

Analysis on the value of traditional sports of the Chinese nation

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Abstract. more and more people pay attention to the value of traditional sports. The research, integration, inheritance and creation of national traditional sports have become the focus of the relevant research scholars in our country. About the developing direction of PE teaching, our country's domestic school is willing to learn from the west, but ignore the promotion and inheritance of traditional Chinese sports. The development of this kind of prejudice and the phenomenon of urgent need to change. This paper studies the value of traditional sports of the Chinese nation, and puts forward the relevant countermeasures to promote the development of physical education in our country. Hope that these studies can really promote the sports teaching in our country and the integration of national traditional sports.

Introduction

People pay more attention to the national culture. National traditional sports not only bears the excellent national culture, but also is an important part of the development of sports in our country. But under the influence of the world culture, the people of our country are missing the traditional national culture, which causes the national culture in the traditional sports of our country to be influenced and destroyed by the modern sports culture. National traditional sports will not be taken seriously, then will directly lead to the national traditional sports have been forgotten, and even eliminated by the world. Therefore, the national traditional sports related analysis has become extremely important. Along with the national minority traditional sports meeting, the national university sports meeting, the national traditional sports gradually is known by the people. From then on the national traditional sports has also entered the campus, but also gained the love of young people and sought after. Emphasize "humility, comity and harmony of Chinese traditional sports". These fine traditions and qualities are more suitable for the development of Chinese culture. Therefore, the mining and exploration of the value of national traditional sports can be a road of full integration and common development for the national traditional sports and sports teaching in our country.

The meaning of National Traditional Sports

National traditional sports is a national unit, and in the range of a certain ethnic group, it has certain national cultural characteristics. National traditional sports include three aspects of meaning: first, the sport itself is concerned. National traditional sports is the people to coordinate the development of physical function, and in a certain rules and standards for the purpose of organized sports activities or sports; two is the meaning of the national. These sports or activities with national characteristics is very profound, it can make interpretation and representation of the national culture, and has a very deep mass base, so these activities widely loved by the people of the three traditional ways. The traditional sports and handed down and be handed down from age to age, in the nation's cultural background. It has experienced different historical environment of baptism, and cultural and sports form has left Quququjing strong ethnic characteristics, so it carries national culture [1].

The value analysis of national traditional sports in Physical Education Teaching

The Chinese traditional sports in the nation from generation to development, and with the continuous development of China's history has experienced different historical environment changes and the formation of baptism, with a strong ethnic flavor and characteristics of the sports culture. The Chinese traditional sports to keep fit, protect our homes and defend our country. From the training point of view, the traditional sports of our country can not only exercise the body, promote the development of people's physical quality, can exercise the mind, and through entertainment to promote people's physical and mental exercise and improve together. The Chinese traditional sports to integrate fully into the physical education teaching can enhance students' spirit of patriotism, collectivism, and effectively enhance the national cohesion, and training students' psychological quality, and ultimately help students develop self-confidence, perseverance, never give up spirit. It will also directly affect the students in the future study, life and work [2]. Therefore, the value analysis of national traditional sports in physical education teaching can be carried out from the following aspects.

Rich cultural connotation of Campus Physical Education. The national traditional sports of our country is the important carrier of national belief and national spirit, and it has the profound cultural connotation, such as the promotion of social communication. The traditional sports of the Chinese nation has a relatively long history, which has formed a relatively independent system, and has a very special form of expression and cultural heritage. The Chinese traditional sports culture is a part of China's history of civilization, but also countless ancestors experienced outstanding sports culture in the long history of the creation, change, innovation and development. Therefore, the integration and development of national traditional sports in campus sports can enrich the cultural connotation of campus physical education [3].

Traditional sports to provide curriculum resources for Campus Sports. Chinese traditional sports not only have high cultural value, but also has the value of fitness and entertainment. The Chinese traditional sports performance in various forms, such as wrestling, water sports, health care, martial arts, ice sports, chess skills, [4]. These forms at the present stage of our country's school physical education teaching, although it has been involved, but it is not comprehensive. Therefore in the teaching, these forms of expression for our country sports teaching resources to provide more choices. The full integration of national traditional sports and university sports curriculum can not only guarantee the campus sports teaching more rich and colorful, but also carry forward the national culture in the "people-oriented" concept of teaching, and promote students' national spirit and constantly improve [5].

To improve the value of Campus Physical Education. Related survey shows that the development of martial arts moral education teaching, the students' mental outlook changes significantly. Moral education can not only help students to establish the correct values and outlook on life, but also to change the student's behavior, which has laid a good foundation for the growth of students. Therefore, national traditional sports teaching can make students' emotion, manners, responsibility, good moral and emotional development is more abundant, more scientific, thus affecting the students' behavior and performance, and even promote the moral education of the campus sports promotion [6].

Promoting the value of campus physical education teaching ethics education. With the continuous progress of history, the profound humanistic spirit in the teaching of Chinese traditional sports has a direct impact on the people's national beliefs, survival skills, the inheritance of national spirit. National traditional sports teaching can effectively promote social communication, stimulate the enthusiasm of life, cultivate people's aesthetic taste, which has special education and influence function in the social development. In the physical education teaching, scientific and reasonable arrangement of appropriate national traditional sports teaching can be suitable for the teaching of physical education in the campus to supplement and perfect.

To promote the value of campus sports. Any sport can not be separated from the competitive. And the National Traditional Sports in our country also has such characteristics. The standard of the

national traditional sports form and the demand of physical quality is very close to the modern competitive sports items. A lot of the current popular modern sports events from the national traditional sports development, such as South Korea's taekwondo, Japan's judo and other projects [7]. Therefore, Chinese traditional sports should be a wide range of promotion and innovation will also be expected to mount the stage of globalization show grace. In campus sports teaching into national traditional sports can not only deepen the students' understanding of national culture, but also tap the potential of the students' movement, which can provide help for the reserve talent reserve in our country.

Promoting the improvement of aesthetic value in the teaching of physical education in Campus. National traditional sports is the main carrier of ethnic customs. Through national traditional sports can bring tourists a full range of aesthetic experience. It can not only meet people's senses aesthetic stimulation in sight, hearing and touch, but also promote the national culture, and help people to increase their knowledge, and even exercise good moral character and character. Because the national traditional sports and national culture are closely combined, it reflects the variety and change of the rich and colorful. National Traditional Sports integrated a variety of art forms, which has become the stage of national culture show. Therefore, the integration of national traditional sports teaching in campus sports can promote the improvement of the aesthetic value of campus physical education.

The suggestion of the integration of national traditional sports in Physical Education

Although in our country campus sports teaching has also carried on the fusion national traditional sports teaching attempt, but its effect is not obvious. Specifically, we should reform and improve the training objectives, training methods, curriculum and other aspects of campus physical education teaching.

Integration of traditional national sports. From the point of view of teaching resources, national traditional sports is very rich. If we can combine the National Traditional Sports in campus sports teaching, it will be more in line with the development of the students, but also the real integration of sports teaching resources. Developing the value of traditional sports culture can really show the unity of the return of human nature and the process of socialization. To excavate the excellent national traditional sports and sports of our country, and to carry on the pertinence and analysis to it. By choosing a more practical and simple sports and campus sports teaching and its full integration, which can enrich teaching resources, and promote the development of campus sports teaching, and the inheritance of Chinese traditional sports culture.

Strengthen the propaganda of National Traditional Sports. Propaganda national traditional sports can narrow the distance between people and people. There are a lot of publicity, such as to carry out the relevant scientific seminars, national traditional sports and other ways, these can let people grow on the national traditional sports knowledge and understanding, and find out the flash points, while allowing people to truly love national traditional sports. At the same time, the teaching staff is the link that must be paid attention to in any education and teaching activities, and the campus physical education teaching is no exception. The construction and development of excellent physical education teachers can ensure the smooth development of the national traditional sports teaching process. Specifically, the establishment of collective lesson preparation system, exercise system, and regularly hold the exchange of school and outside the school, to observe the meeting, lectures, teaching seminars, lesson plans and other activities. Through these interactions to help teachers understand their own shortcomings, but also to complete the self growth and improvement.

Establish and improve the teaching system of National Traditional Sports. In the teaching of physical education, the integration of national traditional physical education should be emphasized on the reform of the teaching system. This not only should be combined with the characteristics of the campus physical education research, more should be conducted, according to the summary and analysis of national traditional sports, while traditional national sports is more scientific and reasonable, system specification into the campus sports teaching, so as to really achieve the purpose

of teaching to promote campus sports National traditional sports, and effectively to improve the comprehensive quality of students, but also promote the development of campus physical education.

Conclusion

Chinese traditional sports with the continuous development of the Chinese culture has experienced thousands of years of wind and rain baptism, which is very valuable, and the higher the value of heritage. It can not only reflect the characteristics of various ethnic groups in China, to China's history, local customs and practices people's life, love and marriage, social composition mapping. This is not only the carrier of Chinese history and culture, but also the platform and power to carry forward and develop Chinese culture in the future. The sports teaching in our country still takes the western sports teaching as the key research object. In the western teaching mode, it is difficult to meet the needs of the students in the aspects of psychological feeling, physical quality level and national emotion. Researchers and educators in the education sector should be fully aware of the severity of the situation. The relevant departments of education researchers and educators should pay more attention to the development of national traditional sports as the mission, and let the campus sports teaching to take root in the soil of the national culture, and through the teaching practice applied to sports teaching to enhance students' physical quality and play the value of cultural heritage of national traditional sports.

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