(4) Lack of Scientific Exercise Guidance and Planning

The physical fitness and activity levels of adolescents in China are generally suboptimal, partly due to a lack of scientific guidance and planning in sports. Without tailoring activities to the age, gender, physical condition, interests, and strengths of children, there is a risk of engaging them in inappropriate sports programs. Some sports training institutions, driven by financial interests, mislead uninformed parents into enrolling their children in unsuitable training, potentially causing irreversible harm to their physical and mental health^[2].

(5) Lack of Diverse Opportunities and Experiences in Sports

The low participation rate and limited time spent on physical activities among adolescents can be attributed to a lack of diverse opportunities and experiences in sports. Young people often face shortages in space, equipment, attire, protection, and a wide range of sports resources and services, such as sports venues, equipment, training, and competitions. This restricts their ability to engage with different groups and cultures

and to participate in various activities and programs across different educational settings.

(6) Lack of Positive Emotional and Attitudinal Engagement with Sports

Some adolescents show limited interest and enthusiasm for sports, partly due to a lack of positive emotional and attitudinal engagement. Excessive pressure or unrealistic expectations from parents and teachers can lead to fear or aversion to sports. Over-critical social opinions can erode their confidence and self-respect. Moreover, rigid or overly simplistic sports policies and systems may stifle their autonomy and creativity, leading to a lack of motivation and engagement in physical activities.

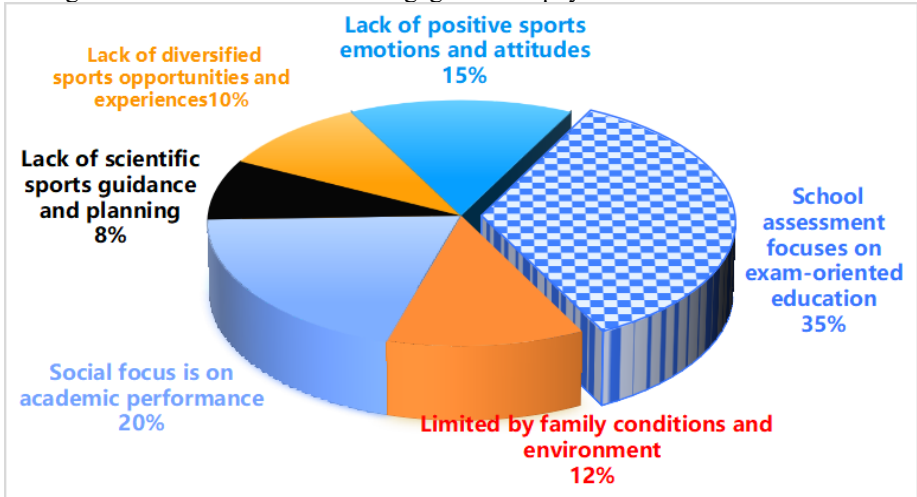


Fig. 1. Dilemma of Physical Literacy Enlightenment Education for Chinese Youth

As shown in Figure 1, that there is a significant difference in the proportion of different challenges, especially the challenge of schools emphasizing exam oriented education in their assessments, which has a significantly higher proportion than other challenges. Based on the above analysis, it is suggested that schools should attach importance to the cultivation of physical literacy, not just academic performance, in the enlightenment education of young people's physical literacy; Increase diversified sports programs and experiences, and encourage young people to participate in sports activities; Improve family conditions and environment, promote the emotional and attitude of young people to actively participate in sports activities.

3 The Impact of Physical Literacy Initiation Education on Adolescent Health

(1) Impact and Effects on Adolescents' Physical Health

Physical literacy initiation education can help adolescents enhance their physical fitness and immune systems. It can improve their coordination, balance, flexibility, speed, strength, endurance, and other motor skills, thus elevating their overall athletic

performance. As Liang Qichao said, "If the youth are strong, the nation will be strong," and strength is first reflected in physical fitness.

(2) Impact and Effects on Adolescents' Psychological Health

Physical literacy initiation education can help adolescents regulate their emotional states, alleviate stress and anxiety, and increase feelings of happiness and satisfaction, thereby preventing and reducing psychological problems. It also contributes to the development of a positive outlook on life, values, and worldview, fostering qualities such as self-confidence, self-respect, self-discipline, and a sense of responsibility. As the saying goes, "Those who love sports will always have a strong and optimistic heart."

(3) Impact and Effects on Adolescents' Social Health

Physical literacy initiation education can foster a spirit of teamwork among adolescents, enhancing their communication and interaction with peers, family, and society, and expanding their interpersonal relationships and social networks. It can also help adolescents develop a sense of social responsibility, cultivate civic awareness, and improve moral values^[3].

4 The Roles of Family, School, and Community in Adolescent Physical Literacy Education

(1) The Family's Role in Guiding the Development of Proper Physical Literacy

Table 1. Motivation for Parents to Encourage Their Children to Participate in Physical Exercise

Motivation description	account for(%)
Children can experience exhaustion and want to give up but still persist in the end	70
Children are too tired to train but still insist on going anyway	60
Children learn to take care of their bodies and cherish their sports equipment	80
Learn to unite and cooperate, learn to communicate, coordinate and tolerate in the team, not be arrogant or impatient, and never give up	90
Learn to face up to the expected results and results when they fail to achieve them. Analyze the shortcomings, make timely adjustments and re-invest, set clear goals and spare no effort to strive for them	65
Learn to abide by the rules, respect not only opponents, but also teammates, referees and coaches	75
Understand that "one minute on stage, ten years of hard work off stage" can win the championship, not overnight success	80
Have the opportunity to experience "friendship first, competition second" and gain good memories	85
Go out to the stadium or gymnasium instead of sitting in front of the electronic screen	79
Be proud of small achievements and keep working for long-term goals	75

Through logical analysis, among the motivational elements in Table 1, the proportion of various motivations is relatively concentrated, and parents generally have a higher motivation for their children to participate in physical exercise. Although all motivations are considered important, parents' identification with certain motivations (such as teamwork and persistence) is significantly higher than with others. Parents prefer to emphasize the importance of teamwork, perseverance, and facing setbacks through physical exercise, while also paying attention to their children's self-management and health awareness to promote their comprehensive development.

(2) The School's Role in Initiating Physical Literacy Education

Schools also play a significant role in the initiation of physical literacy education. They should offer a diverse range of sports programs and activities, encourage teamwork, foster a spirit of competition, and teach basic sports skills. Additionally, schools should prioritize sports safety education, help students develop a proper understanding of competition, and emphasize the enjoyment and health benefits of physical activity.

(3) The Community's Role in Adolescent Physical Literacy Education

Communities should actively participate in the initiation of adolescent physical literacy education by organizing various sports activities, competitions, and exercise opportunities. Communities can provide additional venues, facilities, and opportunities for youth engagement in physical activities. Furthermore, communities should strengthen collaboration with families and schools to jointly promote the physical and mental health of adolescents. Through collective efforts, they can help adolescents establish a proper understanding of sports, cultivate healthy lifestyles, and lay the foundation for well-rounded personal development^[4].

5 Conclusions

Based on the research findings and analysis, this section summarizes feasible strategies for initiating physical literacy education and provides implementation suggestions across three levels: family, school, and community. The aim is to promote the comprehensive development of adolescents.

(1) Family Level

The family is the primary setting for initiating physical literacy education, and parents are the first educators in this process.

1. **Parents as Health Role Models:** Parents should serve as health role models by actively participating in physical activities, demonstrating the importance and enjoyment of sports to their children. Creating an active family environment by regularly organizing family activities such as cycling, walking, or playing sports can strengthen parent-child relationships while fostering children's interest in sports.
2. **Understanding and Encouraging Diversity:** Parents should recognize their children's individual differences and encourage participation in a variety of sports. Engaging in positive communication to understand their interests and needs can help parents support their children in choosing sports they enjoy, respecting their choices, and valuing their preferences.

3. **Fostering Discipline and Consistency:** Parents should teach children that sports require discipline and persistence, encouraging them to set small goals and consistently engage in physical activities. This helps instill good exercise habits, making physical activity a regular part of their lives.
4. **Emphasizing Sports Safety:** Parents should educate children about the risks associated with physical activities and the importance of safety measures. Teaching proper techniques and protective measures can help prevent injuries during sports.
5. **Avoiding Excessive Competition and Negative Pressure:** While competition is a natural part of sports, parents should avoid overemphasizing it. Allowing children to enjoy the process of physical activities can help them remain naturally active and confident in their progress.

Overall, sports should be ingrained in the family culture, as physical education inherently contains education.

(2) School Level

Schools are key sites for cultivating adolescent physical literacy, with teachers serving as the main educators.

1. **Tailoring Sports Programs:** Teachers should select appropriate sports activities and intensity levels based on students' age, gender, physical condition, interests, and talents. This helps avoid overexertion or insufficient exercise, ensuring safety and effectiveness.
2. **Offering Diverse Physical Education:** Schools should provide a wide range of physical education courses, including traditional sports, outdoor adventures, and other activities that cater to diverse student interests. Establishing a variety of sports clubs gives students more opportunities to engage in physical activities. Teachers should also encourage participation in team sports and competitive activities to foster teamwork and sportsmanship.
3. **Integrating Physical and Academic Education:** Physical education should be an integral part of developing students' overall competencies. It is important to educate students on the correct sports knowledge and skills, the benefits and risks of physical activities, and how to prevent and manage sports injuries and fatigue. Schools should also focus on creating a positive sports culture, encouraging participation in sports competitions and activities, and fostering skills like teamwork, leadership, and self-management.

(3) Community Level

The community expands the scope of physical literacy education, with social institutions acting as supportive educators.

1. **Providing Diverse Sports Resources:** Communities should offer a variety of sports resources and services, such as sports venues, equipment, training, and events. These opportunities allow adolescents to engage with different people, cultures, and activities, broadening their horizons and knowledge.
2. **Enhancing Collaboration with Schools and Families:** Social institutions should strengthen communication and collaboration with families and schools, establishing

effective cooperation mechanisms. By sharing sports resources and providing more opportunities and spaces for physical activities, communities can help create a better environment for adolescent sports education.

3. Promoting Awareness of Sports Benefits: Communities can raise awareness about the importance and benefits of sports through public campaigns, encouraging a greater societal emphasis on physical literacy education for adolescents. Community members and parents can be encouraged to volunteer in sports activities, providing additional care and support for youth^[5].

In conclusion, the initiation of physical literacy education requires the joint efforts of families, schools, and communities. Parents should act as health role models, schools should offer diverse sports programs, and communities should provide abundant sports resources and activities^[6]. Through close cooperation and support among these three entities, a better physical education environment can be created, promoting the overall healthy development of adolescents.

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