

Research on innovative approaches to middle school English reading teaching in the context of "double reduction" policy

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Abstract: In response to the problem of traditional reading teaching overemphasizing examination skills while neglecting the cultivation of students' practical language proficiency and comprehensive literacy, this study explores innovative teaching approaches to middle school English reading instruction in the context of China's "double reduction" policy, aiming to reduce students' academic pressure while ensuring teaching quality and effectiveness. The paper analyzes current issues in junior high school English reading teaching, such as monotonous teaching methods and insufficient practical activities, and proposes diversified reading teaching strategies to enhance the quality of teaching and cultivate students' English core literacy.

Key words: "double reduction" policy; middle school English; reading teaching

1 Introduction

Driven by the "double reduction" policy, China is undertaking a new round of education reform centered on reducing burdens on students. Middle school English reading is crucial for improving students' foreign language proficiency and overall quality. Therefore, research on effective teaching strategies in this area is significant. This paper explores middle school English reading education from the perspective of the "double reduction" policy, aiming to enhance teaching efficiency, reduce burdens, and promote curriculum reform.

2 Literature review

Based on the literature reviewed, this paper summarizes the current status and challenges of junior high school English reading instruction in China, particularly in the context of the "double reduction" policy. The policy emphasizes reducing academic burdens on students while enhancing core competencies and comprehensive abilities. The literature highlights several key areas: firstly, the shift in teaching methods away from traditional teacher-centered approaches towards more student-centered and interactive methods [1]; secondly, the importance of textbook quality and its impact on students' reading proficiency, with ongoing efforts to make textbooks more practical and aligned with real-world applications [2]; thirdly, the need to address ineffective reading instruction and the lack of practical activities, which limit students' opportunities to apply their reading skills in real-life contexts [3]; fourthly, the optimization of teaching content by reducing mechanical drills and increasing reflective and practical tasks [4]; and finally, the advocacy for diversified assessment methods to better evaluate students' reading abilities and comprehension levels [5].

Overall, this literature review underscores the importance of innovative and effective teaching strategies to improve English reading instruction in junior high schools, especially in response to the "double reduction" policy.

3 Problems in the middle school English reading classroom under the context of "double reduction" in education

Many teachers still adhere to traditional teaching methods, focusing on improving reading scores rather than comprehensively enhancing students' reading ability. This leads to mechanical reading and reduced classroom participation, affecting students' interest and reading efficiency.

Classes may overly emphasize knowledge impartation and theoretical learning, lacking practical activities such as field trips, research projects, and competitions that apply English reading skills in real-world contexts.

One of the primary problems in English reading classes is the inadequate teaching evaluation system. Traditional assessment methods fall short of meeting the demands of the "double reduction" policy.

4 The significance of the innovation of the middle school English reading teaching pedagogy in the context of "double reduction"

Innovative methods prioritize guiding students to actively explore, think critically, and solve problems, fostering autonomous learning, enabling students to engage more effectively with limited resources and improve learning efficiency. Strong reading comprehension skills allow students to quickly grasp classroom content, understand textbook key points, and complete self-study tasks, reducing extracurricular pressure and laying a foundation for future learning.

Innovative instruction focuses on developing not just language proficiency but also critical thinking, interdisciplinary knowledge, and cultural awareness. Introducing critical reading on controversial topics, such as environmental protection or technological development, cultivates dialectical reasoning skills. Integrating English with other subjects, such as history or science, broadens knowledge horizons and interdisciplinary thinking. Discussing English classics enhances cultural awareness, improving intercultural communicative competence and preparing students for future needs.

5 Innovation strategies for junior high school English reading instruction under the "double reduction" policy

Under the "double reduction" policy, junior high school English reading instruction faces the problem of a single method. In order to deal with this, teachers can try diversified teaching methods: organizing cooperative learning groups to read and discuss articles; adopting role-playing method to enhance emotional engagement and language application. In the classroom, students are guided to think and communicate through questions, discussions and group activities to enhance their independent learning ability. At the same time, an online reading platform can be introduced to provide rich resources and meet students' individual needs. In addition, the teaching content can be expanded to include a variety of reading materials to enrich students' reading experience and knowledge.

To further enrich reading education, teachers can integrate multimedia resources such as images and videos to stimulate students' interest in reading, and utilize online platforms to provide diverse reading materials so that students can experience the practical application of English in specific contexts. For example, in teaching the theme of environmental protection, teachers can combine multimedia lesson plans and video clips to display data and graphs, add interactive elements, and guide students to deeply understand and express their views in English. Multimedia lesson plans not only provide students with audio-visual stimulation, but also help teachers to improve the quality of English reading teaching under the "double reduction" policy.

Teaching evaluation influences the "double reduction" policy and English reading instruction. It helps identify issues

in previous teaching and optimize models for future phases. Teachers should adopt developmental assessments, considering students' learning processes, outcomes, and performance. Diversified evaluation methods, like reading logs and oral presentations, allow teachers to assess junior high students' reading abilities comprehensively. These methods promote student engagement, enhance reading instruction effectiveness, and improve overall teaching quality.

6 Conclusion

In the context of the "double reduction" policy, teachers should meticulously analyze the problems existing in junior high school English reading instruction and explore reasonable teaching strategies based on students' current learning status. By adopting diversified reading instruction modes, creating situational teaching environments through multimedia resources, and improving teaching evaluation, teachers can enhance the quality of reading instruction and comprehensively cultivate students' English core literacy. This innovative research on junior high school English reading instruction is significant for promoting students' academic performance, developing their comprehensive qualities, and adapting to the new curriculum reform.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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