

# An Analysis of the Path of PE Teaching Strategy Transformation to Promote Students' Core Literacy

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**Abstract:** *In the context of contemporary education reform, the development of students' core literacy has emerged as a central objective across disciplines, with physical education (PE) playing a uniquely valuable role in fostering competencies such as physical health, teamwork, self-discipline, and resilience. However, traditional PE teaching models—often characterized by skill-centered instruction, standardized assessments, and limited attention to individualized development—have increasingly shown limitations in addressing the holistic needs of students. Consequently, the transformation of PE teaching strategies has become a critical imperative for aligning physical education with broader educational goals. This study analyzes the pathways through which the transformation of PE teaching strategies can effectively promote students' core literacy. Drawing on theories of constructivist pedagogy, student-centered learning, and competency-based education, the research identifies key strategic shifts, including the integration of inquiry-based learning, the adoption of differentiated instruction, the incorporation of technology-enhanced teaching tools, and the emphasis on formative assessment. Furthermore, the study examines the mechanisms by which these strategic transformations influence students' cognitive, affective, and behavioral development. The analysis suggests that a systematic approach—encompassing curriculum redesign, teacher professional development, and the establishment of supportive institutional environments—is essential for realizing the full potential of PE teaching transformation. By advancing a coherent pathway for strategic change, this research provides theoretical insights and practical guidance for educators and policymakers seeking to leverage physical education as a meaningful contributor to students' core literacy development.*

**Keywords:** Core Literacy; Physical Education Teaching Strategies; College Athletics.

## 1. INTRODUCTION

With the reform of physical education, the key of physical education to the cultivation of students' physical fitness and physical and mental health has received more and more attention. The status of physical education in education and teaching has also gradually improved. However, in the specific work, there is a series of work that is not perfect, so that the results in physical education teaching are not ideal. This paper focuses on the impact of physical education teaching arrangements on students' comprehensive ability and the design and specific implementation methods of physical education teaching, which provides researchers with certain reference significance. As early as 2024, the Ministry of Education advocated in the "Core Competencies for the Development of Chinese Students" that it is necessary to comprehensively cultivate students' comprehensive qualities and core competencies. This can not only ensure that students can better learn scientific and cultural knowledge, promote their physical and mental health development, but also improve their social comprehensive abilities, promote comprehensive development, and better adapt to the development of the knowledge economy era of globalization and informatization. It plays a crucial role in cultivating students' humanistic spirit, scientific spirit, learning ability, social adaptability, and innovative development ability, and ensuring the improvement of students' core literacy for healthy living. At the same time, it plays a positive role in China's physical education reform.

The ultimate goal of physical education reform has always been to improve students' core sports literacy, comprehensively cultivate their enthusiasm for learning sports, and provide fundamental guarantees for their comprehensive and healthy development. Physical education courses can help students gradually develop some beneficial qualities for their future development in the classroom, in order to better adapt to the development of modern society and provide spiritual and physical support for the development of students' core competencies. Physical education should not only conform to the laws of educational development in the era, but also be implemented according to the actual situation. While meeting the specific requirements of the times, teaching should be carried out according to the specific situation of students. Give full play to the unique charm and characteristics of sports disciplines, fully leverage the important significance of sports disciplines, and promote the development of students' healthy behaviors and personal qualities.

## **2. CORE COMPETENCIES OF SPORTS DISCIPLINE**

In the "Healthy China 2030" plan outline, it is mentioned that it is necessary to improve the level of required health knowledge, enhance personal exercise level, and maintain good sports habits. Nowadays, in the field of physical education, the cultivation of core qualities has become a key element of physical education, which is also a key content of teaching work and an important driving force for promoting students' learning and life, physical health, and comprehensive development.

## **3. THE IMPORTANCE OF COLLEGE PHYSICAL EDUCATION TEACHING**

### **3.1 Effectively improving students' physical fitness**

A healthy physical fitness is the basic guarantee for a person's production and life. No matter what profession or role a person plays in society, without a healthy body, all social activities are difficult to complete. Only under the premise of mental and physical health can all basic social activities be guaranteed. University is a special period for college students, who are about to face difficulties in employment and entrepreneurship. In daily life, they also need to balance the pressure of learning, such as insufficient psychological resilience, which can have an impact on their studies and be harmful to their daily life and personal development. During this period, most college students have weak stress resistance, immature thinking, weak self-discipline, and do not have a deep understanding of the importance of sports and personal health. Therefore, many college students do not attach importance to physical health and treat physical education courses with a negative attitude. Due to its unique nature, physical education should focus on improving students' health and physical fitness. Research shows that people who persist in physical exercise have significantly better physical health and mental well-being than those who do not engage in physical exercise. Therefore, the relationship between sports and health is inseparable. Through physical exercise, students' physical fitness can be enhanced, allowing them to engage in learning and life in a better state. So, we must attach great importance to the reform of physical education teaching mode.

### **3.2 Can enhance students' confidence**

Sports activities not only enable students to have a clear understanding of themselves, have a relatively comprehensive understanding of their strengths and weaknesses, and contribute to the improvement of their personality, but also temporarily forget about life and study pressures during exercise and sports. Wholeheartedly dedicating oneself to sports can give oneself a sense of confidence and superiority in controlling the body. After sports, one can become more energetic and physically strong. By practicing on the limbs, one can improve physical skills, improve physical fitness and immunity. For students, strengthening physical training can also enhance their memory and learning abilities, improve body function, and thus enhance their immunity. Not only that, when physical fitness improves, students' reaction and memory abilities will also be enhanced. Students can improve their learning efficiency, achieve higher quality learning outcomes, have more confidence in their studies and lives, gain psychological self-identity, and better solve problems and regulate their emotions by being in a full state. The achievements of sports cannot be achieved overnight, they require long-term persistence and help cultivate students' resilience qualities. Therefore, physical education can not only enrich students' extracurricular life and enhance their sense of self-identity, but also help them develop comprehensively. It can also promote the progress of the education industry.

## **4. THE CURRENT SHORTCOMINGS IN PHYSICAL EDUCATION TEACHING IN UNIVERSITIES**

### **4.1 The teaching mode is not innovative enough**

At present, with the goal of education gradually shifting towards comprehensive quality education, the importance of physical education is gradually recognized by the public, so its teaching methods are also widely valued. At present, the physical education teaching mode is still in the stage of reform, and there are still many problems, such as the lack of effectiveness in teaching classrooms and the inability to stimulate students' enthusiasm. The reasons for these problems usually include the following aspects: firstly, the teaching mode is outdated and outdated, and some teachers use outdated teaching resources, resulting in a less lively and innovative classroom atmosphere, which cannot stimulate students' enthusiasm for physical exercise. Teachers have not followed the times and specific situations to innovate and reform. Some physical education teachers still use traditional

textbook storytelling methods, focusing on the completion of teaching goals and progress, ignoring the issue of innovative classroom teaching modes. For college students who already have certain personality ideas, they cannot mobilize their enthusiasm, establish a correct view of sports, and even have a psychological aversion to physical education classes.

#### **4.2 Students' willingness to actively learn is not strong**

Although China currently places great emphasis on the development of sports, it has not yet become a sports powerhouse. Besides technical and equipment reasons, it is also related to students' own views on sports. Therefore, students themselves have also had a certain impact on the improvement of the quality of physical education teaching in universities. Nowadays, with the rapid development of modernization and technology, the emergence of intelligent devices in the network era has profoundly influenced the learning and living habits of college students. For these college students who do not have good exercise habits, engaging in physical exercise in hot summers or cold winters is no less than being punished. Some students are very unwilling and find it difficult to persist. Even in physical education classes, for the sake of exams, score suppression, or teacher requirements, they are only casually dealt with without truly having the effect of exercising the body.

#### **4.3 Insufficient physical education teaching staff**

As is well known, China's sports industry is developing rapidly, with a wide variety of sports projects. However, different types of sports projects not only require high-level teachers, but also have relevant requirements for the hardware facilities of schools. Schools often fail to conduct relevant teaching due to insufficient funding for sports facilities and the lack of corresponding supporting equipment, resulting in some teaching content being put on hold. Some self-financing private universities have limitations in investing in teaching facilities, resulting in ineffective allocation of teaching facilities. Some unpopular projects lack teaching facilities, such as rugby and martial arts, and corresponding equipment is incomplete. At the same time, some teachers lack innovative consciousness and use outdated teaching resources, making the classroom dull and uninteresting, and students find it difficult to arouse interest. At the same time, some schools have not arranged physical education classes scientifically and reasonably, and have not made reasonable use of resources, resulting in multiple classes using the same venue, facilities, and other problems. In addition, schools need to regularly update equipment according to requirements, and some outdated facilities are no longer functional, seriously affecting classroom teaching.

### **5. EXPLORING THE PATH OF PROMOTING STUDENTS' CORE LITERACY THROUGH THE TRANSFORMATION OF PHYSICAL EDUCATION TEACHING STRATEGIES**

#### **5.1 Optimize sports skills and enrich sports knowledge**

Firstly, in order to optimize students' sports skills and enrich their sports knowledge, teachers should attach importance to the active role of students in physical education classes, closely monitor their psychological changes in the classroom, further enhance the cultivation of students' confidence in sports theory and practice, make students interested in sports, and stimulate their enthusiasm and ability to learn sports independently.

Secondly, physical education teachers should combine the internal and external factors present in the entire physical education system for teaching. In short, it is to combine the main tasks, teaching objectives, sports equipment, and the essential functions of physical education teaching, and continuously improve and innovate teaching methods according to the needs of sports reform and development.

Thirdly, teachers need to integrate multiple teaching methods based on specific teaching outcomes. For example, starting from teaching effectiveness, integrating various teaching methods. For example, combining case-based teaching method and brainstorming teaching method, using specific cases in the teaching process, teachers can appropriately raise some simple open-ended questions, guide students' thinking, focus on the thinking process of the problem instead of the answer, stimulate students' imagination, and subtly infiltrate knowledge into this process.

So, teachers should use teaching methods appropriately to better promote students' understanding of sports theory, mastery of sports skills, ensure students' individual development, and improve their physical abilities.

## **5.2 Optimize teaching methods to stimulate students' interest**

To promote students' mastery of sports knowledge, it is necessary to enhance their autonomy in physical education classroom learning and shift from passive learning to active learning. Teachers can improve the following ways to enhance students' learning enthusiasm in physical education classroom teaching. Firstly, physical education teachers must enrich their classroom content by selecting classic and high-quality classroom cases combined with theoretical knowledge for classroom lectures. Secondly, teachers should innovate their methods and approaches in classroom teaching, not limited to the explanation of sports concepts and theoretical methods. Teachers should improve the content of textbooks and the way they explain in the classroom based on actual situations, keep up with the times, and grasp the overall direction of the classroom. Teachers should establish a harmonious relationship with students, not aiming to make students difficult, and create a good teacher-student relationship. In the classroom, teachers should listen to feedback in a timely manner, grasp students' learning situation, and create an interactive atmosphere. Teachers should systematically explain the knowledge of physical education in the classroom, so that students can have a comprehensive understanding and participate in the learning process. Finally, it is necessary to continuously improve and enhance the hardware facilities required for physical education learning, providing material support for students' sports activities. This is an important prerequisite for students to maintain good habits in sports and enhance their enthusiasm for physical education classes.

## **5.3 Actively creating situational teaching to stimulate students' enthusiasm**

Creating situational teaching as a complex teaching method and integrating it into physical education teaching is beneficial for cultivating students' physical literacy. Situational teaching is composed of multiple factors, which need to be combined with current reality, comprehensively grasp students' learning level, and combine students' own understanding of sports. Teachers must prepare lessons in advance, grasp the pace of the classroom, and allow students to feel the impact of their teaching content firsthand. Teachers should carefully observe students' emotional expressions, adjust teaching content in a timely manner, coordinate the overall situation, and truly stimulate students' enthusiasm for sports activities. For example, in running sports, innovative activity forms can allow students to form teams for team competitions, which can promote students to participate more actively in the activity, master basic knowledge and skills, promote communication among classmates, enhance friendship, improve various abilities among students, transform from boring sports to fun activities, and make students fall in love with physical education classes.

## **5.4 Integration of Information Technology and Physical Education Teaching**

Firstly, utilize the technological and information technology of physical education. Teachers can conduct systematic analysis of physical education courses through information technology, select high-quality physical education courses, and adopt a combination of online and offline teaching models to shift from passive learning to active learning.

Secondly, utilizing information technology equipment to detect sports activities, establishing a comprehensive sports monitoring system through various technological apps and devices, and utilizing forms such as allowing students to clock in for campus sports daily to grasp their daily exercise situation and understand their enthusiasm for sports activities, in order to scientifically arrange sports tasks in the classroom.

## **5.5 Conduct a comprehensive evaluation of the construction of disciplines**

Establishing a systematic evaluation policy for sports disciplines is an important driving force for promoting the development of core competencies in sports disciplines. A systematic evaluation system can improve students' comprehensive abilities, no longer relying solely on scores to evaluate students' physical abilities. It can systematically evaluate students' grasp of sports knowledge and abilities from multiple perspectives and aspects, better enabling teachers to understand whether students have truly mastered sports knowledge and skills, teach according to their aptitude, and better improve their future work. Teachers can provide more systematic and specific teaching, and also cultivate students' enthusiasm and habits for sports. Establishing a systematic and scientific assessment system requires integrating regular teaching content into the system, and conducting reasonable, fair, and comprehensive assessments based on students' different situations.

Considering the all-round development of students, attention should be paid to the comprehensiveness and diversity of evaluation subjects, assessment content, and assessment methods. During the assessment process, teachers should adopt a fair and objective approach based on the actual situation of students. Respect individual differences, promote the comprehensive development of students' core sports literacy, and master basic sports knowledge and skills. Establishing a systematic evaluation system can enable students to understand their sports level from multiple perspectives, establish a good sports concept for students, attach importance to sports subjects, actively engage in physical exercise, which is beneficial for students' future personal development. The fundamental purpose of exam evaluation is to promote the common development of physical education, individual students, and teachers' physical education teaching level. In the assessment, a correct evaluation concept should be established, and the advantages of multiple evaluation methods should be adopted to truly reflect students' physical education level.

## 6. CONCLUSION

In the process of sports reform, physical education teachers should not only adapt to the development of the times, but also stand from the perspective of enhancing the core literacy of sports subjects, effectively improving their self innovation ability, enriching classroom content, and teaching around the core content of sports knowledge. This can improve students' physical literacy, physical fitness, deepen their enthusiasm for sports subjects, strengthen their physical health and sports abilities, and promote their all-round development. Teachers should break geographical and time limitations, actively engage in the practice of sports, sports cultural services, and sports education, maintain their love and belief in the sports industry, improve their knowledge and ability in sports, and form a systematic teaching philosophy. Absorbing updated sports ideas, integrating theory into practice, scientifically and comprehensively promoting students' mastery of sports theory, ensuring the healthy development of students' physical fitness and comprehensive abilities. At the same time, the physical education teaching strategies of universities also need to be continuously reformed and innovated in the progress of the times. Based on the actual situation of our university, we should actively introduce advanced technology and equipment, improve the teaching staff system, and carry out a new era of physical education curriculum models.

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