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## Implementing the Core Literacy of Physical Education and Health Disciplines Through the Chinese Healthy Physical Education Curriculum Model

### Abstract

Physical literacy, as embodied within physical education, has been vaunted as having increasing importance as a disposition for students of all abilities to establish lifelong adherence to physical activity. Physical education is a school curricular subject that supports the development of the skills, knowledge, and attitudes necessary for participating in active and healthy lifestyle. Physical literacy has become a hot topic in the field of physical education in schools in recent years. With the promulgation of "the Development of Core literacy of Chinese Students", the cultivation of Core literacy of Discipline becomes an important direction of deepening curriculum reform in China. The core literacy of physical education and health disciplines plays an important role in promoting students' core literacy. In order to cultivate the core literacy of physical education, we should make good use of every physical education class and reform the traditional physical education teaching model. The Chinese Health Physical Education Curriculum Model has its unique teaching characteristics, and it has positive effects on all dimensions of the core literacy of physical education and health discipline. This study used the Chinese Health Physical Education Curriculum Model to explore how the teaching characteristics of the model are used in physical education and what evidence is currently available to validate this view. This study uses an explorative literature overview with an inductive approach, comparative analysis, and significant themes in published peer reviewed articles, with a focus on physical literacy and physical education, and mathematical statistics method are also used in this study. The results show that the Chinese Physical Education Curriculum Model has an indirect effect on athletic ability, healthy behavior, and sports morality. Through structured exercises and 10 minutes of physical fitness, students' physical activity participation was improved, students' physical and mental health was enhanced, and students' core literacy of physical education and health discipline was promoted. Through the research and discussion on sports ability, healthy behavior and sports morality, this study provides partial support for Chinese healthy physical education curriculum model in promoting the core literacy of physical education disciplines, and provides an important reference for further promoting the development of core literacy of physical education and health disciplines in China.

# **Implementing the Core Literacy of Physical Education and Health Disciplines Through the Chinese Healthy Physical Education Curriculum Model**

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## **Abstract**

Physical literacy, as embodied within physical education, has been vaunted as having increasing importance as a disposition for students of all abilities to establish lifelong adherence to physical activity. Physical education is a school curricular subject that supports the development of the skills, knowledge, and attitudes necessary for participating in active and healthy lifestyle. Physical literacy has become a hot topic in the field of physical education in schools in recent years. With the promulgation of "the Development of Core literacy of Chinese Students", the cultivation of Core literacy of Discipline becomes an important direction of deepening curriculum reform in China. The core literacy of physical education and health disciplines plays an important role in promoting students' core literacy. In order to cultivate the core literacy of physical education, we should make good use of every physical education class and reform the traditional physical education teaching model. The Chinese Health Physical Education Curriculum Model has its unique teaching characteristics, and it has positive effects on all dimensions of the core literacy of physical education and health discipline. This study used the Chinese Health Physical Education Curriculum Model to explore how the teaching characteristics of the model are used in physical education and what evidence is currently available to validate this view. This study uses an explorative literature overview with an inductive approach, comparative analysis, and significant themes in published peer reviewed articles, with a focus on physical literacy and physical education, and mathematical statistics method are also used in this study. The results show that the Chinese Physical Education Curriculum Model has an indirect effect on athletic ability, healthy behavior, and sports morality. Through structured exercises and 10 minutes of physical fitness, students' physical activity participation was improved, students' physical and mental health was enhanced, and students' core literacy of physical education and health discipline was promoted. Through the research and discussion on sports ability, healthy behavior and sports morality, this study provides partial support for Chinese healthy physical education curriculum model in promoting the core literacy of physical education disciplines, and provides an important reference for further promoting the development of core literacy of physical education and health disciplines in China.

*Keywords:* Chinese Healthy Physical Education Curriculum Model, Core literacy of Discipline, Physical and Mental Health