

Changes and Development of School Sports in the Context of the Reform of Physical Education Secondary School Examination

-- Taking Shanghai as an example

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Abstract: Purpose: To explore the reform of the physical education secondary school examination in Shanghai and provide strategies for the development of school physical education. Methods: To study the literature on the physical education secondary school examination and summarise the reform history of the physical education secondary school examination by using literature, logical analysis and other methods. Findings: (1) The positive impacts of the reform of the PE secondary school examination on school sports are manifested in the following ways: changing the concept of sports, promoting the implementation of diversified teaching of secondary school sports, implementing multiple evaluations in the reform of physical education learning and assessment, strengthening the construction of physical education teachers' faculties and improving the allocation of sports resources. (2) The negative impacts are: teaching is tilted towards the items in the secondary school examination, and traces of test-based education are obvious; fairness, truthfulness and accuracy are in doubt. Conclusion: The reform of the Shanghai Physical Education Intermediate Examination can effectively practice the requirements of cultivating students' core qualities, and it is necessary to continue to explore the path under the dual new development requirements of the new curriculum and new teaching in order to get rid of the test-based physical education once and for all.

Keywords: Physical Education; Secondary School Exams; School Sports; Core Literacy.

1. Introduction

The CPC Central Committee and the State Council issued "on deepening the reform of education and teaching to comprehensively improve the quality of compulsory education opinions" proposed to adhere to the "five education" and the overall development of quality education. Five education, sports is a prerequisite, visible sports in the school of the importance of quality education, the status of physical education in the examination has also risen. Physical education examination is an important challenge for junior high school students, how to do scientific and diversified evaluation, consolidation of skills, around the core qualities to cultivate a comprehensive development of young people is a serious challenge to the physical education examination. Shanghai physical education secondary examination reform kicked off in 2019, determined that the official implementation of June 2019, unconsciously has gone through four years, is about to submit the answer sheet, this paper combs China's physical education secondary examination reform course, the effectiveness of the current stage of the reform of the Shanghai physical education secondary examination and the problems, to deepen the reform of the physical education secondary examination, and optimise the development of the proposal. [1]

2. The Stage of Physical Education Reform

2.1. Budding Stage (1979~1990)

Shanghai sports examination is the pioneer of the national sports examination, Shanghai Chongming Middle School in 1979 for the promotion examination plus physical education,

which is the first attempt of China's sports examination, built on this foundation to the country to promote. At this stage is still in its infancy, the assessment project, methodology, evaluation of performance is not scientifically mature enough, but the national scope of the provincial and municipal physical education examination in full swing began. At that time, there were necessary and unnecessary disputes in society about the physical education examination, and finally in 1983, the physical education secondary school examination to the "students' physical education qualification standards", the physical education secondary school examination began to stagnate or even began to deteriorate [2]. 1988, the physical education secondary school examination ushered in an opportunity, State Councilor Li Tieying pointed out: "The examination for higher education should include physical education in the examination subjects", in 1990, the State Council approved the issuance of the "Regulations on School Physical Education Work" clearly stipulates: "Physical education is the subject of students' graduation and higher education examination", from then on the physical education examination finally has a reasonable and legal identity! Since then, the physical education examination finally has a reasonable and legal identity, and began to enter the orbit of the rule of law [3].

2.2. Mapping Phase (1990-1998)

After the "School Sports Work Regulations" came out, the state departments and associations began to feel out the physical education examination, organised academic conferences to discuss the operation methods and evaluation standards of the physical education examination, and radiated from point to point, from a few provinces and cities to the majority of provinces and cities, and the provinces and cities

flexibly began the physical education examination according to the different situations in their own regions, and in the five years thereafter, the state promulgated relevant regulations and rules one after another, for the order of the physical education examination, In the following five years, the state has promulgated relevant laws and regulations to escort the orderly and regular development of the physical education examination, until 1995, 29 provinces and cities nationwide have implemented the physical education examination on a trial basis. Five years, so that the physical education examination from the bud to awakening, in the scope of the examination, organisational leadership, examination items, evaluation criteria and other aspects of the rich experience, unfortunately, in 1996 there are individual provinces and municipalities due to the views of inconsistency in the suspension of the physical education examination points, the road to the physical education examination is still difficult, and the focus of the domestic debate is still on the test or not test? The community's attitude towards physical education examination is difficult to unify, grasp the improvement of the physical education examination system, so that students, parents, schools, the community to accept the physical education examination is imminent, the former State Political Committee, the Department of Physical Education, Sports and Basic Education Division of the Department of the organization of the relevant departments of the provinces to carry out in-depth discussions, and to reach a consensus on the institutionalization of the physical education examination, the former State Education Commission in 1997 issued the "junior secondary school graduates of the physical education examination for further studies work In 1997, the former State Education Commission issued a notice on the Implementation Programme of the Physical Education Examination for Junior High School Graduates, deciding to gradually implement the Physical Education Secondary School Examination nationwide from 1998 onwards, marking the confirmation of the Physical Education Examination as a subject of the Junior High School Graduation and Promotion Examination²]. After 19 years of exploring and piloting the physical education secondary school examination, it has gradually expanded its influence, been recognised by everyone, and played a positive role in enhancing physical fitness and comprehensive development of students.

2.3. Development Phase (1999~2005)

In 1998, 30 provinces and municipalities nationwide implemented the physical education secondary school examination, and the support of government departments and policies ushered in a time of rapid development for the physical education secondary school examination. From 2000 to 2005, the PE secondary school examination system was widely implemented throughout the country, which played a positive role in the work of local school sports and the physical health of students.

2.4. Deepening Phase (2006~)

The reform of the content, methodology and evaluation criteria for the physical education secondary school examination has effectively promoted the normal conduct of physical education classes in schools and improved the physical and mental health of students, while at the same time reducing the academic burden on students. The physical education secondary school examination has given localities a great deal of autonomy, and some regions pay little attention

to the physical education secondary school examination and do not make any requirements for the examination; the results of the physical fitness test in 2005 showed a decline in the physical fitness of students, and the obesity rate and myopia rate continued to rise; in order to reverse this situation, the National School Physical Education Work Conference was convened for the first time in 2006, and the physical education secondary school examination has been in a comprehensive and deepening stage since then.

3. The Main Content of the Reform of the Shanghai Physical Education Secondary School Examination

3.1. Changes in the Value of Points

Shanghai from 2008 through the reform to increase the score to 30 points, has been maintained to date, the total score remains unchanged, the composition of the score and the content of the examination on the adjustment, so that the examination is more rational, standardised and fair. The Shanghai Municipal Education Commission formulated and released the "2019 Shanghai Junior High School Graduation and Promotion Physical Education Examination Work Implementation Plan" (hereinafter referred to as the "Implementation Plan"), which will be implemented on June 1, 2019, and will be valid for five years. The Implementation Programme Physical Education Secondary School Examination results are composed of two parts, namely, the daily assessment and the unified test [4].

The scores of daily assessment and unified test and the distribution of scores in each grade, the daily examination is assessed by the examination results of the Physical Education and Fitness course and the National Institutional Health Test (Revised in 2014), of which the examination results of the Physical Education and Fitness course account for 2 points in each of the three grades from 7 to 9, totalling 6 points, and the results of the Institutional Health Test account for 3 points in each of the three grades from 7 to 9, totalling 9 points; the unified Physical Education Midterm The test is worth 15 points, totalling 30 points in the Physical Education Secondary School Examination.

3.2. Changes to the Project

The setting of the sports secondary examination items needs to be considered in the implementation process, whether the scientific and comprehensive evaluation of the comprehensive quality of students in all aspects, whether the operation can effectively enhance the physical quality of students, which is the fundamental purpose of the reform of the sports secondary examination. The Shanghai physical education examination reform, in order to improve the physical fitness of young people as a starting point, the unified examination project is divided into four major categories, as shown in Table 1, the first category of projects in the original long-distance running, swimming on the addition of a 4-minute rope skipping project, the third category of projects in the original gymnastics on the addition of table tennis, badminton, tennis and wushu projects, and at the same time, in order to ensure that the project difficulty level is relatively uniform, gymnastics shall be selected mat movement, bar, double bar, horizontal box split leg The project opened more, effectively promoting the development of school sports diversity, while giving students more choices to promote students to participate in diversified sports [4].

Table 1. Shanghai Physical Education Middle School Exam Program

Four categories of optional items in Shanghai's unified physical education exams		new item
Category I projects (6 points)	Boys: 1000 metres running, 200 metres swimming, 4-minute rope skipping (choose one of three) Girls: 800 metres run, 200 metres swim, 4 minutes rope skipping (choose one of three)	4-minute jump rope
Category II projects (3 of 5 points)	Boys: 50-metre run, standing long jump, solid ball, pull-ups, 25-metre swim (one out of five) Girls: 50-metre run, standing long jump, solid ball, sit-ups, 25-metre swim (one out of five).	
Category III projects (3 of 5 points)	Boys/girls: table tennis, badminton, tennis, martial arts, gymnastics (choose one out of five)	Table tennis, badminton, Tennis, Wushu
Category IV projects (3 of 5 points)	Boys/girls: football, basketball, volleyball (choose one of the three)	

3.3. Changes in the Way Examinations are Conducted

Physical education examinations, which have a guiding as well as a stimulating effect on school sports, have become even more pronounced in the case of the physical education secondary school examination. Changes in the way the sports secondary school examination is conducted are both a combination of local conditions, the actual situation of the content of physical education teaching, and an enabler to cause changes and improvements in school sports work. In this reform, students are required to choose one of the four types of test items as a test item in each category, but the testing methods and standards have been changed, such as the testing methods of basketball and football have been adjusted. In the test time also made changes, more humane, Shanghai sports examination deadline April 30, April, the average daily temperature of 14 degrees, the average daily maximum temperature of 22 degrees, of which, 15 days of cloudy, 10 days of rain, sunny 6 days, most of the physical education examination in the outdoor, rainy days in April reached about 25 days, greatly impeding the smooth progress of physical education examination, for the characteristics of the Shanghai Municipal Weather, the reform will be extended by the examination cycle adjustment. Reform of the examination cycle will be extended, from the original 30 April extended to 10 May deadline. In the four years of reform practice, the physical education examination of the test tools and means are also constantly optimised and upgraded, from manual measurement to instrument measurement, the authenticity of the results is higher, in order to ensure the validity of the results, to avoid the failure of the test instrument produces results of misdiagnosis, omission of the test, the referee manually measure the timing and the instrument synchronised for the students' results of physical education examination double escort. Through the adjustment and optimisation of the testing method, the standard of the physical education examination is more scientific, the operation and implementation is more rational, and the assessment system is more strict and standardised.

4. The Impact of the Physical Education Secondary School Examination Reform on School Sports

The examination is an effective baton to mobilise students to actively participate in sports activities, how to use the baton, so that the physical education secondary school examination does not embark on the road of exam-oriented education, the cultivation of core literacy, the new requirements and directions of the physical education and health curriculum standards (2022 edition), the implementation of quality education and the need for talent training in China have all posed a challenge to school sports work. The reform of the physical education secondary school examination has made changes in terms of assessment items, scoring methods, evaluation standards, assessment methods, etc. This series of changes has brought new development opportunities for school physical education, and has had a number of impacts on school physical education, with positive heat effects and negative cold thinking, and relevant analyses in terms of awareness, curricula, evaluations, and resources have resulted in the following viewpoints:

4.1. Changes in the Perception of Sport

At present, the status of sports is more embarrassing, artificially divided into the physical education programme "secondary subjects", learning time and energy will be weighed in the subjects accounted for the graduation examination, the stimulus effect of learning sports in the junior three obvious, the other grades pay insufficient attention to the reform, will be the first year, the first two, the first three physical fitness test scores and the final assessment results are included in the Sports midterm scores, the stimulus effect throughout the junior high school, improve students, parents and even school awareness of sports, conducive to the formation of a correct view of sports, from point to point, so as to effectively improve students' physical fitness, the formation of a correct view of sports, health.

4.2. Promote Diversified Implementation of Sports in Secondary Schools

What the examination, physical fitness class on what to teach, the curriculum content is single, resulting in less mastery of student skills, junior high school examination

stage of the best physical fitness, after the end of the examination less physical activity, physical fitness decline fast, stepped into the circle of exam-oriented education, physical education in the reform of the examination, physical education examination project diversification, the score calculation of long-term prompted the school physical education programme needs to keep pace with the reform of the examination, combined with the examination, accordingly, the physical education Curriculum reform, improve the status of physical education courses, secondary school sports diversified implementation, so that students as much as possible to master the skills, improve physical fitness, and develop a lifelong awareness of sports is no longer on paper, the school steadily implemented to improve the status of physical education courses, and to promote the all-round development of students.

4.3. Reform of Physical Education Learning Assessment and Implementation of Multiple Assessments

Examination is a means of education, but there is a situation where education is dependent on examination. The reform of the examination, the evaluation of physical education learning from a single test combined with the evaluation of physical education teachers, changed to three years of junior high school physical fitness test scores, the end of the daily assessment scores, the unified examination scores, to the combination of diversified evaluation to the transformation, at this stage, how to put the process of evaluation of physical education in place, to promote the students to actively participate in sports activities, to do a good job in every physical fitness class is imminent. From the evaluation guide, content, means, the subject of the implementation of multiple evaluation can be a better solution to the contradiction between the examination and education, the classroom is no longer what the test, what to teach, the light to teach the project has been in junior high school physical education teaching can not go, only to cultivate students' core qualities as the basis for the new curriculum as the outline to promote students' physical and mental health to be to cultivate students' lifelong awareness of the new path of physical education is the head to go through the road. The only way to walk through the road of physical education examination is to cultivate students' core qualities.

4.4. Strengthened Physical Education Teacher Faculty and Improved Physical Education Resource Allocation

After the reform of the physical education secondary examination, the status of the physical education programme in school education will be greatly enhanced, and the demand for full-time physical education teachers will increase accordingly. Only teachers with professional skills and professionalism can adapt to the new system of the physical education secondary examination, which greatly facilitates the construction of physical education teaching staff and promotes the development of physical education in school education. Curriculum and teacher development, venue equipment and other aspects of sports resource allocation also has a huge demand, in the implementation of the examination system, all kinds of departments and all kinds of schools will provide a guarantee for sports resource allocation.

4.5. Teaching is Tilted Towards Secondary School Examination Programmes, with Obvious Traces of Teaching to the Test

The reform of the physical education secondary school examination has brought opportunities for the development of school sports, and the guarantee of the policy has given new vigour to the teaching of school sports, but there are also some problems in the reform process. As far as this reform in Shanghai is concerned, through the reform of evaluation standards, methods, change programmes, etc., the role in enhancing the physical fitness of students, promoting the diversified development of school sports, and the overall development of students can not be denied, but you can still see the traces of the test-based sports. Junior is the preparation for the examination of the unified - test year, in this year, the content of physical education teaching is almost the examination project training, such as the school sunshine sports one hour, recess activities junior students all running laps, jumping rope to cope with the examination of the 1000 metres, 800 metres, 4 minutes of short rope, it can be said that on campus, in addition to the training of the examination project, very little participation in other sports activities, before the examination, desperately practicing, is the mission of the teachers and students, the mission of the teachers and the students. Whether to continue to exercise after the exam, some parents, teachers, schools care little, but also exists to improve students' performance in the midterm exam, will put more energy on other subjects, sports midterm exams directly after the end of the suspension phenomenon. So down the line, although students can get full marks in the basketball midterm, but most of them are just skilful dribbling and mature lay-up techniques, and how many students are aware of the rules of the basketball game and able to play basketball? He

What they know is only the basketball examination item, and they may not even touch the basketball after the examination. This is the disadvantage of exam-based sports, which makes it difficult to cultivate lifelong sports awareness among students.

4.6. Fairness, Truthfulness and Accuracy are in Doubt

The Physical Education Secondary School Examination (SSPE) is the first major hurdle faced by students, which is related to their future choice of senior secondary school. Students, parents and schools attach no less importance to the SSPE than to the Gao Kao Examination. The fairness of the testing process, the authenticity of results management, and the accuracy of results reporting are also the focus of social concern. Due to the diversity of test items in the physical education discipline, the long-term nature of the testing time, and the variable nature of the testing environment, which leads to an increase in the number of factors that can be manipulated during the testing process, there are some questions about the fairness, authenticity, and accuracy of the physical education secondary school examination. The physical fitness test scores of the seventh, eighth and ninth grades in this reform and the final daily assessment results will also be included in the results of the examination, the starting point of this change is to avoid teaching only the items in the examination, into the circle of test-based education, highlighting the process evaluation, the overall development of students, the implementation of multiple ratings have a positive effect, but in practice, the school

manages the results by itself, and the evaluation of the physical education teacher is generally given by the junior physical education teacher. According to the student's usual class performance and other aspects of the score, but there are some schools in order to improve students' performance in the examination, basically will be used in the form of full points to send, this behaviour in the operation of the implementation of the existence of utilitarianism, and the reform of the implementation of multiple evaluation of the original intention of education runs counter to the authenticity of the results of how to ensure? Need from the top more stringent, standardised supervision and management, refine the implementation of regulations and guidelines, from the bottom in accordance with the rules, to practice good teacher ethics education work.

5. Conclusion

Reform of the physical education examination for the development of Shanghai school physical education programme has brought opportunities and challenges, affected by the epidemic, Shanghai physical education examination exempted three times, although the results can not be reflected in the results of the effectiveness of the reform of the physical education examination, but the physical education discipline to use this reform to guide the masses of the correct understanding of physical education, optimise physical education curriculum, and effectively practice the cultivation of students' core qualities of the requirements. In the new curriculum, new teaching of the double new development requirements, the road of physical education examination also need to explore new paths, to the new

curriculum as the outline, to the examination programme as the leader, and classroom teaching, curriculum, fully integrated, optimize the changes in the evaluation method, the real solution to the problem of students, parents, teachers and school sports, completely get rid of the test sports, "utilitarian" sports. References

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