

Digital Empowerment: Path Choice of Physical Education Construction in Primary and Secondary Schools in China

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Abstract. Digital teaching is an important way to promote modern education technology, realize the digital technology and sports teaching depth fusion is an important boost to the development of school sports reform. This paper analyzes the current situation of digital physical education in primary and secondary schools in China under the background of big data by using the methods of literature and logical analysis, and puts forward the following three choices for the future construction path of digital physical education: first, to improve the quality assurance and popularization scope of school physical education electronic teaching materials; second, improve the teaching staff, strengthen the digital teaching and training of physical education teachers; third, improve teachers, strengthen the digital teaching and training of physical education teachers; Fourthly, optimize the digital physical education teaching system, improve social recognition and students' interest.

Keywords. Digitization; Physical education; School sports

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1. Introduction

Nowadays, in the era of rapid development of social information, the vigorous development of education digitization and information has become an important driving force to promote the reform and innovation of physical education in primary and secondary schools in China. As early as December 2016, the 13th Five-Year National Information Plan issued by the State Council clearly stated that the public service system of digital education resources should be basically completed by 2020, and online courses should be encouraged to be included in the training plan and syllabus [1]. The integration of digital technology and physical education can not only speed up the digital transformation of physical education in primary and secondary schools, but also realize modern physical education. It can also make up for the deficiency of traditional physical education, and the two complement each other to help ensure the smooth development of school physical education. Therefore, how to apply digital technology to physical education reasonably and effectively and explore the special advantages of digital physical education is of great significance to promote the development of school physical education in China.

2. Present situation of digital physical education teaching in China

Compared with foreign developed countries, China's digital technology started late and its overall application level is not high. People's deep-rooted traditional physical education teaching methods lead to insufficient attention and understanding of digital physical education teaching, which seriously restricts the development of digital physical education teaching. Scholars in our country think that

there are cognitive dilemmas in digital physical education teaching, such as insufficient information teaching ideas of physical education teachers, resource construction dilemmas of digital teaching resources, and institutional dilemmas of insufficient attention from relevant departments and schools [2]. In recent years, China has paid special attention to the transformation of digital education. On March 28th, 2022, the Ministry of Education officially launched the national wisdom education platform, aiming at accelerating the digitization of education and leading the modernization of education with high-level educational information. It is reported that by the beginning of September, the total page views of the national wisdom education platform had reached 4 billion times, and the total visitors were about 600 million [3]. It can be seen that digital teaching has achieved phased results, which is of great significance to promoting a strong socialist education country and improving the development of China's education system.

3. Path Selection of Digital Construction of Physical Education Teaching in Primary and Secondary Schools

3.1. Improve the quality assurance and popularization scope of school sports electronic textbooks.

Physical education textbook is an important medium for communication between teachers and students, and its quality is directly related to students' cognition of physical education knowledge and values. Chinese scholars have pointed out that there are some problems in the current digital textbook publishing in China, such as weak content production links, low integration of textbook content with new technologies and digitization [4]. Therefore, China should give play to the guiding role of government policies and regulations, introduce laws and regulations related to school sports textbooks, and provide policy support for the construction of sports electronic textbooks. E-textbooks should also fully consider physical education class's own knowledge, skills, stages, systematicness and value, and combine the laws of students' physical and mental development at different stages of age to effectively promote their learning of motor skills [5]. Finally, we should expand the sharing scope of sports electronic textbooks, increase the number of digital teaching resource platforms, reduce the difficulty of obtaining sports electronic textbooks, and realize that every student can enjoy high-quality educational resources.

3.2. Improve the faculty and strengthen the digital teaching training of physical education teachers.

Physical education teachers play a leading role in physical education, so improving the digital teaching ability of physical education teachers is the premise and foundation of digital physical education construction in primary and secondary schools in China. In addition, the integration of digital technology and physical education teaching is an important boost to the new curriculum reform and the basic content of modern educational technology [6]. The traditional physical education teaching mode in China leads to the lack of awareness of digital teaching among physical education teachers. Therefore, it is necessary to conduct digital teaching training for physical education teachers at different levels according to the educational background, teaching level and experience of different physical education teachers in different regions. Special elite training should be carried out for physical education teachers with excellent digital skills, and they should act as role models to drive other physical education teachers to jointly improve their digital teaching ability.

3.3. Pay attention to infrastructure construction and cultivate the information-based physical education teaching environment in primary and secondary schools.

The realization of digital physical education is inseparable from the big data system of physical education, which requires the application of software and hardware technology platforms to digitize all kinds of school physical education materials and student information [7]. Therefore, it is necessary to constantly strengthen the digital infrastructure, constantly update the software and hardware technology platforms, improve the deep integration of physical education and digital technology, and improve the level of digital physical education material environment. The government should play a leading role, provide policy support for the foundation and environmental construction of digital physical education teaching, and mobilize scientific research places, companies, enterprises and social

organizations to jointly help the development of digital teaching and push it to a higher level

3.4. Optimize the digital physical education teaching system to improve social recognition and students' interest.

Optimizing the digital physical education teaching system should proceed from the actual needs of students and teachers. As the service object of digital physical education teaching, they know its key points and difficulties better. Digital physical education should pursue practicality, follow the basic principles and laws of physical education development, and scientifically connect all the sections of physical education. The connection of each section is logical, and it is not possible to pile up all the contents of each section. It should fully reflect practicality, flexibility and integrity. At present, people know little about digital physical education teaching, and there will be doubts and conflicts. Therefore, schools should actively publicize the advantages and future prospects of digital physical education teaching. Schools at all levels should consider the differences of digital physical education teaching brought about by the economic development level in their regions, and explain and promote the characteristics and values of digital physical education teaching and its help to teachers and students according to the actual situation of schools.

4. Conclusion

Digital physical education is the future development direction of primary and secondary school physical education in China, especially in the background of COVID-19 epidemic. In the process of actively promoting digital physical education, it is necessary to ensure the teaching quality and personnel training, trample on the ground, avoid formalism, and form a distinctive physical education teaching system according to the actual situation of various regions in China. Developing digital physical education is one of the important tasks of school physical education. At present, China's digital physical education is faced with many difficulties. We should pay close attention to the advanced theories of digital teaching at home and abroad, combine our national conditions, base ourselves on reality, and speed up the deep integration of physical education and digital technology, so as to contribute to socialist physical education.

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