

# Research on the Path of Integrating Olympic Spirit into Secondary School Ideological and Political Education

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**Abstract:** Olympic spirit is a kind of sports competition spirit that pursues the beauty of the world, the aggressive, the harmonious development of human beings, and the fairness, justice, freedom and equality. Integrating the Olympic spirit into the ideological and political education of secondary schools can both enrich the content of ideological and political education and expand the construction of ideological and political education curriculum system, and can stimulate the interest of secondary school students in sports activities. The Olympic spirit has an important function of belief leading, value guiding and personality shaping in the process of ideological and political education for secondary school students. Therefore, the Olympic spirit should be integrated into the ideological and political education of secondary school students, so as to better cultivate the new generation who can be responsible for national rejuvenation.

**Keywords:** Olympic spirit, Ideological and political education for secondary school students, Path analysis.

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## 1. The Richness of the Olympic Spirit

### 1.1. The Olympic spirit attaches importance to the principle of fair competition

The principles of competition and fairness are two important aspects of the five Olympic principles that are accepted by most people. Competition is an innate human instinct, yet what distinguishes humans from other animals is their ability to exercise rational control over their instinctual desires, exemplified by fair play on the sports field. The principle of competition shows that the Olympic movement is an activity that advocates challenge and competition, in the challenge with other strong players, to constantly surpass themselves, surpass others, and create better results, but the principle of competition is not carried out under unlimited conditions, which requires a complete system to restrain. The principle of fairness in the Olympic movement is just such a limiting principle. Kubitan also highly respected the spirit of "Fair play". The principle of fairness is the modern Olympic principle, which means that competition in the Olympic movement must obey the requirements of fair competition, abide by the rules, follow the rules, and never cheat.

The Olympic Games embody the sense of fairness, and it is the existence of this fairness that makes the Olympic Games loved, desired and pursued by millions of people. Competition is one of the cores of the Olympic spirit, and it only makes sense to compete in a fair comparison context. side." His quote emphasizes that the Olympic movement values the process it strives for, not the end result. The championship established by the Olympic Games is only limited to a variety of sports, a handful, but the people who struggle for this goal for life are numerous, in order to a belief, people fight hard, actively participate, with their lives to interpret the Olympic movement. Liu Changchun, an outstanding athlete in China, became the first Chinese to participate in the Olympic Games, although he was eliminated from the competition due to travel fatigue, but at

least it shows the spirit of participation. Participation in the competition is also a challenge to the self, in the challenge of the way the challenger may not be all ready to win, but because they dare to face the contingency rate of success, to show the challenge of the spirit of valuable and rare, participation does not win the important belief, the significance of which has long exceeded the medals and rankings.

### 1.2. The Olympic spirit upholds the spirit of selflessness and dedication

The founder of the modern Olympic Games, Kubitan, when talking about training, once said that "a sporting record is the limit of the interaction between a man's strength and character, the limit of the high development of his personality. His social status, his inheritance from his parents or his property play no role. Whether he is a prince or a commoner does not add a foot to his leap, nor does it add half a yard to the distance he can run, swim, or row in the allotted time." This shows how participating in the Olympic Games and winning special honors is not something to be taken lightly and must be done with hard work. Although the modern popular scientific training methods have improved the training mechanism of athletes, but still need to pay more than the normal hardship in the effort, only then, it is possible to achieve good results in the Olympic Games. In our country, the vast majority of athletes from childhood began a hard training, day and day with training as a companion, prematurely give up the colorful life, so that people engaged in a monotonous and boring training every day, without dedication, is very difficult to do this. However, those who can really participate in the Olympic Games and can win medals are only a minority of the minority, and they are also guided by the spirit of dedication to win honors for their country. Therefore, dedication has become an essential spirit of the Olympic movement.

### **1.3. The Olympic spirit emphasizes tolerance and understanding of cultural differences**

Due to the long history of "Euro-Americanism", the Olympic Movement has shown more European and American values, which led to the boycott of the Olympic Games among countries with different religious beliefs and political attitudes, which at a certain stage restricted the promotion and popularity of the Olympic Movement to the whole world, and was not conducive to the globalization of the Olympic Movement. The development of the Olympic Movement. The modern Olympic Movement is an international sport, and the Olympic Games are a great gathering of the world's games, with a broad international scope, which transcends the limitations of politics, religion, color, race and language, and is an event of peace and friendship for people all over the world. As an international sport, it brings together the world's best athletes while inevitably facing racial and cultural differences, as well as political, economic and ideological differences between countries. The Olympic spirit emphasizes friendship, solidarity and mutual understanding, and its purpose is to provide an essential cultural atmosphere and spiritual realm for the Olympic movement. They can appreciate the beautiful scenery of human culture in all its forms, and understand and absorb the excellent elements of different national cultures, thus gathering under the five rings, which symbolize peace, unity, friendship and progress, to interact with each other and enhance understanding and friendship, thus making the international exchange advocated by the Olympic Movement truly come true. As Kubitan praised at the end of "Ode to Sport": "Ah! You are peace, sport! You establish pleasant ties between peoples. It arises in measured, organized, skillful physical competition, so that the youth of the world learn to respect and learn from each other, and so that the different national traits become a noble and peaceful motive force."

### **1.4. The Olympic spirit emphasizes the importance of participation over winning**

In his 1936 Olympic speech, Coubertin said, "What is important in the Olympic Games is not victory, but participation; the essence of life is not taking, but struggling. Perdita Felicien, a Canadian athlete who competed in the 2000 Sydney Olympics, said of the Olympic experience: "Even though I was eliminated from the 100 hurdles in the preliminaries, I still get excited when I think of the Olympics. Even though the months of hard training and the tiring 30-hour flight to Sydney only meant running 13:21 on the world's hottest track, the experience was well worth it." The Olympic motto is "participation is more important than winning. The Olympic movement is a major social activity, advocating participation, Kubitan once said: "The important thing in life is not triumph but struggle, the essence of which is not to win but to make people become more courageous, more robust, more cautious and more down to the big Olympic is a competitive spirit, the Olympics is a kind of "faster, stronger, higher" as the goal to the Olympic Games. It is also a spirit of sports competition with the goal of fairness, equity, fairness, equality and freedom. The spirit of challenge and fair competition that the Olympic movement embodies is the basis for people to improve themselves and their social skills in today's world. The Olympics is an attitude to life. The Olympic spirit emphasizes people's own sports, their own participation, their own physical fitness, their own optimism,

their own hobbies, and their own pursuits. Such an attitude of confidence in life gives us great strength to overcome all challenges. The Olympics is the philosophy of life. The Olympic Charter states, "The Olympic spirit is a philosophy of life that balances and enhances the qualities of body, mind and spirit." By combining sports with culture and education, the Olympic Movement achieves the perfect unity of the human body and mind, the full development of human potential and morality, and is the most beautiful and perfect philosophy of life that mankind has ever known. The Olympics is a modern morality that embodies the spirit of harmony, freedom, health and positivity.

The Olympic spirit promotes a way of life that is based on the joy of hard work, the educational nature of example and a fundamental respect for universal ethics. The ethical values embedded in the Olympic spirit are the greatest respect and promotion of human potential and free creation, the greatest inheritance and development of human civilization and good order. This is the fundamental guarantee for the harmonious coexistence of man and nature, man and society, and the harmonious development of man and society. The Olympic Games is a cultural heritage shared by all mankind. The passionate competitions, the training of youth volunteers, the construction of stadiums, the planning of cities, the wonderful cultural performances and the competitions all over the world have become a precious treasure. In today's globally integrated world, the Olympic Movement has become a spiritual feast created by different countries, nations, peoples and nationalities. Today, the Olympics has become a common wish, an expectation and a blessing for all mankind. It is an invaluable spiritual and cultural treasure that has been constantly enriched and enriched in the changes of history and given a new connotation, and is worthy of continuous innovation and development by mankind.

## **2. Second, the Significance of Integrating the Olympic Spirit into Secondary School Ideological and Political Education**

### **2.1. The Olympic spirit is good for young people to establish their ideals and beliefs**

The Olympic spirit is a kind of faith-guided power. The Olympic spirit of "Faster, Higher, Stronger" inspires athletes to discipline themselves with faster speed, set higher requirements for themselves with higher standards, and motivate themselves with stronger beliefs to fight for their dreams. In the 2022 Winter Olympic Games, every player is full of the heart of "will win", with the indomitable spirit, for the glory of the motherland, for the glory of the motherland. Before that, Wu Dajing played well in the team competition and helped China win the first gold medal in the Winter Olympics. After that, there was the athlete Gu Ailing who, although he was in the freestyle ski jumping event, which he was not good at, still kept trying and actively participated to win the gold medal in the end. High school students can get forward motivation from the Olympic spirit embodied in these outstanding athletes, and face the setbacks and difficulties they encounter in life with more resilient belief and determination, and not give in to defeat when they encounter setbacks and dare to fight. The Olympic spirit can awaken students' national pride, enhance their sense of national responsibility, and inspire them to dedicate their

youth for the prosperity of the country, the revitalization of the nation, and the happiness of the people. The Olympic spirit has always influenced us, and in some ways it is a good inspiration. For example, when the Chinese women's volleyball team won the championship, thousands of Chinese people left tears of excitement and celebrated the exciting moment of winning the championship by beating gongs and drums in the streets. It is because the Chinese women's volleyball team showed the Olympic spirit to the fullest, and the important value of the Chinese women's volleyball team winning the championship is the immense pride and the supreme sense of collective honor of the nation. The Olympic spirit can also improve the character of people. In the road of life, not only to exercise one's will and perseverance, but also to pass on this spirit to the next generation, to face all kinds of difficulties in life with this spirit.

## **2.2. The Olympic spirit is conducive to the establishment of a correct outlook for youth**

From the Beijing 2008 Olympic Games, which sang "One World, One Dream", to the London 2012 Olympic Games, which "inspired a generation", to the London 2016 Olympic Games, which chanted "New World", to the Tokyo 2020 Olympic Games "Love Together", to the 2022 Winter Olympic Games "Forward Together", these slogans all embody the good hope of unity, peace, friendship and progress. The Tokyo Olympics added a new meaning of "more unity" to the Olympic slogan "Higher, Faster, Stronger", giving the slogan "Higher, Faster, Stronger" a new contemporary meaning. The slogan "Higher, Faster, Stronger" has a new meaning for the times. "The Olympic spirit is not just a sport, but a reflection of the value that we should not hesitate to choose the collective interest when the individual interest and the collective interest are in conflict, and to establish the concept of the big picture. Many modern secondary school students lack collective consciousness, and the first thing they think about is themselves, and they do not pay enough attention to the sense of collective honor, so they need to use the Olympic spirit in their ideological education to greatly improve the sense of collective honor of secondary school students. Just like the word "more unity" added to the Olympic spirit in Tokyo, the emphasis is on unity, thus guiding secondary school students to establish a sense of competition and cooperation of "competition without breaking, cooperation without dissimilarity, competition and integration" and to establish the concept of multi-win and win-win. We need to motivate students to take the "small self" as the goal and the "big self" of the class as the goal, to take the value of individual and group as the goal, and to cultivate the dedication of students in the class.

On the other hand, the vast majority of current secondary school students are only children, and this should not be ignored. Due to the change of living environment and the social trend of advocating economic benefits and material enjoyment, the outlook and values of these secondary school students have been greatly influenced. With the rapid development of modern technology, college students' eyes are getting wider and wider, and their ability to accept new knowledge is getting stronger and stronger, and at the same time the negative influence of network technology is getting bigger and bigger. Educators to improve the relevance and effectiveness of the ideological and political education work of secondary school students, improve students' sense of

social responsibility, innovation and practical ability, first of all, must study students, close to students, close to the actual, think what students want, anxious students, figure out the challenges, according to the material, in order to really put ideological and political education into practice; Olympic spirit conveyed by the "positive energy", vivid image and specific, the ideological and political education process of secondary school students should be closely combined with real cases, find it, feel it, spread it and absorb it, attract people with the Olympic positive energy, infect people, inspire people.

## **2.3. The Olympic spirit is conducive to the cultivation of tenacity in young people**

The cultivation of good will is an important part of young people's personality, and the cultivation of will runs through the whole education process, and Olympic education is one of the most effective and characteristic ways and methods of cultivation. The Olympic motto "Faster, Higher, Stronger" indicates to young people a sports spirit of striving and striving, and at the same time, it is also a life belief of constantly surpassing and forging ahead. "Under the influence of this Olympic spirit, many young people are tough, decisive, brave and tenacious, and they put themselves into the competition with a fiery and passionate mind, and have the motivation to work hard. They are motivated to train, so that their positive and aggressive, hard-working spiritual qualities are cultivated in the competition. The Olympic Games is a field full of sweat, tears, successes and regrets. It is full of positive mindset, full of persistent pursuit of faith. Coubertin once said, "The most important thing in life is not victory, but struggle; not conquest, but striving." The Olympic motto "Faster, Higher, Stronger" is the fearless spirit of the athletes in the face of the strongest, the courage to fight and win; and for the general public, it is a spirit of constant competition, aggressiveness and upward mobility, the pursuit of perfection, the constant challenge to oneself, the impact to the limit, the struggle of life is just like The struggle of life is as never-ending as the pursuit on the sports field. In the face of difficulties, tests and setbacks, only those who are determined and never give up can reach the top and pick the fruits of victory. The Olympic spirit reflects both the athletes' sporting style and the spiritual qualities they possess.

Olympic spirit is a kind of physical education with a strong sense of social responsibility and self-consciousness, which can not only inspire students' positive and optimistic psychology, but also all kinds of setbacks they encounter in life, thus cultivating their character of striving for excellence in adversity. For example, gymnast Chusovitina, 46 years old, has not won a single gold medal in 8 Olympic Games, but she has never given up her dream and is still very determined to work hard towards her dream. This is the spirit of perseverance and struggle that the Olympic spirit conveys to us, and this spirit can inspire high school students to never give up and to chase their dreams bravely. On the other hand, the Olympic spirit can inspire high school students to be persistent and not to give up lightly. For example, Yuzuru Hanyu, a figure skater, has been injured but still persists in his passion and challenges himself to the limit, and has been trying to jump around Axel in the 2022 Winter Olympics. The slogan of Olympic spirit is not only an expression of sportsmanship, but also a positive attitude and a firm belief of not giving in to defeat and not admitting defeat. The slogan "Faster, Higher, Stronger" expresses the spirit of continuous

progress and the courage to surpass oneself. The most distinctive undertones of the high school era are struggle and defiance, and high school students need such a positive spirit to guide them as they are at an important stage in shaping their values.

#### **2.4. Olympic spirit is conducive to the overall development of secondary school students**

Under the guidance of the Olympic spirit, young people have an obvious awareness of physical exercise, and they dare to attack their physical limits, especially when young people are widely exposed to Olympic sports and watching sports competitions, which further stimulate their desire to engage in physical exercise, many young people participate in various forms of physical exercise, so that their enthusiasm to participate in physical exercise has been improved, so that they can. Many young people are motivated to participate in sports through various forms of sports activities, so that they can deepen their understanding of sports while enriching their study life, and stimulate their desire to engage in sports with their own practical actions, so that they can exercise their bodies and improve their skills in an entertaining atmosphere, and show their healthy, progressive and energetic side. Man is the son of nature, but nature prepares more disasters and thorns for man. In order to survive, man must have a strong body, a sound mind and a strong will. The strength of a nation must be based on the health of its people. The ancient Olympic Games arose in ancient Greece, where the Greeks believed that the human body was as important as the human intellect and was an inseparable part of it. Socrates once said: "All undertakings require the body; a robust physique is extremely important ..... from the point of view of sports training, no citizen can be an amateur-level player; it is a shame that a man does not see the strength and grace of his body until he is old." Plato himself was an excellent athlete. He promoted women's participation in sports at that time. Aristotle was also extremely critical of those with uneven physical development. It was famously said in ancient Greece that "a healthy mind resides in a healthy body."

#### **2.5. Olympic spirit is good for cultivating patriotism among secondary school students**

Sports competition is an effective way to educate young people on patriotism, which can stimulate their patriotic enthusiasm, invigorate their national spirit, and play a positive role in promoting the cultivation of their national character and personality. The international nature of sports competitions and the social influence they produce expand the competition of sports techniques and skills to the competition of comprehensive national power and national honor, making such competitions transcend the value of sports itself and produce an educational effect that cannot be underestimated. The young people usually watch the video or live broadcast of sports competitions, so that they not only learn from the athletes' superb and skillful techniques, learn from their qualities of not being afraid of difficulties, tenacity and bright and civilized style of competition, but also enhance their patriotic feelings. The five-star red flag raised again and again in the Olympic arena and the "March of the Volunteer Army" resounding in the sky make people feel that the Dragon's people have found a stage to express their personality and national character. The "ping pong whirlwind", the "women's volleyball spirit", the frequent conquest of "Mount Everest",

the successive wins in diving, shooting, badminton, gymnastics, etc., all these show the personality of sports and the "sports spirit". The power of sports and the glory of personality in the "spirit of sports".

### **3. The Path of Integrating the Olympic Spirit into The Ideological and Political Education of Secondary School Students**

#### **3.1. Emphasis on the use of the Olympic spirit in family education for ideological and political education**

The family is the first classroom where young people receive education, and parents are the first teachers of their children. Education in the family is the most basic way for children to form good morals and develop good humanistic qualities, and it is also the most powerful position for transforming the Olympic spirit into ideological and political education. The concept of ideological and political education in the family is different from the traditional family education methods in China, which focus on the growth and development of people, emphasizing the mastery of knowledge and experience in leading to a positive "qualitative change" in the psychological activities of people. It actively promotes the physical and mental health of adolescents and cares about the formation of good moral character and the formation of social interaction and interpersonal cooperation skills. The humanistic quality education focuses on the continuous enhancement of the operational and practical abilities of young people. Special attention is also paid to the cultivation of the creative spirit and innovative ability of young people.

Since the 2008 Beijing Olympic Games, the Olympic movement has spread rapidly in China and is almost a household name, and the Olympic spirit is gradually gaining popularity and becoming a new type of sportsmanship accepted by the general public. The Olympic movement has not only been widely spread in schools, but also become the talk of the family after dinner. Although there is not enough awareness in the family to separate the Olympic spirit from the Olympic movement to discuss it, specific activities are being practiced and used. The family has become an important arena for the promotion of the Olympic spirit and plays an active role. The widespread dissemination of the Olympic spirit in family life has led to an increased emphasis on people's own qualities, and the active improvement of their own human qualities has become increasingly popular. In the family, the parents, as the children's initiation teachers, teach the youth concrete examples of the Olympic spirit, which in effect makes the youth improve their own humanistic qualities to a certain extent, and when they encounter difficulties and setbacks, they will use the spirit presented by it to overcome and solve them, thus making it possible to transform the Olympic spirit into humanistic qualities in the family. Interpersonal relationships in the family are the bridge and link between parents and teenagers, the way of existence of family life, and play an influential and subtle role in the formation of humanistic qualities of teenagers. Maintaining a good relationship of mutual respect, love and support between parents and teenagers has a direct effect on the development and development of humanistic qualities of teenagers. Therefore, the Olympic spirit can be seen everywhere in

family education, and it is a reasonable choice to transform the Olympic spirit into humanistic education through family education.

### **3.2. Optimize teaching factors and tap Olympic spirit resources at multiple levels**

Ideological and political theory courses in colleges and universities are the main way to carry out ideological and political education in colleges and universities, and they play a pivotal role in cultivating students' personality. Therefore, it is a very meaningful thing to integrate the Olympic spirit into education and teaching. First of all, the scientific connotation of the Olympic spirit should be fully explored, not just repeatedly taught, but carefully grasp the laws of ideological and political education and individual growth, so that it can be integrated with it and achieve a high degree of unity. Secondly, the implementation of "curriculum nurturing", not just a work, but to build a "curriculum collaborative nurturing" system. Curriculum education not only includes ideological and political education classes, but also covers history classes, language classes, etc. The Olympic spirit is fully integrated into each course, so as to achieve the effect of all-round education and enhance the effectiveness of the curriculum. Third, integrating the Olympic spirit with the curriculum education system should be adapted to the needs of high school students, based on each student's specific situation and personality characteristics, and teach them according to their aptitude, and grasp the correct direction of nurturing, so that high school students can truly internalize it and express it. Fourth, the first and second classrooms should be organically combined so that theory is linked to practice.

Schools should continue to integrate the Olympic spirit into the educational system of the curriculum and improve its attractiveness and infectiousness. First, they should create an atmosphere of Olympic culture on campus through various forms of work, and spread the Olympic spirit by presenting the resources of Olympic moral education through bulletin boards, broadcasts, slogans and humanistic landscapes, so that students can feel an intangible emotional infection. At the same time, by organizing practical activities such as watching and participating in Olympic competitions, students can form the habit and consciousness of compliance and fair competition, and inspire their tenacious and indomitable will to form the Olympic spirit. In addition, we can also hold special lectures on Olympic sports education, or hold sports salons and lectures, so that secondary school students can listen, watch and discuss one of the Olympic themes, and talk about their understanding and feelings in the context of their actual lives, and in the process of mutual communication, their thoughts and morals are further enhanced, so that they can better develop their correct behavior. Thus, they can better inspire secondary school students to continuously practice the Olympic spirit in practice, strive to become the pillar of the country, take the initiative to serve the motherland and serve the people.

### **3.3. Enhance teaching literacy and use role models to explore the value of the Olympic spirit**

The role model of Olympic heroes is an important means of utilizing the moral education resources of the Olympic Movement. As the current IOC President Rogge said in his inaugural speech, the unique power of the Olympic Movement is that it spreads a dream among generations of

young people, and the Olympic champions have an endless power of example for them, and former Olympic Committee President Samaranch also said "Olympic champions, especially young Olympic champions, are role models for young people, they represent the future of the country and they have a profound influence on young people." Indeed, in the history of modern Olympic movement, many outstanding figures have emerged, in the West, from the father of modern Olympic movement, Kubitan, the first marathon champion in the history of modern Olympic movement who moved all Greece with perseverance, to the model of sportsmanship and style, the world's Ballon d'Or King Pele, to the American track and field runner Lewis whose life is wonderful because of the Olympics, to the evergreen tree of Ping who understands the true meaning of sports The first marathon champion Louis, the world's soccer champion Pele, the American track and field athlete Lewis whose life was made wonderful by the Olympics, and the evergreen ping who understands the true meaning of sports, Waldner and the goddess of sports Holguina who transcends victory and defeat.

In China, from the year won the first world champion - "life can have a few fights" table tennis player Rong Guotuan, to the reform and opening up after the first Olympic champion Xu Haifeng, from the gymnastics prince Li Ning, Ping Queen Deng Yaping, diving prince Xiong Ni to basketball star Yao Ming, track and field flyer Liu Xiang. From the "heroic women volleyball team" to the "resounding roses", they can also be described as splendid as a group of stars. These advanced Olympic figures centrally embody the Olympic spirit, and are outstanding representatives of fairness and justice, striving for progress, fighting for the glory of the country and devoting themselves to sports, and their great role models are the valuable heritage of the whole mankind. The power of education by example is infinite, in the process of ideological and political education for secondary school students, actively establish and play the role of the example of advanced figures in the Olympic Games, combined with the object of education, using suitable subjects, using noble sentiments to smelt people, using advanced deeds to inspire people, using touching stories to inspire people, through vivid and vivid advanced figures and examples can certainly achieve the desired educational effect.

### **3.4. Innovative teaching links, the whole process of using Olympic spirit materials**

"People-oriented" organically combines the Olympic spirit with the ideological and political education of college students. Practice determines knowledge, and knowledge in turn influences practice. As Marx pointed out, "the whole social life is practical by its nature". Therefore, practical education is crucial for secondary school students. Firstly, we can improve students' civilization through different forms such as national flag speech, essay, board, class meeting and selection of Olympic civilization messenger. In the process of welcoming Beijing Olympic Games and carrying out Olympic education, many schools in Beijing have organized activities such as Olympic knowledge lectures, Olympic knowledge competition, running to relay run, designing Olympic logo, I draw Olympic champions, Olympic webpage competition, Olympic cultural shirt design competition, inviting Olympic champions to make reports, etc. By making full use of moral education resources of Olympic movement to carry out rich and colorful Olympic education activities, students have deepened By making full use of the moral

education resources of the Olympic Movement to carry out a variety of Olympic education activities, we deepen students' understanding of the harmonious society, strengthen their ideal beliefs, make them feel a sense of pride and responsibility for their country and nation, and broaden their international vision, so that their civilization and comprehensive quality can be improved in all aspects. This not only broadens students' knowledge, but also improves their hands-on skills, which is a win-win situation. The Olympic spirit is a reflection of the dialectical unity of truth and value in practice. Combining the Olympic spirit with the reality of material life can inspire secondary school students' noble sentiment of patriotism and service to the country, cultivate their selfless spirit of "success must be mine", cultivate their professional quality of continuous progress and pursuit of excellence, cultivate their strong will to never give up and go forward, cultivate their hard work and By combining the Olympic spirit with the practical education system, we can improve students' moral awareness and thus improve their personal moral quality.

### **3.5. Using multimedia to integrate the Olympic spirit into ideological and political education**

The Internet plays a pivotal role in our lives, especially for students nowadays, who cannot study or be entertained without it. The spreading of the Olympic spirit is inseparable from the promotion of the media. Through various media platforms, information about the Olympics is constantly provided to people, thus creating a strong interest in the Olympic movement and also inspiring students' patriotic passion. First of all, the game was made available to all through various platforms. The network shortens the limitation of time and geography, so that students can truly feel the vitality and constant struggle on the Olympic field through the big screen, thus enhancing the emotional resonance to strive hard to achieve their dreams. Secondly, they can also do publicity for the Olympic Games by making public numbers to release the things that happen on the Olympic field in a timely and public manner, so that students can pay attention to them anytime and anywhere. Secondary school Civics teachers can also play the corresponding clips of the Olympic games in the classroom according to the knowledge points they learn to stimulate students' interest in learning ideology and politics, and also to achieve the role of active classroom atmosphere. Teachers should take the initiative to use all kinds of video software, especially short videos, after watching the relevant videos can let students can play their own subjective initiative, using their own way to express their views on the Olympic Games, to say their true feelings inside, and then the teacher will make correct value guidance so as to stimulate the patriotic feelings of secondary school students, and strive for the realization of a strong sports country.

### **3.6. Promote social education into the Olympic spirit**

Society is a melting pot of life and another important classroom for young people to receive education. Social culture, social customs and social opinion will greatly influence people's worldview, outlook on life and values through intuition, feeling and thinking, with the power of sensory impact, psychological collision and spiritual recreation, and play an important role in students' ideological

and political education. Many successful people may not have high education and may not have received formal school education, but they have learned a lot of knowledge and acquired a lot of humanistic literacy in the big classroom of social life. For example, the leaders of the Chinese Communist Party, represented by Mao Zedong, most of them did not study Marxism in formal universities, but they relied on self-education and social communication to achieve the comprehension of the main meaning of Marxism, which reflected excellent humanistic qualities in them. Society is in a sense an extended family and a large school, and the formation of humanistic qualities in young people has both the functions of the family and the school, as well as functions that they do not have and that are unique to society. The humanistic reality of the society has a great impetus to the humanistic education of families and schools. A good social condition can consolidate the humanistic education of young people, and at the same time, a good social humanistic reality can form a great adhesive force to promote the development of humanistic education of young people. The rise of various Olympic movements in society has laid a solid foundation for the rapid spread of the Olympic spirit, which, as a spiritual pillar of the new era, is increasingly welcomed and respected by all levels of society. Integrating the Olympic spirit into the ideological and political education of secondary school students in order to become an important topic of social education.

## **4. Conclusion**

"A great cause breeds a great spirit, and a great spirit advances a great cause." The Olympic spirit has distinctive characteristics of the times and distinctive values of the times. The Olympic spirit has a strong educational character, which inspires secondary school students to be brave to challenge and face difficulties, and cultivates their excellent character. On this basis, schools should give full play to the Olympic spirit and tap the ideological and political education resources contained therein in order to stimulate students' patriotic enthusiasm and make them work hard to achieve the wealth and strength of the motherland.

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