

The Opportunities, Challenges of Development of Family Sports under the Background of "Double Reduction" Policy and Relief Strategies

Yongming He

Institute of Physical Education, Jingdezhen University, Jingdezhen 333000, China

Abstract:

Based on the background of "double reduction" policy, the method of documentary was adopted in this paper to study the family sports. The research shows that: Firstly, the increase of pupils' free time ensures the development of family sports. Due to the unsatisfactory development of physical teaching in agencies family transfers to undertake the important task of physical guide and physical exam of the entrance examination for senior high campus and college begin to reform, all together indicate that family sports are facing an important opportunity to develop from passive development to active implementation. Secondly, the conflict between pupils' free time and their parents' time, the conflict between pupils' demand for physical exercise and the actual supply of family sports, and the conflict between the orientation of sports items in the physical examination and the way of development of family sports are the current challenges. Finally, a series of relief strategies based on the concept of "health first" sports development and promoting the sustainable development of family sports were put forward, such as constructing the working mechanism of "home-institutions-society" linkage, rationally allocating physical exercise time, caring for pupils' reasonable needs for sports, establishing the path of "home-institutions-society" sports assistance.

Keywords: Family sports, "Double reduction" policy, Primary and secondary participants, Physical exam of the entrance examination for senior high institutions and college.

I. INTRODUCTION

On July 24, 2021, the general office of the CPC Central Committee and other departments jointly issued the *Opinions on Further Reducing the Burden of Students' Homework and After-school Classes in Compulsory Education* (hereinafter referred to as the "Double Reduction" policy), which formulated two general objectives of the "Double Reduction" work: to reduce the amount of homework in school and the burden of off-campus education and training service institutions, which brought happiness to about 156 million primary and secondary school students across the country. However, the continuous promotion of the "double reduction" policy by the state has increased the free time of primary and secondary school students, and also brought great care pressure to families. How to enrich extracurricular sports activities in children's free time to meet their physical and mental development is an eager issue for every parent,

which brings not only opportunities for family sports development, but also practical challenges to family-based sports development in organization, implementation, planning, deployment and project selection. Based on this, in the context of "double reduction", the focus of this is firstly put on the opportunities for the development of family sports, and then the challenges encountered in the actual development process are summarized, and finally the corresponding countermeasures are put forward.

II.OPPORTUNITIES FOR FAMILY SPORTS DEVELOPMENT UNDER THE BACKGROUND OF "DOUBLE REDUCTION"

2.1 The Increase of Students' Free Time Ensures the Development of Family Sports

On the one hand, the "double reduction" policy implemented by the state is to enable primary and secondary school students to get rid of the heavy academic burden, pay attention to the physical and mental growth of primary and secondary school students, and lay a solid foundation for the implementation of quality education; On the other hand, it will reduce the huge economic expenses faced by many ordinary families due to education, and change the former primary and secondary education responsibility from school to "school-family" joint implementation. As a healthy choice for students to freely control their time, family sports can train students' physical and mental health and keep them away from electronic games. At the same time, it can increase parent-child emotional communication and make the family become harmonious through the cohesion of family sports. Therefore, home-based physical activity on a family basis, both from a health value perspective and from a positive social productive approach, remains currently the first choice for numerous families in China. It happens that the "double reduction" policy effectively alleviates the shortage of physical exercise time in primary and secondary schools or the occupation of physical health courses by other study subjects ("PE teachers are ill") by reducing the burden of homework and after-school classes. It changes the unreasonable extra lessons only for "examination-oriented education" and gives free time to more primary and secondary school students, thus responding to the primary concern of many families about the increase in the cost of compulsory education and providing a guarantee for the development of family sports.

2.2 Family Transfers to Undertake the Important Task of Physical Education Due to the Unsatisfactory Development of Physical Education in Schools

At present, China's compulsory education stage under the guidance of examination-oriented education still stays on the traditional education path of only focusing on grades and further studies. In the past, a large amount of spare time of primary and secondary school students was occupied by busy studies and after-school classes, and the frequency of students participating in school sports activities was greatly reduced, which led to the overall abdication of school sports and ignored the demands of students participating in sports activities. As professor Ren Hai said: "It will be very difficult to motivate children to participate in sports, not only because the heavy burden of homework reduces children's participation in sports activities, but also because they have to sit for a long time to study in order to cope with the entrance examination. For a long time in the past, this bad way of life has become a habit of most people. At the

same time, novel entertainment activities, such as online games, mobile phones and online games, are eroding children's daily lives and making them unable to stop [1]. Throughout the whole existing national education system in China, school physical education has always been a compulsory course in every stage from grade one in primary school to grade two in university. As a result, in the 14-year school physical education system, most schools are only busy responding to the basic curriculum requirements assigned by physical education teachers or reaching the standard of school physical fitness tests, and students seldom take the initiative to engage in physical exercise, so they cannot systematically master a certain sports skill, let alone develop the habit of lifelong physical exercise. Fortunately, the introduction of the "double reduction" policy has re-stimulated the careful thinking of the school physical education work. In the face of the unsatisfactory development of school physical education, families have transferred to bear the heavy responsibility of children's physical education.

2.3 The Reform of Physical Exams of the Entrance Examination for Senior High School and College Promotes Family Sports from Passive Development to Active Implementation

In recent years, the implementation of physical exams of the entrance examination for senior high school and college by the Ministry of Education has become a hot topic among thousands of parents. Despite endless debates, it has become an indisputable fact that "sports should be included in the national college entrance examination as an important measure to cope with the students' physical health and the improvement of sports technology and skills at all levels, and to conduct unified evaluation and examination. Although there are differences in score weights and test methods, they have already covered all regions in the country" [2]. In addition, on January 13, 2020, the Ministry of Education issued "Opinions on the Implementation of the Pilot Reform Program of Enrollment for Basic Subjects in Some Universities" (referred to as the "Plan for Strengthening Basic Academic Disciplines") and decided to launch the pilot program of basic subject enrollment reform in some universities from 2020. For example, China University of Science and Technology, Wuhan University and other top domestic universities have paid great attention to the students' physical health problems. They have clearly stipulated that candidates who fail the physical education test will not be admitted ... Those who fail the physical education test will not be admitted to the "Plan for Strengthening Basic Academic Disciplines" and the physical education test will not participate in the subsequent comprehensive ability test. Obviously, the introduction of physical education test requirements by top universities in China has an important leading role for the whole national education system, which virtually caters to the will of the country to vigorously implement the "double reduction" policy. Because the baton of entering a higher school, especially the baton of top universities in China, has always been the focus of many families. This system of physical examination also forces parents to attach importance to their children's physical and mental health, focusing on the "driving force" for their children to enter famous universities. As a result, family sports have changed from passive to active.

III. CHALLENGES OF FAMILY SPORTS DEVELOPMENT UNDER THE BACKGROUND OF "DOUBLE REDUCTION"

3.1 Conflict between Students' Free Time and that of Their Parents in the Family

The increase of students' free time driven by the "double reduction" policy is beneficial to schools, families and society. However, many parents are at a loss or even do not know what to do as to whether to be happy or worried about the "double reduction" policy. Some parents began to take more contradictory "practical actions". While complaining that too much homework before the "double reduction" policy led to too little effective sleep time for children and too heavy an economic burden for children to attend after-school tutoring classes, they inquired around how to get good tutors to deal with the current pressure on examination and study, and even wondered where to find good exercises for children to do to improve their study results [3]. The crux of the problem lies in the fact that for a long time the whole compulsory education system has been dominated by heavy academic study. The sudden "double reduction" has led many parents to fail to understand the purpose of the state's implementation of this policy, and many parents have failed to prepare for it. The most obvious contradiction is that the favorable pattern of children's learning and parents' hard work to earn money, which was originally based on children's after-school classes for parents to pick up and drop off from work on time, has been virtually broken after the implementation of the "double reduction" policy. Who will take care of the children in their spare time after class? The conflict between students' free time and parents' free time will be a fact that must be paid attention to behind the implementation of the "double reduction" policy.

3.2 The Contradiction between Students' Physical Exercise Demand and the Actual Supply of Family Sports

After the "double reduction" policy was implemented, families began to shoulder the heavy responsibility of children's physical education. The way that school sports "give way" and families take the initiative to "undertake" sports development seems to implement the national policy goal of "double reduction", but there are many barriers in the actual development process. Compared with the development of school sports, family sports are inadequate in terms of school sports venues, facilities, sports curriculum organization and professional sports teaching level, which also leads to frequent contradictions between students' physical exercise demand and the actual supply of family sports. Specifically, students' physical exercise needs may not be effectively met at home. For example, in addition to the lack of professional sports guidance in family sports, they are also comprehensively restricted by objective factors such as venue facilities, family economic level and sports participation environment. According to the survey, only 18.4% of Chinese citizens take physical exercises in public sports venues, and "lack of venues" ranks the third factor that affects people aged 20 and above to take physical exercises, second only to "no time" and "no interest" [4]. What's more, it is not too high a probability that small groups of social organizations based on families can effectively participate in sports activities under the constraints of comprehensive factors, such as family financial expenditure, unified schedule of sports activities, and appropriate arrangement of venues and facilities.

3.3 The Contradiction between the Orientation of Sports Events in Physical Examination and the Development Mode of Family Sports

In recent years, the inclusion of physical exams in the entrance examination for senior high school and college has aroused great concern among Chinese. For example, in 2021, the enrollment brochures issued by 36 universities with "Plan for Strengthening Basic Academic Disciplines" in China are quite different in the required sports test items in different regions and universities, such as the sit-ups for Peking University, the stair exercise test for Tsinghua University, different test items and ways of sport exam for Sichuan University and University of Electronic Science and Technology of China in Chengdu [5]. Due to the differences in the selection of sports examination items by different schools and the differences in the evaluation criteria, it undoubtedly increases the difficulty for the majority of physical examinees to practice. At the same time, the orientation of sports events in the physical examination will not only impact on the implementation of the "double reduction" policy by the state, but also contradict the development mode of family sports, causing more practical contradictions. For example, with the progress of the physical exam of the entrance examination for senior high school, ball games, swimming, track and field events and other events have quietly become sports homework, which has received due attention from parents and has also become an important part of daily family sports [6]. However, under the background of exam-oriented education, the sports included in the physical exam of the entrance examination for senior high school and college will virtually become the first choice of many families, so as to strive for better sports results through mechanical training to give children a certain advantage in the entrance examination. On the whole, the sports-oriented family sports in the physical education examination will be good in the short term, but in the long run it will definitely run counter to the country's initial intention of implementing the "double reduction" policy, the ultimate aim of which is to "carry out the fundamental task of cultivating talents and promoting quality education to promote the all-round development and healthy growth of primary and secondary school students".

IV. RELIEF STRATEGIES OF FAMILY SPORTS DEVELOPMENT UNDER THE BACKGROUND OF "DOUBLE REDUCTION" POLICY

4.1 Constructing a Working Mechanism of "Home-School-Society" Linkage, and Rationally Allocating Physical Exercise Time

Obviously, the country's vigorous implementation of the "double reduction" policy will bring benefits to the development of family sports. However, behind the implementation of the "double reduction" policy, the rest of the related family sports work measures cannot be implemented in a coordinated way, which results in many families' misunderstanding of the implementation of the "double reduction" policy by the state. The most effective way to solve the conflict between students' free time and their parents' time is to establish an integrated working mechanism of "home-school-society". First, the linkage responsibility of "home-school-society" should be determined. Schools should give priority to the quality of high-quality physical education classroom education and put an end to "frivolous lessons", while the society and the family, as the main positions to undertake the school physical education after class, have to take on the

responsibility of supervising the students' physical exercises after class. Second, the sharing of sports resources should be realized. For example, social sports venues and facilities should be reasonably open to families for sports, and school sports should "gather energy" for high-level social sports teachers to fill the shortcomings in their respective fields. Third, it should be made clear that the school is the core link of the working mechanism of "home-school-society", and the communication between the school and the family should be strengthened, so as to promote the implementation of the home visit system of physical education teachers and strengthen parents' cognition of physical education. The guiding role of school sports should be actively exerted, and a "home-school-society" information exchange platform should be set up relying on the Internet, so that parents and schools can fully understand the learning situation of teenagers, fully grasp the growth law of teenagers, and arrange family sports homework. Parents can also be provided with consulting services and scientific guidance to improve their physical education ability and give them scientific physical education concepts and methods [7]. Fourthly, the time for participating in sports should be precisely allocated. For example, according to the actual work arrangement of the school (assuming that the class ends at 4: 30 from Monday to Friday), the local government should entrust a qualified social sports education institution to undertake one-hour physical education work for students after class, or assign physical education teachers in the school to take part in one-hour physical exercise in the form of school interest classes, and make effective connection with family sports on weekends, so as to ensure that students can engage in physical exercise every working day. Of course, the precise allocation of time for participating in sports still needs social coordination and cooperation, especially for parents with children who can provide flexible working hours (such as reducing lunch break at noon, advancing the working time by one hour or implementing overtime work at night), which requires the joint efforts of the government and social enterprises.

4.2 Caring for Students' Reasonable Sports Needs and Establishing a "Home-School-Society" Sports Assistance Path

The family, as the most basic unit of social relations [8], is an important starting point for children's growth. Parents who are family subjects still play an irreplaceable leading role in the formation of children's cognition and behavior, so strengthening their sports cognition in family education, encouraging them to set an example, participate in sports activities and actively construct a harmonious family sports participation atmosphere can lay a solid foundation for the sustainable development of family sports. Therefore, in family sports, it is important to care for students' reasonable sports needs [9]. However, in view of the fact that the country has implemented the "double reduction" policy for less than a year, and the relevant supporting measures have not been formulated in time, such as the path of training family sports instructors is still in the exploratory stage, and the number of social sports instructors is facing a certain gap. In the family sports, facing the reasonable sports demand of children, the family itself lacks professional guidance level, which is difficult in the actual development process. Thus, it is necessary to establish a path of "home-school-society" sports assistance. Specifically, the first is to implement the country's "double reduction" policy, and to create a general idea of mutual aid in school sports quality and family sports undertaking. The first task is to care about students' reasonable needs for sports, ensure the quality of school sports classes, realize the form of sports class assignments, use scientific and

technological software platforms such as Chaoxing and DingTalk to assign homework, allow family sports to link, and supervise the uploading of videos of sports activity assignments as required. Second, on the basis of the lack of family sports instructors, school sports teachers and social sports instructors should serve as guidance teachers for family sports development, and take the form of pair assistance or one-to-many assistance to help parents to carry out the specific details of the organization, planning and implementation of sports activities. Third, it is necessary to actively implement the *Guiding Opinions of the Ministry of Education on Strengthening Family Education*, the *Five-Year Plan for Promoting Family Education (2016-2020)* and other documents, and make it clear that parents are the main responsibility of family sports education. At the same time, according to the actual needs of family sports development, the state can improve the quality of family sports development through professional training of family parents.

4.3 Promoting the Sustainable Development of Family Sports Based on the Concept of "Health First"

The purpose of bringing physical exams in the entrance examination for senior high school and college is to encourage more students to engage in physical exercise through the engine power of "examination", to form the habit of lifelong physical exercise and to alleviate the declining trend of physical health. However, it is regrettable that in the 10-year basic education stage, apart from a small number of candidates who have to take the special physical examination and students who are in a young school year and do not yet have the basic physical support, there are a few students who have sports skills that can meet the requirements of the competition [10]. On the contrary, in recent years, it is quite common for parents to focus on sports in physical examination, which is also one of the main driving forces of family sports. Therefore, based on the concept of "health first" sports development, the sustainable development of family sports should be promoted from the following aspects. Firstly, the content of physical examination should be inspected from one-sided inspection to the overall subject quality. The inclusion of physical education in the entrance examination will make it more clear about the education-oriented function in physical education, adhere to the practice of cultivating students' all-round development in physical education and actively integrate the core quality viewpoints put forward in the current different stages of *Physical Education and Health Curriculum*, and change from "teaching content according to examinations" to "examination according to teaching content" [11]. To endow family sports with the basic premise of improving students' sports core accomplishment, parents will shoulder the responsibility of "teaching according to examination" in students' sports and take part in sports activities physically. Secondly, the specific provisions of the *Implementation Opinions on Further Deepening the Reform of the Examination and Admission System in Senior High Schools*, the *Opinions on Deepening the Reform of Education and Teaching and Improving the Quality of Compulsory Education in an All-Round Way*, the *General Plan for Deepening the Reform of Education Evaluation in the New Era*, and the *Opinions on Strengthening and Improving the School Physical Education Work in the New Era in an All-Round Way* (hereinafter referred to as *Opinions*) formulated by the State Council, the Ministry of Education and other departments in recent years should be thoroughly implemented. Family sports should be developed to improve students' sports skills. Centering on the requirement of "helping students master one or two sports skills and guiding students to establish a correct view of health" put forward in the *Opinions*, students should be guided to master and use the sports skills they have learned, to comprehensively improve their

physical health, to cultivate good sports behavior and morality, and to realize the reform from the perspective of measuring single skills to the perspective of comprehensively implementing the promotion of examining their sports core qualities. Third, it is necessary to learn from Germany's model for promoting family sports, and take measures to promote it by the state through family sports medals. The "Family Sports Medal" system, as an effective means to promote fitness for all in Germany, makes family sports an important breakthrough in fitness for all [11]. According to the development reality in China, family sports can be integrated with fitness for all, and corresponding drastic measures can be taken into the national strategic system of "fitness for all", "healthy China" and "sports power", so as to expand the base of family sports development and improve the family sports atmosphere, thus promoting the sustainable development of family sports.

V. CONCLUSIONS

The country's vigorous implementation of the "double reduction" policy is an important measure to thoroughly implement the educational concept of "strengthening moral education and cultivating people" in the new era and to promote quality education. For the sports development in China, the strong implementation of the "double reduction" policy will better integrate sports and education with the national strategic system of "fitness for all", "healthy China" and "sports power". At the same time, it will be a historic reform of a brand-new way of educating people by shifting from school sports as the main position to "family-school-society" integrated collaborative education mode, and highlighting the educational function of family sports. Therefore, to promote the sustainable development of family sports based on the concept of "health first" sports development requires the joint efforts of multiple departments and the contribution of collective wisdom. It should be comprehensively improved from the aspects of the quality management of school sports courses, the sports model of the national entrance examination, the linkage mechanism of "family-school-society" integration and the protection of relevant policies and regulations, so as to effectively promote family sports and become the main front line of sports education, thus contributing to the realization of national quality education.

REFERENCES

- [1] Ren Hai. Changing "passive sports" into "active sports". *Journal of Shanghai University of Sport*, 2021, 45(11):1-15.
- [2] Wang Chunshun, Xu Dingguo, Li Liang, Li Hui. How to ease the debate: Rational thinking on the inclusion of physical education as a required subject in the NCEE. *China Examinations*, 2022(03):7-14.
- [3] Mao Zhenming. Understanding the profound meaning of "double reduction" helps school physical education reform. *Journal of Shanghai University of Sport*, 2021, 45(11):1-15.
- [4] Ma Dehao. From Fragmentation to Integration: Research on the Cooperative Governance of Chinese School, Community and Family Sports. *China Sports Science and Technology*, 2020, 56(03):46-54.
- [5] Zhang Xingquan, Wang Yaping, Gong Jianlin, Jing Huaiguo, Zhang Fengling. Improvement of Physical Activity of Children and Adolescents from the Perspective of Family Sports. *Journal of Shenyang Sport University*, 2021, 40(04):33-41.
- [6] Niu Qun, Wang Hengli, Tai Feng. Value, Difficulty and Countermeasures of the Family Physical Education. *Sports*

Culture Guide, 2021(10):90-95.

- [7] Ran Yahui. On the Theoretical Connotation of General Secretary president's Important Exposition on Family Moral Education. *Theory and Practice of Education*, 2021, 41 (01):45-49
- [8] He Manlong, Li Fengmei. President s important discussion on the construction of family education style and the practice of family sports participation. *Sports and Science*, 2022, 43 (02):76-81+94
- [9] Tang Yan. How to actively change school physical education under the opportunity of "double reduction" policy. *Journal of Shanghai University of Sport*, 2021, 45(11):1-15.
- [10] Xu Hong, Ma Li. Development Trend of Sports High School Entrance Examination Reform under the Background of "Double Reduction". *Journal of Tianjin University of Sport* 2022, 37(01):38-43.
- [11] Yuan Run, Wang Hongying, Chen Changzhou. Origin, Characteristics and Enlightenments of Family Sports in Germany. *Journal of Shenyang Sport University*, 2020, 39(03):56-62+71.