



# Improvement of the Quality of Curriculum for Advancement of the Implementation of "Double Reduction" — Taking Curriculum Construction of the Shangqiao Experimental Primary School as an Example

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**Abstract:** In order to continuously improve the quality of education and implement the fundamental task of strengthening moral education and cultivating people, the school promotes the steady and solid development of various work with the construction of high-quality courses based on the education policy and the actual needs of students. In the implementation of the double reduction, we have achieved prominent result, forming a typical case for reference only for similar schools.

**Keywords:** "double reduction" policy, curriculum quality, curriculum construction

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The year 2021 marks the 100th anniversary of the founding of the CPC and the beginning of its 14th five-year Plan, which is also an important stage for China's education to enter high-quality development. In order to fully implement the Party's education policy and fulfill the fundamental task of cultivating talents through virtue, the school took the implementation of the double reduction policy as an opportunity to improve the quality of high-quality courses as a breakthrough, and continuously explored and made efforts over the past year, forming a typical case of promoting the implementation of the double reduction policy by improving the quality of courses

## 1. Case background

### 1.1 Policy Background

Since January 2021, China has issued 21 basic education policies to promote education reform, among which "all-round development", "improving the quality of education", "physical and mental health" and "healthy growth" are frequently used. The promulgation of policies is undoubtedly the "wind vane" and "signal" of education development direction.

In February 2021, the "Five Management" documents were successively issued. In July 2021, the General Offices of the CPC Central Committee and the State Council issued the *Opinions on Further Reducing the Burden of Homework and Off-campus Training of Students in Compulsory Education* (hereinafter referred to as the Opinions) with emphasis that we must follow the guidance of Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era, fully implement the Party's education policy, fulfill the fundamental task of fostering moral integrity and educating people, put students first, strengthen the role of schools as the main front for education, and deepen governance of out-of-school training institutions to effectively alleviate parents' anxiety, build a good education ecology, promote students' all-round development and healthy growth.

### 1.2 Realistic background

#### 1.2.1 Current situation of the school

The school was founded in 1959, formerly known as Chongqing Standard Parts Factory's School. In 2000, the school was transformed into a full-time public primary school. In 2004, the school was selected as the first designated school for the children of migrant workers in the district.

In 2015, due to the construction of Chongqing West Railway Station, the school moved to Shangqiao Middle School for transition. In August 2020, in order to meet the national Quality balance inspection, the school was cancelled and merged with Shangqiao Middle School into the Primary School of Shangqiao Experimental School.

#### 1.2.2 Current situation of students

There are 403 students in the school, 84.1% of whom come from migrant workers' families, and 13.6% of whose parents have junior college degrees or above. Due to their low educational level, they cannot provide effective tutoring for students in their studies, and their families cannot afford the high cost of extracurricular training institutions due to their

financial difficulties. The implementation of the "double reduction" policy is a timely help to our parents and students. In 2019, the school successfully set up a high-quality course "Rope color Music Movement" for the first time. During the course implementation in the past two years, students have gained a lot. (The statistics of awards are as follows)

### **1.2.3 Status quo of teachers**

The school has 30 staff members, including 29 full-time teachers and 1 staff member. The average age of teachers is 34 years old.

There are 1 deputy senior teachers, 8 teachers in the first grade and 20 teachers in the second grade. Since 2020, the school has been cancelled and merged, but teachers still stick to their posts and cultivate students calmly. Since the "Double Reduction", teachers have actively responded to the policy requirements and tried to explore strategies to reduce students' homework burden, but they still need top-level planning and guidance from the school level.

After fully considering the policy orientation based on the analysis of the current situation of the school, students and teachers, the school decided to make full use of its strengths and circumvent its weaknesses. By virtue of the construction of high-quality courses, the school took improving the quality of courses as the breakthrough point and promoted and reduced the implementation of the "double reduction" policy.

## **2. Main practices**

### **2.1 Deepen understanding and improve station position**

Knowledge determines direction. If you want to implement the policy well, you must first interpret and internalize the policy well. Schools should do a good job in communication and interpretation of the policies in form of integrated training and seminar and others.

#### **2.1.1 Re-understanding of the "Double Reduction" policy**

The goal of "Double Reduction" is committed to reducing the burden and improving the quality. It is not only the fulcrum of education reform, but also the catalyst of the knowledge-centered approach to "moral cultivation". It requires schools to play the main role of education, lead parents to overcome the internal problems in education, and promote students' physical and mental health development.

To reduce the burden on students and parents is not only a strategic solution to the people's livelihood, but also a higher level challenge to our school education. As educators, they are required to have the courage to embrace changes and meet challenges.

#### **2.1.2 School-based resolution of curriculum quality**

Curriculum is an important carrier to implement moral education. Over the past year, under the premise of ensuring the full implementation of national curriculum, the school has made great efforts to implement high-quality courses. Based on the actual conditions of the school and the starting point of student development, the construction and implementation of school-based courses have been promoted to a higher level: the 2.0 version of course textbooks has been compiled.

The goal of the course has been improved from being able to jump rope and jump well to being able to create fancy jumps and build honor and confidence in competitions. The curriculum content is more enriched and rich, extending from rope knowledge to rope culture exploration with an international perspective. The school set up auxiliary courses such as rope drama creation to stimulate students' creativity and promote the coordinated development of body and mind. Curriculum evaluation keeps up with the update of the new national standards, enriching the evaluation content of sports appreciation ability and quality-oriented a series of exploration and practice, aiming at constantly pursuing the goal of education from the knowledge level to the ability level to the spirit level, highlighting the school-based curriculum value and characteristics and interpretation

#### **2.1.3 Sorting out and analyzing the relationship between the two**

"Improving curriculum quality" and "Double Reduction" seem to be two unrelated concepts, but in fact they complement and influence each other. The connection between the two is mainly reflected in the following aspects. The first is consistency of purpose. The fundamental goal of improving curriculum quality is to realize literacy education and pursue all-round development of students, while the ultimate goal of "Double Reduction" is to build a good ecology of education and promote all-round development and healthy growth of students. Therefore, the goals of the two are the same. Secondly, "Double reduction" has secured more time for the implementation of school-based curriculum, which provided larger space for the personalized implementation of courses and cultivation of innovative awareness of students. Thirdly, the final implementation of "Double Reduction" depends on the curriculum to promote reduction.

Practice is the standard to test the truth. While absorbing and internalizing policies, the school started action research after establishing the development direction.

## 2.2 Exploration and practice with relentless thinking

### 2.2.1 Improvement of the quality of the whole course with excellent courses

Since the establishment of "Rope Movement", the school has been adhering to the development direction of "popularization + grading + competition" and the training mode of "class practice, daily jump, weekly test, monthly ratio, periodical competition, and annual test". Since 2010, the school has decided that the last day of every month is the main day of rope skipping challenge. This semester, there are 12 champions.

**Table 1. Statistics of monthly race of skip rope in september and november 2021 of primary school of shangqiao experimental school**

| Time    | Project                        | Name and number of champion with highest Score (Male) | Name and Number of champion with highest score (Female) |
|---------|--------------------------------|---|---|
| 2021.09 | High speed skip 1 min          | Wang Yuhong 244                                       | Cai Jiani 249   |
|         | 2 minutes of skip with stamina | Duan Yixuan 413                                       | Zhang Yi 423  |
| 2021.10 | High speed skip 1 min          | Duan Yixuan 242                                       | Tang Yalin 235  |
|         | 2 minutes of skip with stamina | Wang Yuhong 445                                       | Cai Jiani 425   |
| 2021.11 | High speed skip 1 min          | Wu Junbo 233  | Zhou Hasimo 223   |
|         | 2minutes of skip with stamina  | Lu Junhao 382   | Tang Yalin 438  |
| Total   | High speed skip 1 min          | 17 person time  | 17 Person time  |
|         | 2 minutes of skip with stamina | 18person time   | 17 Person time  |

Focusing on "Movement of Rope Skipping", the school has successfully established three research projects in 2021, including one municipal project and two district-level planning projects.

### 2.2.2 Establishment of inquiry-based curriculum model

The school has made every effort to carry out small subject research with sand area characteristics, adhere to the concept of letting every student do small subject, and establish the happy star inquiry club curriculum model. On the one hand, schools should organize students to learn relevant basic knowledge and master basic skills. On the other hand, they should guide students to turn all problems into problems, solve one problem every year, and apply and internalize the knowledge learned. The "Star Exploration" course breaks the boundaries of class and grade, and organically integrates the national curriculum with disciplinary characteristics, such as fine arts, English, physical education and information technology, into the school's characteristic curriculum. On The New Year's Day of 2021, Children's Day, the school organized two happy course based topics to display activities: rattan weaving, tea art, flower skipping, thinking, painting, robot programming, a total of 21 societies to display, student participation rate reached 100%. In each class booth, the school set up paper process data exhibition area, results release area, image data area, field experience area and other areas to present the research plan design draft, collected written data, questionnaire, experimental records, observation diary, experimental equipment photo collection and perception, etc.

Students are free to visit, learn and participate in the experience, and finally vote to choose their favorite club. In the club spokesman's introduction, in the opening dance, rope display, pattern rope skipping, class play, the children were generous, confident and brave. In 2021, students won the first prize in the district-level small research competition.

We carry out this series of efforts, for every student to provide equal, high-quality, scientific learning and development opportunities, promote the cultivation of its core literacy, so that every student to obtain lifelong development of rich nutrition! The implementation of the excellent course "rope color music movement" not only extends the national physical education curriculum, but also touches the overall improvement of the school's scientific research, moral education and school-based curriculum implementation level.

### 2.2.3 Implementation of quality-oriented diversified evaluation

The accomplishment era needs the accomplishment standard evaluation. In order to monitor the effect of curriculum implementation more scientifically, the school has explored diversified evaluation methods for students. In June 2021, the "Discipline Ability Challenge" activity was organized to design the evaluation content and evaluation standard by year and discipline. The comprehensive ability evaluation of students covered all disciplines and all students from grade 1 to grade 6 participated. The comprehensive practical ability of students is evaluated from the aspects of "expression", "appreciation" and "operation", so that it can be a supplement to the method and content of the final paper-and-pencil evaluation. The school develops assessment tools and criteria for students' performance by year and subject.

This semester, with the help of shapingba District Information Technology Application Ability Improvement Project 2.0, the school is exploring situational evaluation based on real problems and looking for a new direction of the integration of evaluation and information technology

### 2.3 Investigation feedback, landing responsibility

Three months after the implementation of the "double reduction" policy, the school conducted an online questionnaire survey on the work effects of homework burden, delayed service and curriculum implementation for all teachers, parents and grade 4-6 students. The statistical analysis is as follows.

**Table 2. Statistical table of the implementation effect of "Double Reduction" in Primary School of Shangqiao Experimental School**

| No. | Project  | Students  |   |  | Parents  |   |  | Teachers  |  |   |
|-----|--|---|---|--|--|---|--|---|--|---|
| 1   | Reduce the homework burden                                       | What kind of homework do you like                                 |   |  | How do you feel the burden after double reduction              |   |  | Do you think it is an effective way for teachers to lighten students' homework burden |  |   |
|     |  | Mainly written, less oral reading or practical assignments :43.14 | Oral reading or practical assignments are preferred       | No written assignments, only oral, reading or practical assignments 17.38% | Children can coordinate their study and leisure time 70.33%    | Children children have more leisure time 25.22%   | Less time for rest and recreation 2.35%                        | Standardize the form of operation as required 20%                                     | Scientific assignment of home work 53.3%             | Reduce simple mechanical repetition 26.7%                               |
| 2   | After-school delay service                                       | Evaluation of the extended courses offered by the school          |   |  | Evaluation of the effect of children attending delayed courses |   |  | Satisfaction level with after-school delay service                                    |  |   |
|     |  | Very satisfied 79.4%  | Relatively satisfied 20.1%                                | Not satisfied 0  | The teacher guides the children carefully and responsibly 90%  | Reduce the burden of tutoring for parents 87%     | It's better than being sent to an off-campus care facility 60% | satisfaction rate 96.7%   |  |   |
| 3   | In view of the school curriculum construction and implementation | What kind of courses do you like best                             |   |  | Your child's interest in skipping classes at school            |   |  | How to implement the course   |  |   |
|     |  | Proportion of students with the most interests 49.1%              | Proportion of preference of Chinese and mathematics 15.6% | Proportion of interests of community courses 35.3%                         | High enthusiasm and be willing to be engaged 67.2%             | High interest but also fear of difficulties 22.6% | Be reluctant for participation 10.3%                           | Implement curriculum standards and insist on zero-starting teaching 53%               | To improve the quality of course implementation 100% | Strengthen routine inspection, do a good job of feedback correction 90% |

According to data analysis:

Students' homework burden has been significantly reduced, and students like homework that combines writing, reading and practice. According to parents, only 4.4% of students have less time for rest and entertainment. Teachers in reducing the burden of students to take the job stratification, and reduce simple, mechanical repetitive work accounted for 80%;

After class delay service, students' satisfaction is 100% (79.4% of them are very satisfied), parents' satisfaction is 100%, teachers' satisfaction is 96.66%, and students' satisfaction with after-class delay service is high.

Course construction and implementation: For the school's excellent course "Rope Skipping", 84.4% of students like it, and 15.6% like language mathematics. Parents are not willing to participate in 10.26%, teachers believe that intensive teaching and more practice to improve the quality of class reached 100%;

The results obtained by the students and the survey results show that the implementation of "double reduction" through the improvement of curriculum quality has achieved remarkable results. The exploration and efforts made by the school in improving students' comprehensive literacy and reducing students' academic burden are guaranteed and scientifically promoted based on accurate data.

## 3. Experience and enlightenment

Over the past year, we have accumulated some experience in the construction and implementation of high-quality courses while practicing and reflecting:

### 3.1 Promotion of school-based curriculum

First of all, school-based curriculum construction must consider the development needs of the vast majority of students, not the "one-man show" of a few special students; Secondly, the selection of excellent curriculum content should be the extension of the national curriculum, which is the school-based practice of the national curriculum. Finally, the curriculum

construction must consider the existing foundation and actual conditions of the school, and should not only set high ideas, but also avoid pursuing what is beyond our reach.

### 3.2 Implementation of the "Double Reduction" work

The implementation of the "Double Reduction" work needs to be integrated with the school's various work, such as "five management", after-school delay service, teaching and research, moral education, scientific research, etc., which needs to be coordinated by all departments under the school's top-level design, rather than focusing on "homework design".

## 4. Inspiration

While making achievements, we are also looking for problems and reflecting on deficiencies. First of all, we still need to explore the strategy of driving the connotation development and school-running quality of schools with high-quality curriculum construction, so as to maximize the role of curriculum construction; Secondly, how to improve the overall quality of curriculum implementation by virtue of the discipline integration of excellent courses, which is a problem we should think deeply and solve; Thirdly, how to stimulate teachers' professional development and strengthen the construction of teachers' team with excellent courses, so as to glow the driving force of teachers' development.

The "Double Reduction" is a profound education reform. The school will continue to adhere to the Party's overall leadership of education, consolidate the fundamental task of moral education, and make continuous progress in education and teaching reform, so as to run schools that the people are satisfied with.

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