

CURRENT SITUATION OF THE PHYSICAL EDUCATION WORK OF KIM ANH HIGH SCHOOL (HANOI)

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Abstract:

By regular research methods, the research assesses the current situation of Physical Education (PE) work at Kim Anh High School (Hanoi) through evaluation of factors affecting the PE work and student's physicality assessment in order to propose solutions which are practically suitable and contributing to PE quality improvement at Kim Anh High School (Hanoi).

Keywords: Current situation, physicality, PE work, students, Kim Anh Hanoi High School.

INTRODUCTION

Physical education (PE) and school sports are an important part of improving health, fitness and fostering qualities, morals, wills and personality education for students. Developing in-school Physical Training and Sport is a responsibility of the party committees, mass organizations, social organizations, schools and communities.

Kim Anh High School (Hanoi) was established in 1965, with a long history of nearly 55 - year construction and growth. However, during past years, considering the PE work of Kim Anh High School in Hanoi, there have not been any research studies to propose solutions to improve the quality of PE work and physical development for students. In order to have a basis for proposing suitable, effective and oriented solutions to improve the effectiveness of PE for students, we conducted research

"Assess the current situation of Physical Education work at Kim Anh High School (Hanoi)".

RESEARCH METHODS

The research uses the following methods: Document analysis and synthesis method, interview - seminar method, pedagogical observation and examination method, statistical mathematical method.

RESULTS AND DISCUSSION

1. Current situation of factors affecting PE work at Kim Anh High School (Hanoi)

1.1. Situation of facilities for PE work at Kim Anh High School (Hanoi)

The research conducts surveys on the quantity and quality of school's PE facilities, training grounds, and gymnastics training tools in the 2018-2019 school year. The statistical result of facilities is presented in Table 1.

Table 1. Current situation of facilities for the students' PE activities at Kim Anh High School (Hanoi)

No	Facility	m _i	Quality			Level of serving ability
			Good	Intermediate	Poor	
1	Badminton ground	1	1	-	-	Intermediate
2	Volleyball ground	3	-	3	-	Good
3	Football ground (7-player type)	1	-	1	-	Weak
4	Shuttlecock kicking ground	2	-	2	-	Weak
5	Basketball ground	1	-	1	-	Weak
6	Table tennis table	2	1	1	-	Intermediate
7	Gymnasium	1	-	1	-	Intermediate

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Table 1 shows that: The school has only one large outdoor ground which is used for multi purposes: basketball court, soccer field, 3 volleyball courts, badminton court, shuttlecock courts; and 01 gymnasium including 01 indoor badminton court (share with football field) and 2 table tennis tables. Apart from high serving-ability volleyball court, the remaining facilities of Kim Anh High School are all at the

intermediate and weak level.

1.2. Current situation of PE teachers at Kim Anh High School (Hanoi)

The topic conducted statistics on the number of teachers; gender; age; teaching seniority; professional qualifications and the number of hours per year of teaching. Statistical result is presented in Table 2.

Table 2. Current situation of PE teachers at Kim Anh High School

Result	Gender		Teaching seniority (year)		Professional qualification		IT certification		English certification	
	Male	Female	Oct-15	>15	Bachelor	Mister	A	B	A	B
m _i	2	2	3	1	3	1	0	4	2	2
%	50	50	75	25	75	25	0	100	50	50

The result in Table 2 shows that the teachers are all professionally-qualified. However, the survey result shows that, with total 1352 students, each teacher averagely teaches 16-18 periods per week, with the number of 45 students / class. This duration will significantly affect teaching process, lesson preparation and also affect lecture’s quality as well as teacher’s ability to manage, cover and control during lesson. It, at the same time, affects the

effectiveness of sport organization (activities and competitions)

1.3. Current situation of the primary PE teaching curriculum for students of Kim Anh High School (Hanoi)

The research summarizes the content and primary PE teaching curriculum distribution for students at Kim Anh High School (Hanoi) according to Table 3.

Table 3. PE teaching curriculum distribution for students at Kim Anh High School (Hanoi)

No	Content	Duration (period)	Curriculum distribution		
			Theory	Practice	Testing
1	Chapter 1: Physical training and using natural factor to enhance health	2	2	0	0
2	Chapter 2: PE – Aerobic (female/male separated)	8	0	7	1
3	Chapter 3: Short running	6	0	5	1
4	Chapter 4: Long running	6	0	5	1
5	Chapter 5: Long Jumping	8	0	7	1
6	Chapter 6: Shuttlecock kicking	6	0	5	1
7	Chapter 7: Badminton	6	0	5	1
8	Chapter 8: Elective sports (Volleyball, Basketball, Table Tennis, Soccer ...)	20	0	18	2
9	Review, semester tests (I and II), evaluate Physical Training standards	8	0	4	4
Total		70	2	56	12



Physical Education class in schools at all levels in Hanoi
(photo source: <http://flss.vnu.edu.vn>)

The results show that: The learning content of each period is heavy (from 08-09 content / school year); learning time mainly focuses on practical learning content; Examination accounts for a high rate (12-13 periods / school year); and the fact that students rarely participate in

extracurricular activities due to many reasons, will affect the quality of PE work.

1.4. Current situation of organizing PE extracurricular activities for students at Kim Anh High School (Hanoi)

Table 4. Current situation of students' participation in PE extra-curricular activities Kim Anh High School (Hanoi)

No	Subjects	Participation			PE tournament organizer	
		Selected team	Club	Spontaneity	Department of Education and Training	School Board
1	Soccer	-	-	176	-	-
2	Basketball	21	42	-	1	1
3	Table tennis	-	-	32	-	1
4	Badminton	-	-	57	-	1
5	Martial arts	15	64	-	1	1
6	Volleyball	-	-	89	-	-

The research conducts statistics on the sports that students participate in extra-curricular activities, the training time, the number of clubs, the form of participation and the number of students participating and the tournament - organizing system. They are presented in Table 4.

The result in Table 4 shows that: there are 6 sports which students participate in extra-curricular time, but the number of students participating is not much. Students participate mostly in football, followed by volleyball but in a spontaneous form

and there is no tournament for students in these two subjects. There are only 2 clubs and 2 selected teams of Basketball and Martial Arts and students, who annually participating in these 2 subjects, participate in a tournament organized by the Department of Education and Training. The School Board also organizes 4 tournaments annually, but there is only 1 tournament for each subject per year. Obviously, the number of students participating in training and participating in competitions is limited. It will affect the quality of the school's PE work.

Table 5. Current situation of the quality of PE work for students at Kim Anh High School (Hanoi)

End-term test result				
No	Grade	Excellent	Good	Not Pass
1	Grade 10 (n=469)	31.32	52.80	14.98
2	Grade 11 (n=456)	31.14	54.75	13.21
3	Grade 12 (n=427)	35.44	57.35	6.31
Fitness training result				
No	Grade	Excellent	Pass	Not Pass
1	Grade 10 (n=469)	22.73	53.63	23.64
2	Grade 11 (n=456)	23.82	55.74	19.54
3	Grade 12 (n=427)	27.23	63.32	8.55
The rate of student participating in PE extra-curriculum activities				
No	Grade	Often	Sometimes	Never
1	Grade 10 (n=469)	10.49	11.51	77.50
2	Grade 11 (n=456)	15.20	12.66	71.24
3	Grade 12 (n=427)	4.47	15.20	80.33

2. Current situation of PE work quality at Kim Anh High School (Hanoi)

Through analyzing the guaranteed conditions, synthesizing the regulatory documents, referring to documents related to the PE quality assessment. After that, interviews are conducted with 40 teachers and experts; from which, 3 criteria for evaluating the quality of PE work for students at Kim Anh High School (Hanoi) are selected. Then the research conducts an evaluation of the school's PE quality through selected criteria. The result is presented in Table 5.

From the result in Table 5, it can be referred that the students' learning results are mostly average, there are still students who do not pass. In which, grade-10 students are the lowest, then gradually grade 11 and grade 12. The fitness training result is similar, many students still do not pass. The rate of students not participating in extra-curricular activities is high, accounts for 71.24 to 80.33%.

CONCLUSION

The research result shows that the facility conditions are inadequate and degraded; the number of teachers is limited; the arrangement of PE teaching programs is not reasonable; the organization of sports tournaments is limited ... These are the reasons that limit the students'

participation in extra-curricular PE activities. So, the learning result of PE subject is still limited, affecting the quality of general PE quality of Kim Anh High School (Hanoi). Therefore, it is necessary to research appropriate measures to improve the quality of PE work at Kim Anh High School (Hanoi).

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