

REALITY OF TEACHING PHYSICAL EDUCATION IN SECONDARY SCHOOLS OF GIA BINH DISTRICT, BAC NINH PROVINCE

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Abstract:

Based on the observation, data collection and actual statistics of the Education and Training Department of Gia Binh district, Bac Ninh province, we assess the current status of physical education in secondary schools in order to contribute to improvement of the quality of comprehensive education for students in the district and at the same time as the basis for the next scientific researches.

Key words: Reality, teaching, physical education, secondary schools...

INTRODUCTION

The educational system of Gia Binh district, Bac Ninh province consists of 15 primary schools, 15 secondary schools. Implementing of Resolution No. 12-NQ / TU dated 26/6/2014 of the Provincial Party Committee on "Bac Ninh comprehensive renewal of education and training in the period 2014-2020, orientation to 2030" in the recent years, the physical education and training of Gia Binh district, Bac Ninh province has been increasingly developed. However, in term of physical education in schools recent years, the number of athletes added to the sports team of the province was decreasing, achievements in sport competitions for students at all levels of education in the whole province did not maintain good records any more.

The actual situation showed that the assessment of the reality of the physical education in secondary schools in Gia Binh District - Bac Ninh Province is urgent necessary which is the basis for proposing solutions contributing to improvement of comprehensive education quality for students in the district.

RESEARCH METHODS

We use the following research methods: Document references; pedagogical observation; Interviews, mathematical statistics.

RESULTS AND DISCUSSION

1. The current state of the program's content and physical education teaching methods in secondary schools - Gia Binh district, Bac Ninh province

Regarding the content of the program, through observing and referring to teaching records of teachers, the contents of the physical education program have been implemented by Gia Binh district secondary schools in accordance with the physical education program regulated by the Ministry of Education and Training according to the new secondary education program. Students will be given their own choice of physical education & sports contents from the first grade. The duration of the sport subject is 2 periods/per week, divided into 2 sessions, not combining periods together to avoid bad effects on pupils's health (total duration of the physical education subject is 280 periods, divided equally for 4 years, corresponding to grades 6, 7, 8 and 9. The organization of physical education study hours was also adjusted to be relevant to physical fitness of students.

Teaching methods:

Teachers always emphasize the importance of maintaining and enhancing the health and physical strength of students as a goal

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throughout the teaching process, build the teaching time scientific and suitable with the facilities condition of schools. Improve the organization of group working (with and without turning around), rational coordination between comprehensive practices with practice in turns in order to increase the density of movements. To intensify the use of methods of mobilizing games, folk games and competitions; Strengthen the students' self-management skills, self-control and participate in assessment of learning outcomes; Use teaching equipment effectively, safely and avoid wasting.

In addition, by studying the teaching records, 100% of teachers have books for monitoring the learning patterns of students and test-saving notebooks which assess and rank students' physical level. This is a very important work for every teacher teaching physical education.

2. Actual situation of physical education and sports teaching team of secondary schools in Gia Binh district, Bac Ninh province

To clarify the situation of quality and number of physical education teachers of secondary schools in Gia Binh district, Bac Ninh province, the study conducted research on 15 secondary schools in Gia Binh district, Bac Ninh province.

Through investigation, analysis of results, a conclusion can be drawn:

- Physical education teachers in secondary schools in Gia Binh district, Bac Ninh province have not met the number of regular teachers required of physical education, the ratio of students / teachers is much higher than the standard level set by the Ministry of Education and Training (35 students / teachers). Some schools also have to appoint some teachers of other subjects such as teachers of literature,

math, biology and so on to teach physical education. Therefore, the efficiency of the lessons is not high.

The training level of teachers has met the standard, but it is necessary to continue to standardize. Every year, the teachers need to be trained to update the knowledge about physical education in schools in order to come to integrate with world sports.

3. Actual condition of facilities: Courts, gymnasiums and training equipment in secondary schools in Gia Binh district, Bac Ninh province

The results of the survey conducted by Gia Binh District Education and Training Committee Division, Bac Ninh Province showed that the actual general situation of secondary schools in the whole district is generally assessed, in terms of facilities, courts, equipment for sports competitions, is lacking and doesn't meet the standard of the Ministry of Education & Training. Practicing equipments are still in backward & downgraded condition, not repaired and supplied in time.

4. Reality of the general physical fitness of students of secondary schools in Gia Binh District, Bac Ninh province

To assess accurately the effectiveness of teaching physical education in secondary schools in Gia Binh district, Bac Ninh province through the physical fitness examination norms, we conducted an examination and assessment for general physical fitness of students of secondary schools in Gia Binh district through the contents and standards according to Decision No. 53/2008 / QD-BGDDT dated September 18, 2008 of the Minister of Education and Training.

Table 3. Results of defining the awareness of the subjects of the role, position, necessity of teaching Physical education

Subjects Content	Managing Staffs		Teachers		Students (n = 200)	Parents (n = 100)
	Department Level (n = 5)	School Level (n = 30)	Other Subject (n = 30)	Sports (n = 20)		
Extremely necessary (%)	2/5 (40%)	8/30 (26.7%)	6/30 (20%)	20/20 (100%)	46/200 (23%)	18/100 (18%)
Necessary (%)	2/5 (40%)	16/30 (53.3%)	14/30 (46.7%)	0/20 (0%)	125/200 (62.5%)	31/100 (31%)
Unnecessary (%)	1/5 (20%)	6/30 (20%)	10/30 (33.3%)	0/20 (0%)	29/200 (14.5%)	51/100 (51%)

Table 1. General results of physical examination of secondary schools female students, Gia Binh District, Bac Ninh Province (n = 2018)

No.	Content	Physical fitness evaluation norms (Level)	$\bar{x} \pm \delta$	$C_v\%$	Number of students meet the physical fitness evaluation standard	Rate %
Female students grade 6 (n= 508)						
1	Forehand grip strength (kg)	19.3-23.2	17.5 ± 1.6	9.10	260	51.20
2	Crunches 30s (times)	9-12	10.3 ± 1.1	10.60	227	44.70
3	On-the-spot long jump (cm)	144-161	151.2 ± 12.6	8.30	248	48.80
4	30m running with sprint start (s)	7.4-6.4	6.5 ± 0.3	4.61	271	53.30
5	4x10m rhombus shaped running (s)	13.8-12.8	12.54 ± 1.2	9.56	238	46.90
6	5 minutes running depending on physical condition (m)	730-830	807.3 ± 78.6	9.73	232	45.70
Female students grade 7 (n= 505)						
1	Forehand grip strength (kg)	21.2-25.8	22.6 ± 2.2	9.73	261	51.70
2	Crunches 30s (times)	10-13	11.5 ± 1.6	13.90	233	46.10
3	On-the-spot long jump (cm)	145-162	157.2 ± 13.4	8.52	216	42.80
4	30m running with sprint start (s)	7.3-6.3	6.8 ± 0.3	4.41	241	47.70
5	4x10m rhombus shaped running (s)	13.7-12.7	12.46 ± 1.2	9.63	253	50.10
6	5 minutes running depending on physical condition (m)	750-840	771.3 ± 72.6	9.41	225	44.60
Female students grade 8 (n= 503)						
1	Forehand grip strength (kg)	23.5-28.1	25.7 ± 2.5	9.72	243	48.30
2	Crunches 30s (times)	10-14	12.1 ± 1.8	14.80	258	51.30
3	On-the-spot long jump (cm)	146-163	159.6 ± 15.2	9.52	231	45.90
4	30m running with sprint start (s)	7.2-6.2	6.09 ± 0.2	3.28	236	46.90
5	4x10m rhombus shaped running (s)	13.6-12.6	12.42 ± 1.3	10.40	257	51.10
6	5 minutes running depending on physical condition (m)	770-850	821.3 ± 75.7	9.21	263	52.30
Female students grade 9 (n= 502)						
1	Forehand grip strength (kg)	24.5-28.5	27.8 ± 2.3	8.27	231	46.10
2	Crunches 30s (times)	12-15	11.6 ± 1.5	12.90	249	49.60
3	On-the-spot long jump (cm)	147-164	156.2 ± 13.6	8.70	251	50.00
4	30m running with sprint start (s)	7.1-6.1	6.17 ± 0.2	3.24	229	45.60
5	4x10m rhombus shaped running (s)	13.4-12.4	12.3 ± 1.4	11.30	263	52.40
6	5 minutes running depending on physical condition (m)	790-860	815.9 ± 75.7	9.27	242	48.20

Table 3 shows that, beside the P.E teachers who have been aware of the role, position and urgency of physical training in school, the other subjects interviewed were still not fully aware of the benefits, role, position and urgency of physical education in school.

CONCLUSION

The reality of the physical education aspects in secondary schools in Gia Binh district shows that: The awareness of the leaders at all levels

have not really been interested in physical development and improve the health of students; Facilities have not met the requirements of new teaching and learning methods; General physical fitness of secondary school students is low compared to the evaluation standard of general physical fitness of students according to Decision No. 53/2008 / QĐ-BGDĐT; Teachers are lacking in the number and have not been professionally trained regularly.

Table 2. General results of physical examination of secondary schools male students, Gia Binh District, Bac Ninh Province (n = 2268)

Order	Content	Standard of physical assessment (Level)	$\pm \delta$	C_v %	Number of pupils meet Standard of physical assessment	Rate %
Male students grade 6 (n= 521)						
1	Forehand grip strength (kg)	19.9-24.8	18.4 ± 1.8	9.78	269	51.6
2	Crunches 30s (times)	10-15	12.6 ± 1.2	9.52	272	52.2
3	On-the-spot long jump (cm)	163-181	166.5 ± 13.2	7.92	243	46.6
4	30m running with sprint start (s)	6.4-5.4	6.2 ± 0.3	4.83	238	45.7
5	4x10m rhombus shaped running (s)	13.1-12.5	12.76 ± 1.1	8.62	260	49.9
6	5 minutes running depending on physical condition (m)	850-950	836.8 ± 75.6	9.03	260	49.9
Male students grade 7 (n= 519)						
1	Forehand grip strength (kg)	23.6-30	23.4 ± 2.3	9.82	266	51.3
2	Crunches 30s (times)	10-16	14.2 ± 1.1	7.74	273	52.6
3	On-the-spot long jump (cm)	172-194	175.3 ± 14.8	8.44	257	49.5
4	30m running with sprint start (s)	6.3-5.3	5.9 ± 0.2	3.38	256	49.3
5	4x10m rhombus shaped running (s)	13-12.3	12.62 ± 1.2	9.5	261	50.3
6	5 minutes running depending on physical condition (m)	870-960	872 ± 82.9	9.51	269	51.8
Male students grade 8 (n= 515)						
1	Forehand grip strength (kg)	28.2-34.9	29.6 ± 2.8	9.45	286	55.5
2	Crunches 30s (times)	12-17	16.1 ± 1.2	7.45	263	51.1
3	On-the-spot long jump (cm)	183-204	186.5 ± 15.8	8.47	256	49.7
4	30m running with sprint start (s)	6.2-5.2	5.5 ± 0.2	3.37	251	48.7
5	4x10m rhombus shaped running (s)	12.9-12.1	12.58 ± 1.1	8.74	241	46.8
6	5 minutes running depending on physical condition (m)	880-980	915.2 ± 85.6	9.35	266	51.7
Male students grade 9 (n= 512)						
1	Forehand grip strength (kg)	34-40.9	35.2 ± 3.5	9.94	267	52.1
2	Crunches 30s (times)	13-18	17.2 ± 1.4	8.13	247	48.2
3	On-the-spot long jump (cm)	191-210	202.8 ± 20.2	9.96	261	50.9
4	30m running with sprint start (s)	6.2-5.1	5.3 ± 0.3	5.66	256	50
5	4x10m rhombus shaped running (s)	12.8-12	12.39 ± 1.02	8.23	249	48.6
6	5 minutes running depending on physical condition (m)	910-1020	964.2 ± 86.1	8.93	265	51.8

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