

# The development process of school sports since the founding of New China

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## Abstract

**The development of school sports since the founding of New China In1949, the founding of New China opened a new page in Chinese history. In the more than 70 years since the founding of the People's Republic of China, although there have been ups and downs in the development of school sports, it has continued to improve on the whole. Looking at the development of school sports in the past 70 years, this paper studies the promotion of school sports development through domestic and foreign situations and social leading ideas, and appreciates the development of school sports since the founding of New China. Thisarticle discusses the developmental overview of each stage by time division.**

## Keywords

**The founding of new China; school sports; development overview.**

## 1. Overview of the development of Chinese school sports from the founding of New China to 1966

The period from 1949 to 1966 was the start-up and popularization period of school sports in New China. During this period, China's international environment wasrelatively tense, and its domestic environment became more stable; the country changed from a war economy to a planned economy, and the society gradually began to implement a complete planned economic development model. China's social formhas gradually stabilized. Chinese school physical education has entered a stage ofdevelopment.

### 1.1. Domestic and foreign situation

#### 1.1.1 International situation

In the international arena, due to the confrontation with Europe and the United States,it has good relations with the Soviet Union. The national development strategy was one-sided, leading the Soviet Union to take the road of "comprehensive Sovietization". Chinese school sports have shifted from the European and Americanmodel to the Soviet school sports model. The international situation in New China isnot optimistic. The Korean War, the Vietnam War, the Indian War, the deterioration ofSino-Soviet relations, the tension in the Taiwan Strait, etc., China's school sports arefully adapted to the national development strategy. Therefore, "exercising, buildingthe motherland , and defending the motherland " has become the goal of school sports , and military sports have naturally become the soul of school sports. At that time, defending national security and defending the interests of the Republic became the purpose of school sports.

#### 1.1.2 Domestic situation

In the early days of the founding of the People's Republic of China, although thesocial economy was in shambles. However, the new People's Republic of Chinaneeds to be integrated into the world, it needs to be recognized by the world, it needs to prove to the world that the Chinese nation is not the sick man of East Asia, and itneeds sports to prove that the new People's

Republic of China is full of vigor and vitality. Competitive sports have thus become the focus of national sports development.

## 1.2. Social Dominant Thought

With the purpose of "building the motherland" and "defending the motherland" as the core. In terms of sports, although Comrade Mao Zedong put forward the call of "developing sports and enhancing people's physique" as early as the 1950s, it had to give way to the specific requirements of a specific historical environment in the specific international and domestic political environment. High-level factors directly affect and act on middle-level and low-level factors. It is necessary in certain developmental years. School sports, as a political task and a social responsibility, continues to develop under the impetus of the state apparatus. The high-level elements at the national level have a decisive role in the development of sports and even the whole country.

## 1.3. Positive and negative factors of school sports development

### 1.3.1 Positive factors

First, The strong promotion of high-level influencing factors has enabled the smooth progress of school sports.

Second, in this period, the national school sports a game of chess. There are uniform rules, systems, methods and other standard procedures. Simple operation, easy to popularize. The "Labor Sanitation System" was the symbol of school sports in this period. In 1955, the People's Republic of China began to issue outstanding medals for the preparatory level of the "Labor Sanitation System". At the same time, it has developed into the "Adolescent Physical Exercise Standards", which distinguishes different levels of exercise standards according to the actual situation of different age groups, and issues certificates and badges. The production and issuance of these badges (awards) and certificates have greatly aroused the enthusiasm of the majority of students to exercise consciously, and have made positive and fundamental contributions to the development of Chinese school sports and national fitness activities.

Third, It is supported by clear political tasks and has a strong national administrative mechanism to implement and operate.

In the early days of the founding of the People's Republic of China, the country implemented a modern education model. Although the direction has been clarified, the main obstacles are: the feudal education model with a history of thousands of years, and the low level of people's modern scientific knowledge, awareness and ability. It is a helpless and historic choice to push forward with administrative force.

This method is mainly to suppress the contradiction between the middle level and the basic level. The contradictions at the middle level are mainly manifested in: the level of social and economic development is extremely low, which is insufficient to support the development of perfect school sports; school sports lack material guarantee, institutional guarantee, talent guarantee, and financial guarantee; people's sports awareness has not yet been formed; regional sports characteristics, National sports traditions are rarely reflected; school sports characteristics have not been well developed. School physical education is only a political task, rather than appearing in school education as an educational method. School sports are just a subsidiary of school education. School physical education has not played its proper educational.

### 1.3.2 Negative factors

First, Contradictions at the middle level are suppressed. The idea of physical education is frozen and rigid, and schools and physical education teachers are passive executors. School dynamism, teachers' enthusiasm and creativity are curbed. This kind of contradiction became prominent after the reform and opening up.

Second, the contradictions at the basic level are suppressed. Students' sports interests, school sports characteristics, and regional cultural and sports characteristics are all ignored.

Third, The role of school physical education in the process of students' growth, the scientific status of school physical education in school education has been neglected.

#### **1.4. From a historical perspective**

This way of promoting the development of school sports should be said to be the most effective historical choice in this historical period. It ensures the large-scale implementation of advanced educational ideas and educational concepts, laying a solid foundation for future development.

Relying on high-level influencing factors to promote the development of school sports is indeed a shortcut to rapid popularization and development. In the early historical stage of the founding of the People's Republic of China. China's education development is very traditional and very backward. In an environment where the social economy is very underdeveloped, the mass sports awareness is relatively backward, and the material conditions are extremely scarce. A modern school physical education system has been established, the basic social awareness of the development of modern school physical education has been cultivated, and a good foundation has been done for the development of Chinese school physical education. It has set up a framework for the development of Chinese school sports. This framework has historical significance and is a major achievement in the development of Chinese school sports during this period.

The school physical education in this period was in line with the specific national conditions of China's social development at that time, and in line with the historical task of popularizing and promoting the modern education model during that period; proactive and compulsory development measures were taken. In the early days of the founding of the People's Republic of China, traditional feudal educational ideas and educational environment were very powerful, while modern educational ideas, educational concepts, and educational methods were weak, social recognition was low, and the people basically did not understand the advanced nature of modern educational models. Therefore, suppress unnecessary disputes and suppress unnecessary internal friction; take decisive measures and enforce them. Solving the most central contradiction in the development of Chinese school sports in that era conformed to the basic laws of school sports development at that time. The historical tasks, development goals and specific measures of school sports development were unified.

## **2. Overview of the development of Chinese school sports during the "Cultural Revolution"**

During the Cultural Revolution from 1966 to 1976, "class struggle" was the key link, and the international situation was more relaxed than in the early days of the founding of the People's Republic of China, while the domestic situation was madly struggling, the entire country was in chaos, and society was still operating under the planned economic development model. Chinese school physical education has entered a stage of stagnation and regression.

### **2.1. Domestic and foreign situation**

China has scored successively on the international stage, and China's international situation has tended to ease. International pressure gradually diminished.

The domestic political, economic, educational and cultural situation has become increasingly complex and tense. Social development has stagnated and regressed, various undertakings have gradually withered, and we are in an era that is unbearable to look back on.

## 2.2. Positive and negative factors of school sports development

Positives: The whole society is in chaos . Therefore , there are not many positives interms of development . During the Cultural Revolution , school physical education teachers and some hardware materials for school physical education were retained .

Negative factors: The chaos of the whole society is basically negative factors and has been seriously damaged .

## 2.3. Historical Perspective

This historical period broke all the beneficial school sports policies , regulations , etc . since the founding of the People's Republic of China . The thought of labor sports deviates from the educational function of sports and does not conform to the laws of school sports development . It is the foundation of school sports development that has just been established to break . The Cultural Revolution was a period of extreme destruction to the development of school sports .

The school physical education in this period is neither in line with the development of Chinese society nor in line with the historical task of educational development in this period . Compulsory labor and sports development measures have been taken . The modern educational ideas and sports concepts established in the early days of the founding of the People's Republic of China have been greatly impacted . Neither clear up the development contradictions in this period ; nor grasp the core contradictions . The historical tasks , development goals and specific measures of school sports development are unified , and the measures , methods and policies are extremely chaotic and extremely contradictory . The historical tasks , development goals , development strategies , development measures , and core contradictions of school sports development have not only not been resolved , but also destroyed the original development model . A period of stagnation and regression .

## 2.4. Historical development experience during the "Cultural Revolution"

No one pays attention to the historical tasks , development goals , development strategies , development implementation , and core contradictions of school sports development . The overall stagnation and regression of school sports is an inevitable consequence . Among them , high-level factors played a decisive role . If the high-level factors do not conform to the laws of school sports development and social development , not only do they not have positive construction significance , but their destructiveness is also huge . Reflecting a real problem , the government 's policies , decrees , rules and regulations , etc . , have a decisive role in the development of school sports .

## 3. Overview of the development of school sports in China from reform and opening up to two thousand years

### 3.1. Domestic and international situation

International : After the reform and opening up , China's international environment has gradually stabilized , and peace and development have become the two major themes of world development . China has been recognized and accepted by the world . China began to integrate with the world and began to catch up with the pace of world development . Reform and opening up requires the world to understand China , and it also needs China to understand the world . Chinese school sports have been directly pushed to the tide of school sports development in the world .

Domestic: Reform is booming , the national economy is developing rapidly , and the people's living standards have been improved . The state has duly reduced its political influence on the development of school sports . Make the development of school sports return to nature and become more and more standardized . The state has given school sports greater room for

development and greater freedom of development . The development of school sports in China has developed rapidly under the macro policies of the state . During this period , China still needs to prove in all aspects that the Chinese nation is a great nation . International sports is a big stage , a big stage to show the strength of the country and the nation . In order to gain the recognition of the nations of the world , in order to prove the greatness and glory of the nation . Competitive sports is a window to show the world China's capabilities . Therefore , competitive sports remain the focus of national sports development . But this does not mean that the state does not attach importance to the development of school sports . The general purpose of the state to "develop sports and enhance the people's physique" has not changed .

### **3.2. School Sports Development Ideas**

In the early days of reform and opening up , China set off a cultural fever , and at this time , the emergence of the concept of sports and humanities in the sports world played a crucial trigger . In 1978 , the Third Plenary Session of the Eleventh Central Committee of the Communist Party of China made the strategic decision to "shift the focus of the work of the whole party to socialist modernization" , which triggered extensive and profound social changes in China . In the thirty years of reform and opening up , school sports have achieved great development .

### **3.3. School sports ideas from the late 1970s to the mid-1980s**

In 1978 , the Ministry of Education re-promulgated the "Physical Education Syllabus for General Physical Education" , which still reflects the target system and content characteristics with "technical skills education" as the main framework . In particular , in April 1978 , at the National Education Work Conference , Comrade Deng Xiaoping reiterated the state's educational policy of "moral , intellectual , and all-round development of sports" , emphasizing the status and role of school sports . On April 17 , the Ministry of Education , the National Sports Commission and the Ministry of Health jointly issued the Notice on Strengthening School Physical Education and Health Work , requiring primary and secondary schools to ensure that physical education classes are held twice a week and that physical hygiene classes in junior high schools are well attended . The State Council also clearly pointed out in approving and forwarding the minutes of the 1978 National Sports Work Conference: "Adhere to the principle of combining popularization and improvement , further carry out mass sports activities extensively , and focus on sports work related to the healthy growth of 200 million young people . " In 1978 , the Ministry of Education compiled and promulgated the Physical Education Syllabus (Trial Draft) and physical education textbooks (Trial Version) for full-time primary and secondary schools . Among them , the guiding ideology of "enhancing students' physical fitness" is highlighted . In 1979 , the "Yangzhou Conference" unified the ideological understanding of "taking the enhancement of students' physical fitness as the starting point and destination of school sports" , established the work policy of guiding school sports work with the idea of physical health education , and created a new situation in which "physical education" and "skill education" of college sports were attached equal importance . On May 15 , 1979 , with the approval of the State Council , the Ministry of Education , the State Sports Commission , the Ministry of Health and the Central Committee of the Communist Youth League jointly held the "National Conference on The Exchange of Work Experience in School Sports and Health" in Yangzhou , Jiangsu Province , which was called "a milestone in the development of school sports" .

### **3.4. School sports ideas from the mid-1980s to the early 1990s**

From the mid- 1980s to the early 1990s , it was the stage of comprehensive implementation and development of quality education in China , and in order to reverse the impact of factors such as insufficient school sports facilities and lack of physical education teachers on school sports , the state issued the "Opinions on Strengthening the Construction of Physical Education Teachers in Primary and Secondary Schools" in February 1986 . In March 1990 , the State Sports

Commission and the State Education Commission jointly issued the Regulations on School Sports Work and the Regulations on School Health Work, and the authoritative release of the two Regulations made school sports embark on the road of scientific, institutionalized and standardized. However, the impact of test-taking education on school sports is getting bigger and bigger.

#### **4. Overview of the development of school sports in China in the new era**

Since 2000, China's society has been stable, the economy has developed rapidly, and people's living standards have taken a qualitative leap compared with 30 years ago. The scientific concept of development and harmonious social development have become the main theme of social development. The complete marketization of the national economy has been different from the social development model of the planned economy, and market allocation has become an important basic means of social development. All social undertakings are on the track of scientific development, sustainable development and harmonious development. The development of school sports in China has broader development resources and development space. This period of Chinese school sports should be a period of more rapid development.

##### **4.1. Domestic and international situation**

China has always had a good environment for development. In recent years, relations with neighboring countries have become tighter, and the international situation is generally good. It provides good external conditions for China's development. The international situation judged by the central government will face major changes that have not been encountered in a hundred years, which is a good opportunity for the development of school sports in China. School sports should make a difference in this area.

The domestic situation is safe and stable, the economy is growing, the people's lives are happy, and the awareness of health is deeply rooted in the hearts of the people. School sports have a deep mass base. The development of the socialist market economy has enabled China to have a relatively perfect market system. The sports economy has developed rapidly, and school sports have a market foundation. School sports administration should make a difference.

##### **4.2. School Sports Development Ideas**

In June 1999, the Third National Education Work Conference and the promulgation of the Decision of the CPC Central Committee and the State Council on Deepening Education Reform and Comprehensively Promoting Quality Education greatly promoted the reform and development of school education, and put forward the guiding ideology of "health first" in school sports. A new round of physical education curriculum reform, which began in 2000, proposed the implementation of the Physical Health Standards for Students, and in September 2002, a new Physical Education Curriculum Standards were promulgated on a trial basis. The new Curriculum Standard highlights the guiding ideology of "health first" and establishes five teaching goals of "sports participation, motor skills, physical health, mental health and social adaptation". In 2002, on the basis of the Opinions of the CPC Central Committee and the State Council on Further Strengthening and Improving Physical Education Work in the New Period, and in conjunction with the spirit of the "Decision on Deepening Educational Reform and Comprehensively Promoting Quality Education", the Ministry of Education issued such as the "Guiding Outline for the Teaching of Physical Education Courses in Ordinary Colleges and Universities nationwide". Compared with the 1992 Outline, the new Outline has made great changes in the guiding ideology, curriculum objectives, curriculum structure, course content, teaching methods, and curriculum evaluation. The new "Outline" is a comprehensive deepening and improvement of the 1992 (Outline) and a concrete embodiment of

the achievements of the reform of public sports in colleges and universities in the stage of exploration and transformation.

In August 2002, the Ministry of Education and the State General Administration of Sport issued Document [2002] No. 12, which implemented the Physical Health Standards for Students in some schools across the country from September 2002. In 2004, the General Office of the Ministry of Education issued the Catalogue of Secondary School Sports Facilities and Equipment, the Catalogue of General University Sports Venue Facilities and Equipment, etc., which provided policy support for the construction of sports hardware for schools with increasing enrollment scale. In 2005, in view of the hot issues in school education, such as "some school leaders have a weak sense of sports; the average sports resource of students has experienced negative growth with the expansion of enrollment in colleges and universities; there is a fear of hardship and tiredness among students, the habit of lack of physical exercise, especially the continuous decline of some physical fitness indicators of students", the Ministry of Education issued a number of documents such as "Opinions on Further Strengthening the Physical Education Work in Colleges and Universities". In 2006, the Ministry of Education and the State General Administration of Sport jointly issued the "Opinions on Further Strengthening School Sports Work and Effectively Improving the Health Quality of Students", and then jointly issued the "Notice on Carrying Out Sunshine Sports for Hundreds of Millions of Students nationwide". In December 2006, the National School Sports Work Conference was held in Beijing, which was the first meeting held in China specifically for school sports work since the founding of the People's Republic of China. The meeting proposed: "Improving the health quality of adolescents should be included in the overall goal of building a moderately prosperous society in all localities, into the education work and sports work planning, and the physical health status of adolescents should be taken as an important indicator for evaluating education work and sports work." On April 23, 2007, General Secretary Hu Jintao presided over a meeting of the Politburo of the CPC Central.

### 4.3. Positive and negative factors in the development of school sports

Positives:

First, high-level factors of the state began to play an active role. The government has issued policies and regulations for the active development of school sports. The high-level influencing factors are positive and scientific. In the market economy environment, the driving effect of high-level factors is not as good as the planned economic environment in the early days of the founding of the People's Republic of China.

Second, the society has high expectations for school sports, and the people have a high sense of sports. Students' own need for physical education is urgent. Sports have become the consensus of students, parents and society.

Third, the sports industry, sports economy, sports market for the development of school sports, invest in positive enthusiasm. Fourth, the government has a positive attitude towards the development of school sports, accepts the market economy, and accepts the impact of the sports industry.

Negative factors:

First, the degree of ideological emancipation in the development of school sports is insufficient. The traditional school sports development management model has not been completely broken.

Second, the development of school sports lags behind the development of the sports economy and the development of the sports industry. The development of school sports has become a short board in the development of sports in China.

Third, the institutional mechanism for the development of school sports is relatively backward.

## 5. Summary

Summarizing the development history of modern Chinese school physical education, especially the development process of school physical education since the founding of new China, Chinese school physical education is an important part of school education and an inevitable product of the development of modern education. Although school sports has a unique development law, the development of school sports has a high degree of road development dependence, the development of school sports has significant political dependence, the development of school sports has obvious institutional dependence, and the development of school sports has a huge economic dependence. Sports itself has irreplaceable strategic significance for the development of the Chinese nation, social development, national construction, military construction, national defense and security. No government, that political group, that politician, ignores the value of sport. School physical education plays an important role in the basic role of the whole physical education. Profound changes have taken place in the fields of politics, economy, culture, consciousness, military affairs, international relations, etc. in Chinese society. School sports should be constantly adjusted in accordance with social changes, so that school sports are more in line with the country, society, economy, military and other aspects. demands. It is expected that the theoretical and practical innovation of Chinese school physical education will surely bring the development of Chinese school physical education into a new historical development stage.

School physical education in any country has corresponding national characteristics and corresponding characteristics of the times. The depoliticization of school sports is wrong, and the depoliticization is also a typical mistake. Therefore, school sports will have a bright future if it conforms to the development of national politics, economy and society.

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