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Research on Physical Education in Primary and Secondary Schools under the Guiding Principles of Quality Education

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Abstract: With the rapid development of my country's economy and the progress of society, the education field is also constantly undergoing reform and innovation. Quality education, as a comprehensive and lifelong educational philosophy, has received widespread attention and recognition. Physical education, as an important component of quality education, has also received more attention. Primary and secondary school physical education is an important part of students' physical fitness, psychological well-being, and moral character, and is an indispensable link in school education. Therefore, how to effectively implement primary and secondary school physical education under quality education has become a hot topic in current physical education research.

Keywords: Quality education; primary and secondary school physical education; education; research

Introduction

As an important component of quality education, primary and secondary school physical education is of great significance to the all-round development of students. Under the background of quality education, primary and secondary school physical education should not only focus on students' physical fitness and skills training, but also emphasize the improvement of students' psychological qualities, social adaptability, and innovative spirit. Therefore, this study aims to explore the current situation, existing problems, and improvement strategies of primary and secondary school physical education under quality education, in order to provide useful references and insights for educational practice.

1. The current status of physical education in primary and secondary schools under quality education

1.1 The concept of quality education has taken root in people's hearts

In recent years, with the rapid development of my country's social economy and the continuous deepening of education reform, the concept of quality education has taken root in people's hearts and has become a common pursuit of the education sector and even the whole society. This transformation is not only an innovation in education methods, but also a repositioning of talent training goals. Traditional exam-oriented education focuses on students' knowledge accumulation and exam-taking ability, while quality education focuses more on students' all-



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round development, emphasizing that while imparting knowledge, it is also necessary to cultivate students' moral character, cognitive ability, physical fitness and other comprehensive qualities. Against this background, the importance of physical education in primary and secondary schools has become increasingly prominent. Physical education is not only an important way to enhance students' physical fitness and promote their physical health, but also an important means to cultivate students' teamwork, competitive awareness, innovative spirit and willpower. In sports activities, students can learn how to face challenges, how to overcome difficulties and how to cooperate with others. These experiences and abilities will play an important role in their future studies and life. At the same time, physical education is also constantly innovating and developing^[1]. Traditional physical education often focuses on the transmission of techniques and physical exercise, while modern physical education places greater emphasis on student participation and experience, stressing that students feel enjoyment and a sense of accomplishment in sports activities. Furthermore, physical education integrates with other subjects, forming an interdisciplinary teaching model that allows students to not only improve their physical health but also learn knowledge and skills from other fields.

1.2 Development Trends of Physical Education in Primary and Secondary Schools

Under the macro-guidance of quality education, the goals, content, and methods of physical education are constantly being adjusted and optimized, showing several obvious development trends. First, physical education is gradually shifting from simply imparting skills to cultivating a comprehensive sportsmanship. Traditional physical education often focuses on teaching sports skills and explaining competition rules, but modern educational concepts believe that physical education is more about cultivating students' sportsmanship, such as teamwork, fair competition, and perseverance. Therefore, physical education is no longer limited to physical education classes, but allows students to experience and learn these valuable qualities in practice through various forms of sports activities. Second, physical education is beginning to place greater emphasis on cultivating students' comprehensive qualities. In the past, physical

education often only focused on students' physical fitness, but under modern educational concepts, physical education has expanded to multiple aspects such as physical fitness, psychological fitness, and social fitness. Physical education not only requires students to have good athletic ability, but also requires them to have a healthy mental state and good social skills. This comprehensive educational approach helps students achieve all-round development on multiple levels. Third, physical education emphasizes students' experience and participation. In the past, physical education often focused on teachers' teaching and students' imitation, but now, physical education pays more attention to students' experience and participation. Teachers will design a variety of interesting activities to let students feel the fun of sports and stimulate their interest in sports. At the same time, physical education also focuses on students' self-evaluation and reflection, so that they can grow and improve from sports activities. Finally, physical education is gradually integrating with technology to form a digital and intelligent teaching model. With the progress of technology, physical education has also begun to introduce various advanced technical means, such as virtual reality and smart devices, to provide students with richer and more diverse learning experiences^[2]. This combination of technology and education not only improves the efficiency and quality of physical education teaching, but also brings students a more cutting-edge and interesting learning experience.

1.3 Problems and challenges

Under the background of implementing quality education, physical education in primary and secondary schools has made significant progress, but it still faces a series of problems and challenges. The existence of these problems not only affects the quality of physical education, but also restricts the possibility of students' all-round development. The imbalance of educational resources is the primary problem facing physical education. In many parts of my country, especially in rural and remote areas, primary and secondary schools have backward sports facilities, lack of sports equipment, and serious shortage of teachers. These problems directly lead to the inability to carry out physical education courses normally, and students have difficulty accessing diverse sports projects, thus affecting their interest in sports and the cultivation

of sports skills. The imperfection of the education evaluation mechanism is also an important factor restricting the development of physical education. At present, although the concept of quality education has been deeply rooted in people's hearts, in actual operation, the evaluation of physical education performance in student promotion and examination is still mainly based on traditional examination scores. This evaluation method ignores the individual differences of students, ignores the process and practice of physical education, and leads to students lacking enthusiasm and motivation to participate in sports activities ^[3]. In addition, there are differences in the understanding and attitude of parents and society towards physical education in primary and secondary schools. Some parents pay too much attention to their children's academic performance and believe that physical education is secondary or even dispensable. This mindset not only affects children's interest in and engagement with sports, but also hinders the popularization and development of physical education in primary and secondary schools. At the same time, insufficient societal attention to physical education, coupled with a lack of corresponding policy support and financial investment, relegates it to a relatively marginal position within the overall education system.

2. Implementation Path of Primary and Secondary School Physical Education under Quality Education

With the continuous development and progress of society, quality education has gradually become a focus of attention in the education field and all sectors of society. As an important component of the education system, primary and secondary school physical education plays a crucial role in cultivating students' all-round development. How to effectively implement primary and secondary school physical education under the background of quality education has become an urgent problem to be solved in the current education field.

2.1 Strengthening the Construction of the Teaching Staff

Teachers are the core force in educational activities, and their quality and ability directly affect the quality and effectiveness of education. Strengthening the construction of the teaching staff is particularly

important in primary and secondary school physical education under quality education. First, it is necessary to improve teachers' professional quality and teaching level. This requires physical education teachers not only to possess solid professional knowledge of sports, but also to master advanced teaching methods and concepts. To this end, the education department should increase the training efforts for physical education teachers, regularly organize professional training and academic exchange activities, so that teachers can continuously update their knowledge and improve their teaching level. Second, it is necessary to establish a scientific educational evaluation mechanism to encourage teachers to actively participate in physical education work. Traditional evaluation methods that primarily rely on exam scores are no longer suitable for the requirements of holistic education. A diversified evaluation system should be established, encompassing multiple aspects such as students' overall qualities, participation level, and progress. This approach can both stimulate students' learning enthusiasm and teachers' passion for teaching.

2.2 Promoting Curriculum Reform and Innovation

Curriculum is the carrier of educational activities and an important way to achieve educational goals. In the physical education of primary and secondary schools under the quality education, promoting curriculum reform and innovation is an indispensable link. First, the curriculum content should be redesigned. Traditional physical education curriculum content often focuses on the transmission of skills and physical exercise, while neglecting students' interests and needs. Therefore, the new physical education curriculum should pay more attention to the cultivation of students' interests and habits, increase the variety of sports, and give students more choices. Second, teaching methods and means should be innovated. Physical education should get rid of the traditional "cramming" teaching and adopt more flexible and diverse teaching methods and means, such as situational teaching, game teaching, cooperative learning, etc., to stimulate students' learning interest and enthusiasm. Finally, it is important to cultivate students' health awareness and sportsmanship ^[4]. Physical education should not only let students exercise, but also let them understand the value and significance of sports, cultivate their sports interests and habits, and form a healthy lifestyle.

2.3 Strengthening Cooperation Between Schools and Social Resources

Physical education requires sufficient resources and conditions as a guarantee. Schools and society each have their own advantages, and strengthening cooperation between schools and social resources is an important way to implement quality education in primary and secondary school physical education. Schools can actively establish cooperative relationships with social sports institutions, organizations, clubs, etc., to jointly provide students with richer sports activities and exercise opportunities. The development and utilization of social resources can effectively make up for the lack of school sports resources, enrich students' sports activities, and improve their sports skills. At the same time, schools can also invite social sports experts and coaches to the school to conduct lectures, guidance, and other activities, providing students with more professional guidance and assistance. This can not only enhance students' sports literacy but also broaden their horizons and enhance their social adaptability.

2.4 Cultivating students' self-learning ability

Quality education emphasizes students as the center and cultivating students' self-learning ability and innovative spirit. In primary and secondary school physical education, we should also focus on cultivating students' self-learning ability. First, we should guide students to participate in sports activities independently. Teachers should encourage students to choose sports projects independently, formulate exercise plans, and cultivate their self-management and self-discipline abilities. At the same time, teachers should also provide students with diverse sports environments and conditions so that they can continuously explore and improve in independent practice. Second, we should cultivate students' teamwork spirit and competitive awareness. Sports activities often require the cooperation of many people. Teachers should cultivate students' teamwork spirit and competitive awareness by organizing team competitions, collaborative training and other activities. This can not only improve students' sports skills, but also cultivate their social communication skills and psychological qualities. Finally, we should let students gain happiness and growth from sports activities ^[5]. Physical education should focus on students' emotional experience and mental health, allowing students to participate in sports activities in a relaxed and

pleasant atmosphere and enjoy the fun and sense of accomplishment brought by sports. This can not only enhance students' physical fitness, but also promote their mental health and all-round development.

3 Evaluation of the Implementation Effect of Physical Education in Primary and Secondary Schools under Quality Education

3.1 Students' Physical Fitness Further Improved

Under the background of quality education, physical education in primary and secondary schools focuses on students' physical fitness and sports skills. Through systematic physical education courses and rich sports activities, students' physical fitness has been effectively improved. Students' muscle strength, endurance, flexibility, coordination and other indicators have been significantly improved^[6]. They actively participate in the training of various sports in physical education classes, which not only improves their sports skills, but also develops good exercise habits. In addition, physical education also pays attention to students' physical health. Through regular physical fitness tests and health checks, schools can understand students' physical condition in a timely manner and take corresponding measures to intervene and improve it. This has improved the overall health level of students and reduced health problems caused by lack of exercise.

3.2 Students' Psychological and Social Qualities are Developed

Besides improving physical fitness, physical education in primary and secondary schools under the framework of quality education also emphasizes the cultivation of students' psychological and social qualities. In sports activities, students face various challenges and pressures, which helps cultivate their resilience and willpower. Simultaneously, sports activities often require teamwork and collaboration, which helps cultivate students' teamwork spirit and leadership skills. Furthermore, physical education provides students with abundant social opportunities. In physical education classes, students need to communicate and cooperate with peers, which helps cultivate their social skills and interpersonal relationship management abilities. In sports competitions, students need to compete and cooperate with people from different backgrounds and with different personalities, which helps cultivate their

social adaptability and inclusiveness.

3.3 Improvement of Overall School Education Level

The effective implementation of physical education in primary and secondary schools under the framework of quality education not only improves students' individual qualities but also promotes the overall improvement of the school's education level. Firstly, students' physical and mental health is improved, making the school's teaching and educational atmosphere more positive and uplifting. Students release stress and regulate their emotions through physical activities, enabling them to engage in other subjects with greater enthusiasm. Secondly, the integration of physical education with other subjects enriches teaching content and methods. In physical education classes, teachers can combine knowledge and skills from other subjects to design more interesting and practical teaching content and activities. This not only increases students' learning interest and participation but also promotes interdisciplinary integration and mutual reinforcement. Finally, physical education also earns the school a good social reputation. In various sports competitions and activities, students demonstrate excellent athletic skills and teamwork, winning honors and recognition for the school. This not only enhances the school's visibility but also strengthens its comprehensive strength and social influence.

Conclusion

Physical education in primary and secondary schools under the framework of quality-oriented education is an important component of my country's education development, possessing significant meaning and value. By strengthening teacher training, promoting curriculum reform and innovation, enhancing cooperation between schools and social resources, and cultivating students' independent learning abilities, we can better achieve the quality-oriented, comprehensive, and scientific development of physical education in primary and secondary schools. In the implementation

process, it is necessary to continuously summarize experiences, learn from lessons, and constantly optimize and improve, providing better guarantees and support for the cultivation of students' physical, psychological, and social qualities. I believe that with the efforts of the whole society, physical education in primary and secondary schools under the framework of quality-oriented education will surely achieve even greater results and make a greater contribution to the development of my country's education.

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