

# The implementation path of integrating the red culture into the ideological and political construction under the perspective of the school physical education curriculum

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**Abstract:** Under the guidance of the concept of moral education, this paper aims to study how to integrate red culture into the school physical education curriculum, and find effective ways to promote the construction of student ideological and political education. First, through the way of literature review, the educational concept of cultivating virtue and nurturing people, the deep meaning of red culture and its value in the whole educational field are analyzed. Further, combining with the existing situation and problems of physical education curriculum in schools, it emphasizes the urgency and practicability of integrating red culture into the ideological and political construction of physical curriculum in schools. In the last part of the article, the practical paths and strategies for integrating red culture into school physical education curriculum were discussed.

**Key words:** red culture; physical education curriculum; ideological and political curriculum construction

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## 1 Introduction

Moral education is the fundamental task of Chinese education. Schools not only need to cultivate students' knowledge and skills, but more importantly, they should shape students' healthy character and noble moral values. In today's era, along with economic growth and social progress, the social expectation for education is also gradually rising. In addition to the pursuit of academic performance, it is more inclined to cultivate students' all-round growth, involving physical conditions, ideological and moral cultivation.

Under such an educational background, physical education curriculum, as an indispensable link, shoulders the great responsibility of cultivating students' healthy, masculine and firm personal character, as well as high-level of ideological and moral cultivation. Utilizing sports activities can not only strengthen physical exercise and improve physical fitness, but also cultivate the spirit of teamwork, fighting spirit, and further develop their optimistic and aspirant attitude and values in life [1].

In order to promote the overall growth of students and enhance their pride and sense of mission in the nation, it is particularly critical to integrate red culture into the physical education and political courses of the school. Through the detailed analysis of the educational ideas of moral educators, the deep meaning of red culture and the ideological and

political construction in the physical education curriculum, this study aims to explore the practical steps and strategies for integrating red culture into the school physical education curriculum, so as to provide beneficial enlightenment and reference for the overall educational practice in school.

## **2 The concept of moral education and the connotation of red culture**

### **2.1 The connotation of moral education**

The educational concept of moral education is regarded as one of the core concepts in China's education system, and its fundamental purpose is to promote the all-round growth of students. "Moral, intellectual, physical, aesthetic and labor education" is the basic requirement of moral education for students. This is not only about students in the aspects of moral, wisdom, physical, aesthetic and other aspects of the growth, more critical is to emphasize the cultivation of student's sound character and high-quality ideological and moral cultivation. Therefore, the school should take moral education as a basic task. More importantly, it is to emphasize the healthy personality and high-quality ideological and moral level of students. The core of the education philosophy is to cultivate students to become socialist successors and builders with both moral cultivation and practical ability as well as comprehensive development, and to stimulate their high sense of responsibility towards society.

Morality is the fundamental thought of education and emphasizes the cultivation of students' moral accomplishment. Moral character is not only the basic element of individual personality, but also an important reflection of a person's moral quality and moral level. Under the guidance of the teaching concept of "cultivating virtue and nurturing people", the school should pay attention to cultivating student's moral quality and moral level, and at the same time lead students to establish correct outlooks on life, values, and the world, and provide them with appropriate moral judgment and behavior norms.

The teaching concept of moral education not only focuses on students' academic achievement, but also emphasizes the overall development of students in physical health and moral taste. Physical education plays a vital role in the overall development of students. It can not only enhance students' physical fitness, promote their physical and mental health, but also cultivate students' tenacious will and team spirit. Therefore, schools should increase the proportion of physical education, and stimulate students' interest in physical exercise through a variety of physical education courses and activities, so that students can develop good physical exercise habits. In addition, schools should also pay attention to improving students' health awareness, educating them to master basic health knowledge, to understand the importance of scientific exercise and healthy diet, and finally realizing the coordinated development of students' body and mind and the improvement of their comprehensive quality [3]. This holistic educational concept is the concrete manifestation of moral education, aiming to cultivate talents in the new era with all-round development of morality, intelligence, physique, beauty and labor.

### **2.2 Connotation of red culture**

Under the leadership of the Communist Party of China, the red culture has become a part of the revolutionary culture, which contains deep thinking and educational significance. Its important internal value is to boost morale and arouse national pride and responsibility. Red culture is deeply rooted in the moral concept, ideal positions and emotion towards the country in the reform struggle, and it constitutes the core part of the Chinese national spirit.

The red culture deeply emphasizes the fundamental value of people-oriented, and fairness and justice. Such core values have aroused many people's emotions for the country and the sense of responsibility towards the society, and also cultivated a sense of morality and responsibility in society.

The red culture emphasizes the spirit of unity and struggle and the spirit of independence. This spiritual power not only inspires people's courageous commitment and innovative spirit, but also cultivates their fighting mentality and

practical operation skills.

Red culture attaches great importance to the persistence and quality of those who are not afraid of hardships and difficulties. Such a character has shaped people's perseverance, unwavering belief and noble spiritual attitude.

The educational view of moral education and the connotation of red culture complement each other, and jointly shape the education system in line with the core values of socialism with Chinese characteristics, thus encouraging and guiding the majority of young people and students to show their due role in the process of socialist construction [4].

### **3 The necessity and feasibility of integrating red culture into school physical education curriculum**

#### 3.1 National pride and sense of mission

Red culture is a profound accumulation and essence inheritance in the course of Chinese revolution, which contains rich and diverse national emotions and historical memories. Integrating the spirit of red culture into physical education can help students have a deeper understanding of the glorious history of the motherland and the revolutionary spirit of their predecessors, which also inspires their enthusiasm for the country and mission. Through the study of red culture, students can deeply experience the soul of the country, which deepens their feelings for the motherland, strengthens their responsibility to the people, and cultivates young people with strong patriotism and a high sense of responsibility to the society [1]. Through this deep integration of the red culture teaching, it can not only help students to shape their proper historical orientation and national values, but also further stimulate students' enthusiasm for learning, so as to comprehensively promote the growth of students, and mold them into positive young people with lofty personality and a sense of social responsibility.

#### 3.2 Team work spirit and fighting spirit

Red culture advocates the values of unity and cooperation and progress hand in hand, which is highly consistent with the team cooperation and unremitting struggle advocated by physical education. By adding red culture as the core content to various sports activities, we can encourage students to pay more attention to the spirit of teamwork, and then cultivate a spirit of unity, mutual assistance and mutual benefit between teams [5]. Red culture also emphasizes struggle and the courage not to back down, which can stimulate students' spirit and determination to overcome difficulties and actively face challenges, and in turn develop their spirit of perseverance and courage. This spiritual value complements the confidence, perseverance and fighting spirit advocated by physical education courses.

#### 3.3 Justice, fairness and outlook on life and values

It is very necessary and feasible to integrate the red culture into the ideological and political construction of the school physical education curriculum. By stimulating students' national pride and sense of mission, cultivating the sense of teamwork and fighting spirit, guiding justice, fairness and outlook on life and values, it can effectively promote students' ideological and moral qualities and overall development. This is not only in line with the educational concept of cultivating people by virtue, but also helps to train socialist builders and successors, contributing to the development of the country and the nation [6].

### **4 The implementation path of integrating red culture into school physical education curriculum**

#### 4.1 Teacher training

Teachers are an important link in the ideological and political construction of physical education courses. Their red culture accomplishment and teaching quality directly determine the overall level and results of this course. Therefore, it is

necessary to provide specialized theoretical and practical knowledge training on red culture to enhance their teaching level and improve the understanding of red culture.

The training course should focus on the core ideas and deep meanings of red culture, and introduce the heroic events and ancient stories of revolutionary leaders. For example, by telling the difficulties and twists and turns of the Red Army's Long March and the heroic deeds of the August 1 Nanchang Uprising, teachers can have a deeper understanding of the lofty spirit of the red culture and its significance in history [7].

In the training process, practical cases can also be used in teaching and discussed as topics. For example, by imitating various life scenes and teamwork spirit during the Red Army's Long March, teachers can experience the morale of team members to cooperate with each other and overcome various problems. This kind of practical training can more vividly reveal the attraction and teaching significance of red culture, and then arouse teacher's enthusiasm and trust for the teaching of red culture.

#### 4.2 Course setting

Integrating red culture elements into physical education teaching is one of the key measures to integrate red culture into school physical education curriculum. In the course design, it is necessary to closely integrate students' age characteristics and teaching objectives, and select teaching materials and content that are consistent with the concept of red culture, so as to help students deeply understand the true meaning of red culture [8].

Course options can include famous stories and allusions full of red souls, such as "Red Rock" and "Shining Red Star". The telling of these stories helps to stimulate the students to think deeply about the red culture, and enhances their yearning and desire for the heroic stories and the inner spirit.

The course can also cover a variety of sports activities and intense competitions with themes about red culture, such as the cross-country races simulating the Long March, or the flag battle of the August 1 Nanchang Uprising. With the opportunity of these activities, students will be able to experience the historical situation and revolutionary mood of red culture more personally, thus greatly improving their enthusiasm for learning and participation.

#### 4.3 Teaching methods

When school physical education integrates red culture, the selection and application of teaching methods are particularly critical. The adoption of various teaching methods can more effectively activate students' learning enthusiasm and participation, so as to improve the effectiveness of teaching and the overall results of education.

For education, we can adopt the means of case study and select representative examples of red culture for in-depth analysis and communication. For example, through the analysis of these stories, students can deepen their understanding of the heroes and revolutionary martyrs of the liberation war period as well as the value and ideological core of red culture.

Teaching activities provide an opportunity for interaction and discussion, enabling students to share their insights and experiences of red culture without obstacles, and thus strengthen the exchange and collision of ideas. When organizing students to participate in the discussion, it helps to cultivate their critical logic and innovative thinking, further enhancing their sense of belonging and profound understanding of red culture [2].

## 5 Conclusion

To sum up, integrating the red culture into the school physical education curriculum and constructing the implementation mode of ideological and political education is undoubtedly an exploration full of potential and depth in the educational reform. In the future, we should deepen the training of teachers, improve educators' understanding of red culture and their teaching skills, while continuously improve and update the curriculum design and research and develop innovative teaching methods, and find various ways to integrate red culture into physical education curriculum. Only in

this way can the red culture show its leadership and demonstration ability in the school education system, which will cultivate more outstanding students who uphold the socialist core values and make more prominent efforts for the construction of socialism and the development of successors.

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### **Conflicts of interest**

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

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