The Integration of National Traditional Sports and High School Sport in Yunnan Province

You-feng Wang

Abstract

As a main inhabitation of minorities, Yunnan possesses rich minority culture, and the typical representative is developing of its traditional sports items. The traditional sports activity of minority came from respective nation’s daily production, it is a vivid reflection of their development procession and behavior habits, and plays a role in process of their developing history and formation. This article mainly study in the combination of minority traditional sports and high school sports, and according to its developing situation came up with corresponding developing strategy. To combine the minority traditional sports and high school sports will be good to the inheritance and protect of minority traditional sports items, will be good to enrich the connotation of high school sports then to change the single sports activity situation which will be good for unity of nation. Meanwhile, the attention should also be paid to highlight the ethnic and region characteristics when high schools are going to develop ethnic traditional sports items, each school should do reasonable recreation and optimize the conduction of teaching groups, strengthening teaching method and research way.

keywords: minority; traditional sports; high school sports; integrate

1. INTRODUCTION

1.1. The developing situation of Yunnan minority traditional sports

As our national cultural treasure inheritance, minority traditional sports reflect wisdom, spirits and vitality of nations. National traditional sports is not only a important part of our traditional culture in thousands of years, it also reflects vividly each minority’s daily production and behavior habits, is a invaluable “living stone”. However, many minority traditional sports didn’t reach the ideal developing situation, such as Water-sprinkling of Dai, Dragon Boat rowing, Sparkler-Grabbing in March 3 of Tong and Zhuang nationalities, or swing of Miao nationality all are very favorable traditional sports for ethnic people. Competitive events like Wushu, gyroscope and horse racing all be popular among Yunnan, these development of traditional sports show ethnic group's spirits and physical condition, but they are in the anger of disappearance for kinds of reasons. In the new era, it is emergence to inherit and develop Yunnan minority traditional sports. With the proposal of our country’s sunshine sports and quality education, the national traditional sport faces new challenges and opportunities.

1.2. The developing situation of Yunnan high school sports

Sports activity is a vital part of high school course, it plays a role in students’ physical health and mind quality which will influence the social spiritual civilized conduction and be the essential and irreplaceable part as well. Even though we pay more and more attention to the development of high school sports, the
latter is still facing single content and activity form problems. For a long term, influenced by the competitive sports, our high school listed track and field like long-distance race or short-distance short, and ball games like basketball, badminton and ping-pong as main courses. Take one high school in Yunnan as an example:

Table 1. One high school in Yunnan as an example.

<table>
<thead>
<tr>
<th>Sports curriculum (all)</th>
<th>Curriculum form</th>
<th>Times in a week</th>
<th>Attendance of student (each class)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-distance race</td>
<td>optional</td>
<td>1</td>
<td>30%</td>
</tr>
<tr>
<td>Long-distance race</td>
<td>optional</td>
<td>1</td>
<td>35%</td>
</tr>
<tr>
<td>basketball</td>
<td>optional</td>
<td>1</td>
<td>50%</td>
</tr>
<tr>
<td>Ping-pong</td>
<td>optional</td>
<td>1</td>
<td>20%</td>
</tr>
<tr>
<td>Badminton</td>
<td>optional</td>
<td>1</td>
<td>55%</td>
</tr>
<tr>
<td>football</td>
<td>optional</td>
<td>1</td>
<td>12%</td>
</tr>
</tbody>
</table>

As showed in the chart, this high school sports course only has track and field and ball games, both taken as optional curriculum and has one time a week. Although they are optional courses, the attendance of them are not very high, and badminton got the highest attendance 55% for its easy-carrying convenience and easy way to play. However, the ball games attendance are lower, football only got 12% attendance. From this we could find that our high schools' sports contents and forms are single, which is hard to interest students and let them be positive.

It is not good to students’ physical health and socialism spiritual conduction that student lacks high exercise consciousness, the exercise content is single and form bored. It will be helpful to high school sports development by integrating various forms, rich national traditional sports and high school sports in a reasonable and suitable way.

2. The Meaning of Integrating Yunnan Minority Traditional Sports and High School Sports

2.1. Be good to inherit and protect the Yunnan national traditional sports

Minority traditional sports came from each nation's daily production which reflects its development process and behavior habits, it could be very helpful to study their developing history and forming process. Different national sports activity contains different national cultural, it is the specific reflection of their national coherence, characteristic and spirits. Take the minority traditional sports activity events in Yunnan as an example, Water-sprinkling of Dai has been hundreds of years since it treated as the national custom, and now is a giant festival activity in the local place. Water that sprinkles out means blessing to each other, which increases people’s affection. Sparkler grabbing activity in area of Tong and Zhuang nationality has strong antagonism and rich characteristics, it has passed down hundreds of years. However, these traditional sports activity with national affection all are all in a serious developing situation. Losing of heir and lacking of local government these reason caused the problem of traditional sports items and development being emergence.

To integrate national traditional sports and high school sports will expand developing channels of the former and increase the heir groups, which could push our country to combine nongovernmental, social and high-school protection of minority traditional sports. It will enlarge the development of minority
traditional sports items. Attendance of student groups will arouse the developing enthusiasm of it, and the attention from school will help it to develop smooth and well.

2.2. Be good to enrich connotation of high-school sports and change the single sports activity situation

Sports are the motivation of human to develop its physical quality, sports is the important form to assure our socialism spiritual conduction. The students aimed by high-school sports are the vital personnel for the nation, thus, the quality of high-school sports will determine publicans’ physical quality directly. Although we have paid more attention to the high-school sports development, with the influence of competitive sports in a long term, our high school sports still take track and field like long-distance race or short-distance race, ball games like basketball, badminton and ping-pong as main course. lack of exercising consciousness, single exercise content and bored form all not good for students’ physical health and socialism spiritual conduction.

As showed in Chart 1, this Yunnan high school only has track and field and ball games, both taken one time in a week with optional form and low attendance. However sports curriculum is to be optional, it is still hard for students to be interested in for its bored content and single physical form. In such situation, to put minority traditional sports events like Wushu, gyroscope or sparkler grabbing into high school sports, will enrich high-school sports and formation. Once the high school content be rich, the students’ attendance will be higher as well, which will arouse the exercise positive and high-school sports development, which will be promote students’ physical quality and then to our socialism spiritual conduction.

2.3. Be good to strengthen national unity and to realize China Dream together

Minority traditional sports activity not only reflects their daily production, it also contains the custom habits and cultural cognition of them, it is a vital carrier of minority spirits, characteristics and culture, and it is the specific reflection of each nation’s pride and patriotism. Different national sports activity contains different national culture, it is a vivid reflection of their cohesion, characteristic and spirits. Our Republic Party and government weighs very high of every nation’s interest and the unity between each other. To integrate minority traditional sports and high school sports activity will not only be good to a flourish development of sports career, it also close the relationship of every nation to develop and promote together. As a vital link to combine minority traditional sports and high school sports, it will strengthen the unite of nation and lead them to work together, for a common aim—China Dream.

3. The Related Strategy of Integrating Yunnan Minority Traditional Sports and High School Sports

3.1. Highlight the national and regional characteristics of sports events when high schools develop national traditional sports events.

Minority traditional sports activity came from different nations’ daily production, which has obvious nationality, regionality and uniqueness. The traditional sports activity has stable content and form, it is because of the stale minority traditional culture. For example, there are Dai, Tong, Miao and Zhuang these nationalities inhabit Yunnan, and the local minority traditional sports are mainly Wushu, gyroscope, horse race, dragon boat and so on. In the western China, there are Mongolian, Uygur and Hui these nationalities, the main form of local traditional sports are Bullfighting, wrestling, horse set and so on. These all shows the nationality and regionality of minority traditional sports activity. Therefore, we should respect highly for it and follow the distinction principle of the ethnic groups while integrating minority traditional sports and high school sports. High schools should highlight nationality and
regionality of sports items when developing national traditional sports. To take the Yunnan as the example, the high school which be researched in chart 1 is more suitable to absorb gyroscope, and Wushu these traditional items, thus to make a full advantage of region and nation to cultivate a more strong personnel for national traditional sports.

3.2. High schools should arrange and recreate traditional sports items in a reasonable way

Minority traditional sports activity came from different nations’ daily production, and some of it even has hundreds years in the long-term development, thus the sports events are various in kind and form. Among them, there are classic traditional sports items and bring invaluable spiritual treasure to human till now. with the transition and social development, some minority traditional sports activity items are not need for modern people to exercise, or unable to keep pace with today’s social development. This need us to keep sense and resist dark side while we doing the essential arrangement and recreation to traditional sports items, and make our sports career to develop in a more scientific and order way. In the process of arrangement, high school should select the traditional sports items which could close to present students’ physical hobby development, bases on a scientific and reasonable principle. It will arouse the interest of students when combine the traditional sports and high-school sports, thus to achieve our aim of integrating all resource. We also should develop the advantage of minority traditional sports and lead it in a more scientific and formal way, then promote the utilization of traditional sports items.

3.3. To optimize the construction of teaching staff and strengthen teaching method and research method

To integrate minority traditional sports and high school sports is not only the creation for sports career, it also for quality education, it determines development of traditional sports and students’ physical quality. For a long term, great attention has be paid to teaching training of competitive sports curriculum like track and field and ball games, other sports items especially the study on traditional sports are quite weak, and the teaching training are lack enough attention and devotion, this is the key reason that hinder ethnic sports to integrate into high school very well.

Therefore, high schools should optimize the conduction of teaching staff and strengthen educational method while arrange minority traditional sports items.

In the other hand, minority traditional sports items should be interesting, nationality and tradition, and in the process of teaching the high school should avoid disadvantage and develop its advantage. To develop interest of minority traditional sports will offer a positive function to students, to strengthen teaching method and research, it is also need to pick up a effective way to reform high school sports. In the process of integrating minority traditional sports and high school sports, we should combine the modern educational idea with the inheritance of traditional sports culture to let the high school sports develop in a scientific way.

4. Conclusion

As the valuable inherit of our national culture, wisdom, spirits and reflection of national motivation, national traditional sports is not only the important part of our thousands-year traditional culture, it also reflects vividly the daily production and behavior habit of different ethnic groups. In a new time, it is emergence to inherit and develop minority traditional sports in Yunnan. Sports activity is an important part of high school course, and plays a vital role in students’ physical health and spiritual quality. It has key influence to social spiritual conduction, and is an irreplaceable curriculum. To integrate national traditional sports and high school sports will expand developing channel of national traditional sports activity, to
increase the inherit groups, which could combine the protection from nongovernment, social and high school effectively to minority traditional sports items. The attendance of students could arouse developing enthusiasm of minority traditional sports items, the attention paid by school could help it to develop smooth and steady. To absorb minority traditional sports items like Wushu, gyroscope, sparkling grabbing into high-school sport will enrich its content and form. And once the content is be enrich the attendance enthusiasm of student will also be increased, which will promote their physical quality and socialism spiritual conduction.

In order to integrate Yunnan minority traditional sports and high school sports well, the author came up with related strategy: the first, to highlight nationality an regionality of sports items while high school develops ethnic traditional sports items, and respect their nationality and regionality, follow the distinction principle as well; the second, to arrange and recreate in a reasonable way, and in the process of it, high school should choose sports items which close to present students’ physical and interest development, to arouse students’ positive when combining traditional sports and high school sports; the third, to optimize teaching personnel conduction and strengthen teaching method and research, pay attention to combine inheritance of traditional sports culture with modern educational idea, and to lead it develop in a scientific way. We should believe that if we work together, we could combine the inheritance and protection of minority traditional sports with exercise of high school sports, thus promote Yunnan’s cultural industry and socialism spiritual conduction.

References