

Exploration of the Dilemmas and Paths in the Construction of Physical Education Teachers' Teams from the Perspective of the Integration of Ideological and Political Education in Courses across Primary, Secondary, and Higher Education

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Abstract: To better implement the fundamental task of cultivating people with moral integrity, orderly enhance students' cognitive levels, and help them gradually establish correct ideological concepts and value perceptions, it is necessary to continue building an integrated physical education teachers' team for primary, secondary, and higher education. In the current education system, physical education courses can not only teach students physical education knowledge, cultivate their sports skills, and strengthen their bodies, but also foster students' team spirit and competitive awareness. However, from the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, physical education teachers' teams face many challenges, which seriously affect the construction of the integration of ideological and political education in courses. In this regard, this paper first briefly expounds on the educational concept of the integration of ideological and political education in courses, and then, in view of the current situation and challenges in the construction of physical education teachers' teams, it proposes effective solutions, hoping to provide relevant references for readers.

Keywords: Primary, secondary, and higher education; Integration of ideological and political education in courses; Physical education teachers; Team construction

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1. The educational concept of the integration of ideological and political education in courses

1.1. The positioning of ideological and political education in physical education courses

From the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, the positioning of physical education courses has also changed. It is no longer

just about teaching students physical education knowledge and strengthening their bodies, but has become an important platform for cultivating socialist core values and helping students establish correct ideological concepts and value perceptions. This requires physical education teachers to not only pay attention to the teaching of physical education knowledge but also focus on the cultivation of students' ideological concepts and the shaping of excellent characters^[1]. For example, by carrying out team sports activities, students can realize the importance of teamwork. The infiltration of ideological and political education in physical education teaching, such as competitive awareness and cooperation awareness, can effectively promote the formation of correct concepts and perceptions among students. In addition, integrating ideological and political education into physical education teaching can also enable students to learn to respect opponents and rules, thus strengthening their sense of rules and legal awareness imperceptibly and laying a foundation for their healthy growth in the future^[2].

1.2. The connotation and objectives of the integration of ideological and political education in physical education courses

From the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, the connotation and objectives of physical education courses have changed to some extent. In terms of connotation, it is no longer just about strengthening students' bodies and cultivating their sports skills but about organically integrating physical education courses with ideological and political education. Through carrying out physical education teaching activities, the educational goal of promoting the comprehensive physical and mental development of students is achieved. In terms of objectives, the main purpose of the educational concept of the integration of ideological and political education in physical education courses is to promote the all-around development of students in terms of morality, intelligence, physical fitness, aesthetics, and labor, enabling them to become new-era youth who meet the needs of society and the development of the times. This is highly consistent with the goal of "cultivating new-era youth who shoulder the great responsibility of national rejuvenation" put forward at the National Publicity and Ideology Work Conference^[3]. In the specific practice process, teachers should optimize teaching designs according to the growth characteristics of students, organize and carry out various types of physical education teaching activities, and enable students to receive ideological and political education imperceptibly while teaching them physical education knowledge.

2. Analysis of the current situation of the construction of physical education teachers' teams from the perspective of the integration of ideological and political education in courses

2.1. The structure and quality of physical education teachers' teams

At present, the structure and quality of physical education teachers' teams show diverse characteristics. First, there is an imbalance in the structure of physical education teachers' teams. According to the data statistics in the China Education Statistical Yearbook, among physical education teachers, the number of young teachers under 30 years old is seriously insufficient, accounting for only 20% of the total number of physical education teachers, while the number of physical education teachers over 50 years old accounts for more than 30% of the total^[4]. This unbalanced age structure may lead to a lag in educational ideas and concepts. At the same time, the imbalance in the gender ratio is also particularly obvious. The number of male physical education teachers is much larger than that of female physical education teachers, which also has a certain impact on the construction of the integration of ideological and political education in courses. Second, physical education teachers generally

lack systematic training and guidance in ideological and political education capabilities, which also affects the progress of the construction of the integration of ideological and political education in courses to a certain extent.

2.2. The current situation of physical education teachers' ideological and political education capabilities

At present, some physical education teachers' teams have certain deficiencies in ideological and political education capabilities. Relevant surveys show that physical education teachers lack a clear understanding of the concept of ideological and political education in courses, which greatly affects the implementation of the integration of ideological and political education in physical education courses. In addition, it is also difficult to organically integrate physical education teachers' professional skills with ideological and political education. Physical education teaching mainly focuses on carrying out physical education teaching activities, teaching students physical education knowledge, and strengthening sports skills, while ideological and political education focuses more on the cultivation of socialist core values^[5]. How to effectively integrate ideological and political education into physical education teaching and achieve the organic unity of knowledge, teaching and value guidance has gradually become a problem that physical education teachers need to solve. Therefore, training physical education teachers to improve their ideological and political education capabilities has gradually become the primary task in the construction of physical education teachers' teams.

3. Dilemmas and challenges faced by physical education teachers from the perspective of the integration of ideological and political education in courses

3.1. The difficulty in updating physical education teachers' ideological and political education concepts

From the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, the problem of innovating the ideological and political education concepts of physical education teachers' teams has become more prominent. At present, according to reports in China Education Daily, physical education teachers generally lack scientific and systematic ideological and political education theory training, resulting in their inability to integrate ideological and political education into actual physical education teaching, thus affecting the construction of the integration of ideological and political education in courses.

3.2. The challenge of integrating physical education teachers' professional skills with ideological and political education

At present, from the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, physical education teachers also face the problem of organically integrating professional skills with ideological and political education. According to reports in China Education Daily, current physical education teachers often pay more attention to the cultivation of students' sports abilities and the improvement of sports skills, but ignore the cultivation of team spirit, competitive awareness, and strong character, which makes physical education courses lose their due educational value to a certain extent^[6]. In addition, there is also a problem of an imperfect evaluation system in the process of integrating physical education teachers' professional skills with ideological and political education. The evaluation system is an important means to measure teachers' teaching effects and students' learning achievements. However, the current

evaluation system often focuses more on students' sports skills and physical fitness and lacks evaluation of students' team spirit, cooperation ability, learning attitude, etc.

3.3. The insufficiency of the incentive mechanism for physical education teachers' teams

From the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, there is a problem of an insufficient incentive mechanism in the construction of physical education teachers' teams, which has a certain impact on the stability and future development of the teachers' team. Relevant surveys show that compared with teachers of other disciplines, physical education teachers are often at a disadvantage in terms of professional title evaluation, salary, and future development^[7]. This situation not only seriously affects the enthusiasm and initiative of physical education teachers in promoting the construction of ideological and political education in courses, but also severely affects the improvement of their ideological and political education capabilities.

In addition, physical education teachers also lack effective incentives for the improvement of ideological and political education capabilities. Although physical education courses are an important carrier for implementing the fundamental task of cultivating people with moral integrity and have unique conditions for cultivating students' team spirit, competitive awareness, and tenacious character, in reality, physical education teachers often lack opportunities for special training in ideological and political education. In the context of an insufficient incentive mechanism, the enthusiasm and initiative of physical education teachers are not high, and they cannot obtain enough motivation to explore and practice the integration model of ideological and political education in courses, thus affecting the formation of students' socialist core values.

4. Paths to improve physical education teachers' ideological and political education capabilities

4.1. Strengthening the ideological and political education theory training for physical education teachers

To smoothly promote the construction of the integration of ideological and political education in courses across primary, secondary, and higher education, the ideological and political education theory training for physical education teachers' teams is particularly important. At present, some physical education teachers lack a clear understanding of the concept of ideological and political education in courses, and their mastery of ideological and political education theory knowledge is relatively weak, which will seriously affect the construction effect of the integration of ideological and political education in physical education courses^[8]. In this regard, it is necessary to strengthen the ideological and political education theory training for physical education teachers, constantly innovate their ideas and cognitions, and improve their ideological and political education capabilities. While teaching students physical education knowledge, it is necessary to cultivate their team spirit, strengthen their competitive awareness, and promote the establishment of socialist core values, thus laying a solid foundation for their future development. To this end, the following measures can be taken:

(1) Develop a special training plan

At present, in view of the uneven ideological and political education literacy of physical education teachers, schools should develop targeted training plans according to the actual situation of physical education teachers' teams. For example, regularly hold teaching seminars and workshops to broaden the horizons of physical education teachers and strengthen their cognitions.

- (2) Carry out ideological and political education theory training with the help of internet technology

At present, we have entered the Internet era, with the rapid development of Internet technology^[9], which has been widely applied to various fields of society and plays an important role. In this regard, we can take advantage of the Internet technology to build an online learning resource library. Teachers can log in to the resource library to obtain a large number of high-quality educational resources and more typical cases, thus effectively improving their ideological and political literacy. In addition, teachers can also use the powerful functions of the online learning resource library to study anytime and anywhere, so as to continuously improve their professional literacy and comprehensive abilities and lay a foundation for promoting the construction of the integration of ideological and political education in courses.

- (3) Encourage physical education teachers to conduct interdisciplinary exchanges

Schools can regularly carry out interdisciplinary exchange activities. In this way, teachers' horizons can be broadened, and they can better learn ideological and political theory knowledge and organically integrate it with physical education teaching to promote the construction of ideological and political education in courses.

4.2. Cultivating and improving the practical abilities of physical education teachers

From the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, it is also very important to improve the teaching practical abilities of physical education teachers. To smoothly promote the construction of the integration of ideological and political education in courses across primary, secondary, and higher education, physical education teachers not only need to have solid physical education professional knowledge and skills but also need to have strong ideological and political literacy, understand and master how to infiltrate ideological and political education into physical education teaching activities, and achieve the organic combination of knowledge teaching and value guidance^[10]. To this end, the following measures can be taken:

- (1) Regularly organize physical education teachers to participate in ideological and political education practical teaching activities

In the teaching practice process, teaching methods such as simulated teaching and case analysis can be introduced, so that physical education teachers can learn how to flexibly integrate ideological and political education into physical education teaching during the practice process, help them transform the learned theoretical knowledge into practical abilities, effectively avoid the "two-layer-skin" phenomenon, give full play to the educational role of ideological and political education in courses, and further promote the all-around development of students.

- (2) Guide physical education teachers to participate in relevant practical activities

In view of the insufficient practical abilities of physical education teachers, teachers can be encouraged to go off campus and actively participate in various types of social practice activities, such as community service and volunteer service. By participating in these practical activities, their sense of social responsibility and mission can be effectively enhanced, their cognitions can be strengthened, and they will pay more attention to infiltrating ideological and political education into physical education teaching, thus helping students establish correct ideological concepts and value perceptions^[11].

4.3. Promoting the in-depth integration of physical education teachers' teams and ideological and political education

From the perspective of the integration of ideological and political education in courses across primary,

secondary, and higher education, to improve the ideological and political education capabilities of physical education teachers, effectively promote the construction of ideological and political education in courses, and promote the all-around development of students, it is necessary to promote the in-depth integration of physical education teachers' teams and ideological and political education. To this end, the following measures can be taken:

- (1) Construct a long-term collaboration mechanism between physical education teachers and ideological and political teachers

For example, schools can regularly organize and carry out exchange activities. Physical education teachers and ideological and political teachers can jointly discuss how to infiltrate ideological and political education into physical education teaching, cooperate to design course teaching content, and carry out diversified teaching activities, thus promoting the organic integration of physical education teaching and ideological and political education.

- (2) Innovate the teaching model of ideological and political education in physical education courses

To stimulate students' interest and improve the teaching effect of ideological and political education in physical education courses, physical education teachers should also innovate the teaching model of ideological and political education in physical education courses according to the growth characteristics of students and teaching content, so as to improve the course teaching effect. Teachers can introduce the game-teaching method in course teaching and design various types of interesting game activities, such as the Tortoise and the Hare Race, Blind Sculpture, and Electric Transmission^[12]. Taking the Tortoise and the Hare Race game activity as an example, divide the class members into two teams, put on inflatable props, and the team member who reaches the finish line first wins. During the race, team members can use various means to interfere with opponents and hinder their progress. By carrying out such game activities, their team spirit and collectivism spirit can be effectively cultivated. In addition, physical education teachers can also organize a school basketball competition with classes as units and guide students to actively participate in it. Through the competition activities, students' sense of rules can be strengthened, and their sports spirit and competitive awareness can be cultivated, thus promoting their all-around development.

- (3) Improve the ideological and political education assessment mechanism for physical education teachers

Schools should reform and improve the traditional assessment system for physical education teachers, incorporate the ideological and political education capabilities of physical education teachers into the assessment system, and conduct regular assessments and evaluations. In this way, the enthusiasm and initiative of physical education teachers can be stimulated, and they will continuously improve their ideological and political education capabilities.

4.4. Establishing a long-term mechanism for the professional development of physical education teachers

From the perspective of the integration of ideological and political education in courses across primary, secondary, and higher education, to improve the ideological and political education capabilities of physical education teachers and the overall ideological and political literacy of physical education teachers' teams, a long-term development mechanism should also be established. This can not only effectively improve the ideological and political education capabilities of physical education teachers but also promote their continuous innovation and development in the field of physical education teaching^[13]. To this end, the following measures can be taken:

(1) Set up a professional development fund

Schools should do a good job in financial planning and set up a special fund to provide financial support for physical education teachers to participate in various training activities, academic activities, teaching seminars, etc. In this way, teachers can be encouraged to continuously innovate their teaching concepts and cognitions, improve their teaching levels and scientific research capabilities, and lay a solid foundation for promoting the construction of the integration of ideological and political education in courses across primary, secondary, and higher education.

(2) Create a good learning and research atmosphere

Schools should create a good learning and research atmosphere for teachers. For example, a research center for physical education teaching and ideological and political education can be built and equipped with relevant research equipment and materials, thus creating a good atmosphere and laying a foundation for the learning and research of physical education teachers ^[14].

(3) Adopt the tutor system

At present, due to the lack of teaching practice experience of some young physical education teachers, the teaching effect of ideological and political education in physical education courses is affected. In this regard, schools can adopt the tutor system. Physical education teachers or ideological and political education professionals can serve as mentors to provide one-to-one guidance and education for young physical education teachers, share teaching experience, teach teaching skills, and provide appropriate suggestions for their future professional development, so as to promote the rapid growth of young physical education teachers.

(4) Carry out regular teaching reflection and evaluation

To more effectively improve the ideological and political education capabilities of physical education teachers, they should be encouraged to regularly reflect on and summarize their teaching practices. Through methods such as peer evaluation and student feedback, the teaching effect can be evaluated, problems can be identified, and teaching designs can be adjusted promptly, and teaching strategies can be improved, to continuously improve the teaching effect of ideological and political education in physical education courses ^[15].

5. Conclusion

In conclusion, under the background of fostering virtue through education, actively promoting the integrated construction of ideological and political education in courses across primary, secondary, and higher education is of great practical significance for students' efficient learning and healthy growth. However, in the current teaching of ideological and political education in physical education courses, physical education teachers have insufficient ideological and political capabilities, outdated teaching concepts, and a lack of clear understanding, which affects the organic integration of ideological and political education and physical education teaching. In response to this, schools should adopt various methods and means according to the situation of physical education teachers to improve their ideological and political education capabilities, thereby promoting the integrated construction of ideological and political education in courses across primary, secondary, and higher education and laying a solid foundation for the all-round development of students in the future.

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