

# **Analysis of the Sports Dance in the Middle and Primary Schools: Basis of Integration of Sports Dance Program in Physical Education of the Middle and Primary School Level**

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## **Abstract**

**Sport Dance, as a fashionable dancesport project, is popular among primary and secondary school students and has the characteristics of multifunction. The extensive development of quality education in schools is the embodiment and need of quality education, which is the important content and form of China's millions of sunshine project. This topic by the hunan zhuzhou city sports dance teaching present situation investigation of primary and secondary schools as the breakthrough point, study of zhuzhou city elementary and middle schools in the implementation of sports dance development problems and challenges, comb in the implementation of the integration of primary and secondary schools sports dance in the development of social and cultural value, and put forward Suggestions, thus for the integration of sports dance development of zhuzhou city elementary and middle schools to provide the theory and practice basis.**

## **Keywords**

**Sports Dance , The Middle and Primary Schools, Integration, Zhuzhou City.**

## **1. Introduction**

Health is worth more than learning. This is one of the famous quote of statesman Thomas Jefferson because he believes that only a healthy person can learn well. In the wave of educational reform in the new century, the state has made compulsory education universal and advocated the educational concept of health first. Lifelong physical education, like lifelong education, is deeply rooted in the hearts of the people and has attracted wide attention from schools at all levels. For a long time, the physical education teaching content of primary and secondary school is fixed and the teaching method is single, which forms a kind of inherent mode and remains unchanged. Most of the students due to accept such inherent physical education learning mode for a long time, lack of innovation and fun, students use PE class time just to relax, adjust the pressure from the theory, because of this is possible to arrange physical education curriculum innovation of school physical education can not meet the real intentions, less likely to make the students in the independent exercise after class. The sport dance is a fashion, easy, rich passion and in line with the international project, from the sport dance project into our country, and in the development of our short decades, has gained the favor of the majority of young people and old friends. If the sports dance project into the classroom, can enrich the teaching content of physical education, enrich students' campus cultural life, stimulate students' interest in physical education, improve the enthusiasm of students sports, reflect the fundamental purpose of sports reform.

In this paper, through the introduction of the concept of characteristic curriculum, sports dance project their own characteristics and value of primary and secondary school students physical and mental characteristics, sports demand, analysis of the sports dance project as a

characteristic course in schools is workable, this paper expounds the significance of Zhuzhou City primary and secondary school courses in sports dance characteristic, lead to the feasibility of Zhuzhou city primary and secondary school courses in sports dance characteristic thinking. Literature material law, questionnaire survey, field investigation, expert interview and mathematical statistics research methods such as the Zhuzhou city elementary and middle schools to carry out the present conditions of the sports dance project research, aimed at a comprehensive understanding of Zhuzhou city sports dance project development present situation, and on this basis for the primary and secondary schools of Zhuzhou city sports dance courses provide certain theoretical support. In particular, ten representative primary and secondary schools in Zhuzhou City were selected for investigation and research on teachers, students and parents of students. The ten primary schools are: Zhuzhou No. 2 Middle School. Zhuzhou Second Middle School affiliated Primary school. Zhuzhou Guangming Primary School. Zhuzhou Hetang Primary School. Zhuzhou No. 4 Middle School. Zhuzhou No.1 Middle School. Zhuzhou Nanfang Middle School. Zhuzhou Nanfang Secondary Primary School. Zhuzhou No. 3 Middle School. Zhuzhou Baihe Primary School.

## 2. Organization of the Text

At present, sports dance teaching in primary and secondary schools mainly includes ten kinds of sports dances, such as waltz, quickstep, rumba, cha-cha and swing. However, most schools will combine various styles of dance sports with jazz style to better show students' youthful vitality. For campus sports work in primary and secondary schools, recess exercise is one of the main contents of daily physical exercise in primary and secondary schools. To carry out good physical exercise activities for primary and secondary school students is helpful to cultivate their interest in physical exercise. Nowadays, with the continuous development and innovation of the form of sports, sports dance as a new form of sports in schools all over the country widely set off a wave of enthusiasm, has been widely concerned by sports workers and spread, so far its influence is more profound, more and more students are joining the characteristics of sports dance class sports, at present, Although sports dance has been widely promoted in the development of recess exercise, there are still a series of problems to be solved. Based on this situation, this paper further discusses and analyzes the relevant content.

### 2.1. RESEARCH METHODOLOGY

#### 2.1.1. Research Design

The research will use a mixed method research. This refers to the ways in which qualitative and quantitative research activities are brought together to achieve greater insight in the topic chosen. Mixed methods is having quantitative and qualitative data available or analyzing and presenting data findings separately.

#### 2.1.2. Population and Sample Size

There will be 270 students and 16 teachers respondents in the study. The sample size was acquired through the use of a Raosoft Calculator for gathering sample size from a population. The Raosoft sample calculator is basically a software that primarily calculates or generates the sample size of a research or survey. The research use a Stratified Sampling Technique to get the sample size of the study. Stratified sampling is a selection method where the researcher splits the population of interest into homogeneous subgroups or strata before choosing the research sample.

#### 2.1.3. Research Questionnaires

The questionnaire is divided into two types: student questionnaire and teacher questionnaire. There will be three parts for the students questionnaire and four parts for the teachers questionnaires. The questionnaires will begin to be distributed this December 2022 after the

approval of the panel members. The questionnaires will be distributed in 10 schools located in Zhouzhu City.

#### **2.1.4. Research Instrument Used**

The researcher will utilize a survey questionnaire as the main instrument in gathering data for the quantitative component of the study. For the participants to have a complete understanding and appreciation of the questions indicated in the survey questionnaire, the research will employ the translation method from the English language to the Chinese language. This allows clarity of the questions and so to gather the exact data intended for this purpose.

#### **2.1.5. Statistical Treatment of Data**

SPSS 27 will be used for the data management of the responses.

## **2.2. PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA**

### **2.2.1. Based on the student survey, the dance sports taught in primary and secondary schools are Qiaqia, Rumba, and Jive.**

Qiaqia is the most identified sport dance by the students with a frequency count of 190. It is followed by rumba which has a frequency count of 163, and at third is jive with a frequency count of 28.

### **2.2.2. The teachers also consider the inclusion of dance sports in PE curriculum as a “boost to the school’s worth”.**

It gives more positive reputation to the school because it is a way of “providing cost-effective education”, and “widening academic and career opportunities” for students. The teacher knew that many students are enrolled in dance sports outside the school where they pay high fees. With dance sports in the PE program, the teachers believe that the school will be providing a more cost-effective dance sport education. Moreover, putting dance sports in the school curriculum is seen as a cost-effective response to China’s series of educational reform policies. Dance sports in the primary and secondary school can also “widen the academic and career opportunities” of students. One teacher participant pointed out that dance sport is an additional point in the college entrance requirements in China, thus having one in the basic education actually increases the chances of students entering a certain university. Adding dance sport in PE will also create the need for dance sport professionals which is seen by the teacher participants as an additional career opportunity for students.

### **2.2.3. In terms of physical health, the students gave an overall- mean of 4.28 with an SD 0.89.**

It means that students consider sports dance as beneficial to their physical health to a great extent. It is highlighted by item 1 which got the highest mean of 4.38. It implies that sports dance is good for respiratory function.

### **2.2.4. In terms of mental health, the students consider sports dance beneficial to a large extent.**

This can be seen from the mean of 4.29. The SD of 0.86 suggests that the students’ responses in this domain are coherent and close to the mean. The mental health benefit is highlighted by item 2 which got the highest mean of 4.35 in this domain. It says that sports dance is better at making friends.

### **2.2.5. Improve body composition**

Fat is mainly provided by oxidative decomposition during the activity. Jogging in dance exercise burns about 10 calories per minute scientific fitness dance and a balanced diet can solve the burden of the body

### **2.2.6. School teaching facilities are insufficient, materials are not standard, equipment is not complete.**

Parents attach great importance to the cultivation of children's interests, hobbies and talents, and give good support.

### **2.2.7. Participating in dance sports can improve health**

Strengthen the body, improve the body's immune function, improve the nervous system coordination function.

### **2.2.8. It's good for coordination, stability and enduranceDancesport can improve students' creativity, imagination, and independent learning ability**

4.8 School leaders pay less attention to the lack of financial support, lack of full-time dance teachers, dance teachers lack of opportunities to learn.

### **2.2.9. In terms of creativity, teachers see sports dance beneficial to a large extent.**

This can be seen from the mean of 4.35 with an SD of 0.78. The benefit is highlighted by item 5 which got the highest mean of 4.31. It implies that sports dance can improve independent learning ability.

## **3. Literature References**

The following related literature contributed to the study's content and substance and served as the foundation for a broader understanding The article introduces the phenomenological idea of 'natural attitude' in the field of dance (Karoblis G,2007). Three phenomena, which very clearly show the embodiment of the natural attitude and its resistance to the requirements of dance, are analyzed. Impact Assessment of a Methodological Program in Dance in Hungarian Public Education Lanszki A.Papp-Danka A.Szabó E.Tánc és Nevelés (2021) In the framework of the tender to promote the development of students' skills in the public education system, the Hungarian Dance University has developed a project including methodological instruction and teacher training projects in the education of ballroom dance, classical ballet, commercial dance, folk dance and modern dance. The questionnaire mainly involved three topics :(1) teachers' views on training; (2) Integrate new methodological materials into daily practice; (3) The relationship between differentiation and talent. Most teachers have incorporated new approaches into their practice, primarily for diversity, innovation and experiential teaching. However, some teachers have modified their original methods to more effectively implement differentiation, Psychology of Sport and ExerciseELSEVIERPsychology of Sport andExerciseVolume 53, March 2021, 101846Comparing the efficacy (RCT) of learning a dance choreography and practicing creative dance on improving executive functions and motor competence in 6-7 years old childrenJames Rudd a, Tim Buszard b, c, Sharna Spittle b, Laura O'Callaghan a, Luca Oppici d, Conclusions An 8-week dance intervention improved inhibitory control and potentially working memory capacity in grade one and two primary-school children. Contrary to prediction, the dance intervention did not improve motor competence beyond typical development. Discrepancy between the planned and adopted creative-dance curriculum suggests caution in interpreting results. This study provides new insights into the exercise-cognition relationship. Allard, F., & Starks, J. L. (1991).

It shows that dancesport in Britain has long been a kind of sports activity for people's social communication. In Britain, there are not only professional dancesport training bases for children, but also thousands of dancesport clubs for children 19). This can be seen from the UK every weekend to participate in children's dancesport training and competition of up to 140,000 children. Leung JP,Leunn k Life satisfaction,self-concept,and relationship with parents adolescence. Journal ofYouth and dolescence,1992,21:653-660. In France, France is a romantic country. Dancesport develops rapidly in France and has a solid mass base. There will be various

forms of dancesport competitions and performances in various dances and exhibition matches. The development of Children's dancesport in France relies on various dance clubs, which not only have high quality and high standard of venue facilities, but also have advanced equipment and professional dancesport coaches. Fox. Pm monograph, the physical self-perception profile manual[M]. Northern lions University, 1990. 535-539. In Germany, children's sports dance is also very important and concerned. Germany has tens of thousands of clubs, which is a solid foundation for the country's high sports penetration.

#### 4. Recommendation

In light of the summary of findings and the conclusions, the researcher came up with the following recommendations:

1. The sports dance venue equipment in Zhuzhou City can basically meet the needs of sports dance teaching, but it is far from the standard of professional equipment. Good teaching quality must be guaranteed by high-quality teaching facilities and equipment, and each primary and secondary school should increase the funding of teaching hardware, in order to improve their own visibility and influence. Zhuzhou Sports Bureau can invest in the construction of indoor dance studio, which will be open to the public regularly every week. Appropriate fees will be charged for the convenience of public fitness and students' extracurricular exercises.

2. Standardize teaching content

In order to solve the current situation of chaotic and undiversified sports dance teaching content for children in Zhuzhou city, Zhuzhou Sports Dance Association should visit other cities with developed sports dance according to the teaching and training program of National Sports Dance Association, and formulate a set of standardized local sports dance teaching materials based on the actual situation of Zhuzhou City. And then organize all sports dance teachers to participate in systematic training every quarter. Education, psychology, exercise physiology and other disciplines of knowledge into the scope of training.

3. In the critical period of some quality development of children and teenagers, through the opening of sports dance featured courses, primary and middle school students have great interest in physical education, and actively participate in physical exercise. Through the exercise focus on improving the physical quality of primary and secondary school students, edify sentiment, happy mind.

4. Schools can also carry out some sports dance activities in their spare time, such as school sports meeting opening ceremony performance, Latin gymnastics competition, class competition, radio performance, and other related public welfare activities, so that students can actively participate in them and broaden their vision. Increase the enthusiasm of teachers and students to participate in the sports dance project, improve the aesthetic ability, enhance the communication between students and teachers, and improve the skill level. With the help of sports dance program exercise, better promote the sports dance program in the school.

5. Primary and secondary schools in Zhuzhou City should make full use of the local regional environment, cultural background and talent resources, fully develop and utilize favorable conditions, encourage and vigorously support the development of dancesport programs in primary and secondary schools, and hold performances and competitions related to dancesport programs in a certain period of time. In addition, according to the curriculum standards of primary and secondary schools, on the basis of completing the basic content of physical education textbooks, then develop and constantly improve the sports dance curriculum system with its own school characteristics.

6. Schools can use students with basic sports dance to enrich the school sports dance courses. Assist teachers in teaching, lead students to train, and create a strong sports dance atmosphere. In the student's workload is small, there is not too much learning pressure, can be appropriate

to increase the study of some other courses, enrich the school cultural life, increase the fun of students' campus life.

7.Relevant departments should strengthen the research on the mechanism of the health effect of sports dance, provide reliable theoretical basis and convenient conditions for the publicity and promotion of sports dance projects, primary schools to carry out sports dance featured courses, and actively create favorable external conditions for the opening of sports dance.

8.Improve students' understanding of sports dance, strengthen the propaganda of sports dance, let students gradually understand sports dance; Students are encouraged to participate in dancesport competitions and performances to popularize and improve the development of dancesport.

To sum up, the opening of sports dance course in primary and secondary schools is not only the expansion of the content of primary and secondary school physical education course, but also the extension of the function of primary and secondary school physical education course, which conforms to the teaching reform direction of primary and secondary school physical education course setting in the new period. It is guided by lifelong fitness And bring new content to national fitness and lifelong sports. The sports workers of primary and secondary schools should combine the new sports item of sports dance with the practice of physical education, popularize and carry out actively in primary and secondary schools, change the traditional teaching mode of middle school physical education, add new content and inject new vitality into primary and secondary physical education.

## 5. Conclusions

Based on the summary of findings, the researcher came up with the following conclusions.

1.Dancesport, as a sport with its own unique advantages, although it will face some essential problems in the process of entering the primary and middle school physical education classroom, but it has a certain value and meaning for the physical and mental health, aesthetic, moral education of primary school students. In order to be extensive, it is not long before sports dance enters the physical education classroom of primary and secondary schools by strengthening more correct publicity methods, more reasonable resource allocation, textbook management and talent training

2.The support of school leaders plays a decisive role in the implementation of any emerging project or the smooth and rapid development of the project. School leaders, as decision-makers, planners and researchers, play a leading role and are the core strength of project implementation, as well as an important determinant of the smooth implementation of unit work. How and in which direction the school develops depends on his understanding of policies and implementation of documents. Therefore, the development of dancesport in schools cannot be separated from the support of school leaders, and only with their support can dancesport be successfully carried out in school physical education.

3.The facilities of the site should be sound

Dancesport has a high artistic flavor. As a new dance project, it also has high requirements for the venue. First of all, the floor should be smooth wooden floor, second, to install the dance mirror, third, to install the pole, finally, to configure the sound equipment, music is the soul of the dance, dance is the reproduction of music, sports dance teaching is also inseparable from music.

4.Zhuzhou City children like sports dance very much, through learning sports dance to improve their image and temperament is their most important purpose.

5.Most of the sports dance teachers in Zhuzhou City can make students satisfied with their teaching, but Zhuzhou City is in urgent need of a group of excellent professional teachers. The

most basic teaching sites and facilities are not quite available, and the gap between them and developed cities is still far away.

6.The children's sports dance courses in Zhuzhou City do not involve paso doble and samba, and all art schools and training institutions basically focus on a single Latin dance, and the teaching content is very arbitrary.

7.Dancesport is an emerging and leisure sport, which was formally introduced into China in the 1980s. This project is an effective way to realize lifelong sports and deepen the reform of physical education and teaching in primary and secondary schools. This project can stimulate the majority of primary and secondary school students' interest in sports, guide them to actively participate in sports, active campus cultural life, and enhance students' physique. At the same time, the sports dance course is one of the effective ways to realize quality education in Zhuzhou City.

8.At present, sports dance programs in primary and secondary schools are mostly carried out in the form of interest classes, characteristic classes, activity classes, etc. The questionnaire shows that most students hope to learn sports dance courses in schools. The development of interest classes, characteristic classes, activity classes and other forms is often targeted at a small number of sports dance lovers, which has limitations and cannot meet the quality education concept The educational level of all students.

9.Considering the current external physical education environment of Zhuzhou primary school can fully meet the basic requirements of opening sports dance course, as well as the comprehensive situation that there are a number of mature teachers with sports dance teaching skills, experts, leaders and teachers support and agree to open sports dance course in Zhuzhou City

10.Primary and secondary schools set up sports dance characteristic courses, making Zhuzhou City middle schools set up sports dance characteristic courses accumulated more sufficient conditions.

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