



Some solutions for developing school sports in Vietnam today

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Abstract

Physicality is one of the five comprehensive human education goals of our society today, which is the basis for receiving the remaining educational aspects. Physical education in schools contributes to protecting and promoting health, helping students develop comprehensively both physically and soul, and physical education in schools makes students dynamic, more excited in learning, is the moment to reduce the pressure of cultural studies. The Ministry of education and training has stipulated that the duration of physical education in the school is 4 periods. But most schools only perform 2 main lessons, 2 extra -curricular lessons have not been implemented and the practical effect on physical education among students is not guaranteed. Although there has been no specific survey, the reality shows that students often attach importance to learning culture and physical education is overlooked.

Keywords: Physicality, sport, schools, education

1. Introduction

Sports is a basic part of our country's sports and sports, including compulsory physical training hours and non -school sports activities of students. Developing school sports school has a special importance in preparing for the younger generation of physical health and ethical and psychological qualities for them to have a happy life and meet the requirements of multiplication force in the industrialization and modernization of the country. Recently, with the attention and direction of the government and local governments, the general efforts of the education and training sectors and the sports sector, the physical education and sports in the school have been having a encouraging development, positive contributions to the overall achievement in the cause of education and training, improving the condition and stature of Vietnamese people. However, besides the achievements, in general, the physical education is still limited and weak: Low quality, educational efficiency is not high, not meeting the current requirements in. Teachers are still lacking and weak in expertise, poor facilities, curriculum, curriculum of teaching methods, slow management, achievements of many sports are too low compared to the area. The sector and around the world, the quality of school education is still low, has not met the needs of the country in the new period.

2. Research content and results

2.1. The Party's policy on school sports development

In recent years, our country's physical training and sports have made great progress. The mass sports continues to develop in a variety of forms, contributing to improving health, building a healthy lifestyle, improving the cultural and spiritual life of the people. High performance sports have developed, achievements in some subjects achieving Asian and world level. Facilities and techniques for physical fitness and sports have been gradually upgraded and built. International cooperation on sports has been enhanced, the position of Vietnamese sports has been improved, especially in Southeast Asia.

Achieving the above achievements is due to the attention and leadership of the Party committees and authorities; The active and effective participation of sectors, unions, social organizations, economic organizations and a large number of people; The efforts of coaches, athletes and sports staff.

However, the leadership and direction of the Party committees and authorities for physical training and sports in some localities and the industry are incomplete, many places also underestimate physical training and sports; The movement of gymnastics and sports is not extensive, especially in rural areas, mountainous areas and industrial parks. Physical education and sports activities among students and students are not frequent and ineffective. Sports achievements are not sustainable, especially Olympic sports; Negative in sports, especially in football and high performance sports. The system of organization of physical training and sports is not stable, the contingent of officials, facilities and science and technology have not met the requirements. State management of physical training and sports is slow to innovate. State investment in physical training and sports is still low, mobilizing resources from the community is limited.

Directive 36-CT/TW and directions and tasks have been determined by the Party Congress of the Party: "Promoting sports activities, improving the physical condition and stature of Vietnamese people. Developing the mass sports movement with a widespread basic network; training and retraining athletes' contingent of athletes High -achievement sports, bringing Vietnamese sports to the general level in the East - South Asia region and has a high position in many subjects. Promoting socialization, encouraging people and organizations to participate in practical practicality, effectively cultural activities".

The exercise and sports must actively contribute to the implementation of socio -economic tasks, national defense, security and expanding foreign relations of the country, first of all contributing to improving health and training. The will, moral education, personality, lifestyle and improve the cultural and spiritual life of the people; Building a great unity bloc, improving national pride and repelling social evils in each locality. Strive to reach 18-20% of the national exercise in 2010. 80 - 90% of students and students meet the body training standards as prescribed; Holding the position is one of the top three countries in Sports in East - South Asia, some subjects have high rankings in Asian and world sports tournaments.

In order to carry out the above directions and tasks, the Party committees and the authorities need to lead the following:

Create a strong change in awareness and responsibility of the Party committees, authorities, sectors and unions on the task of developing sports and physical training in order to improve physical strength, foster will and will. Promote human factors, meet the requirements of the cause of industrialization and modernization of the country.

Mass sports activities in communes, wards and facilities are the basic background for developing sports and sports in our country. It is necessary to guide the guidance on the development of mass sports at the grassroots level nationwide, for all subjects, including the elderly, people with disabilities, teenagers, forces, forces armed; focus on rural and mountainous areas; exploiting and promoting traditional forms of training and national sports. Building a network of guides and athletes as the core of the movement. Gradually forming the sports and sports center of communes, wards and townships associated with schools, teenagers and cultural institutions at the grassroots level. On that basis, discover and foster young sports talents.

Promote sports activities at school. Going to ensure that each school has a specialized gymnastics teachers and standard

gymnastics classes, facilitating the quality of physical education; Consider this as a criterion for recognition of national standard schools. Consolidating and improving the quality of the system of sports and sports staff and national sports talent training; forming sports facilities. Focus on political education, morality, will, national spirit, courage, creativity, honesty for athletes, coaches and sports staff.

Developing Vietnamese sports with advantages. Continue to perform professionalization of some sports suitable to the socio -economic development conditions of our country and soon summarize and draw experience to unify awareness, better implementation, ensure orientation. Continue to promote sports socialization. Basic innovation of state management forms and measures on sports and sports; Most of the transfer of sports activities to social organizations on sports. Create a basis for developing sports economy.

Promote the application of science and technology and build facilities to ensure our country's physical training and sports development, quickly shorten the gap with other countries. Attaching importance to practical reviews and building specialized theory of sports and sports.

Increasing the State's investment in the field of physical training and sports, giving priority to the development of sports in schools, rural and mountainous areas. Localities need to take positive measures to mobilize the contribution and investment of society to develop sports. Seriously implement land planning for sports activities in communes, wards and schools.

Sports industry, ministries, branches and localities should contribute to the most positive spirit of preparing in all aspects to best organize the 22nd SEA Games and compete to achieve. High product at the SEA Games, strengthening the propaganda, education and mobilization of the people, in order to ensure political, cultural and diplomatic goals. It is necessary to have a plan and measures to effectively preserve and use works and facilities for sports and physical training and sports after the SEA Games, and prepare the necessary conditions to be able to host the Congress. Asian sports and other international sports tournaments.

The Politburo has issued Resolution No. 08-NQ/TW on "Strengthening the Party's leadership, creating a strong development of sports and physical training to 2020" (Resolution 08). Resolution 08 has determined the viewpoint of developing sports in the international integration period: "Developing sports is an objective requirement of society, in order to contribute to improving health, fitness and quality. The lives of the people, the quality of human resources, is also the responsibility of the Party committees, authorities, mass organizations, social organizations and each citizen, ensuring the physical training and sports day more developed ". Accordingly, it is necessary to pay attention to investing in building physical and physical facilities, promoting social resources to develop sports, renovating the management and administration methods of the State on sports. Resolution 08 has also set out the common tasks and measures such as: Party committees, authorities, Fatherland Front and socio -political organizations that need to strengthen leadership, direction, interest in With sports activities, thoroughly grasping the Party's views on sports work. On that basis, the guidelines of leadership and direction of physical training and sports work in each industry, each locality and basis accordingly; Party committees and authorities should pay attention to directing the propaganda to create a deep change in the awareness of all levels, sectors and the whole society

on physical training and sports.

After 11 years of implementing Resolution 08, with the attention of the Party committees, authorities and the whole society and the efforts of the entire sports and sports industry, the country's physical training and sports has achieved important results, Contributing positively to the overall achievement in cultural, sports and tourism, especially preparing to foster high quality human resources, serving the country's socio-economic development tasks.

2.2. The current situation of school sports

Regarding the physical education and sports school, the school year 2019-2020 has 69% of students who have not participated in physical training and sports activities, 76.5% of students failing to meet the standards of physical classification according to year old. The lack of investment in facilities is also one of the causes that have not attracted a large number of students to participate in exercise and sports. Currently, the country has over 40,493 general and preschool education institutions with more than 23 million children and students accounting for about 25% of the total population. In addition to the interest in education, children, students still need and need to enjoy health care, common disease prevention and diseases caused by the school factors. Therefore, it is necessary to take care of the children right from the school chair.

The ministries and branches have implemented a number of programs and projects to care and protect the health of children such as disease prevention, expanded vaccination, preventive control, food hygiene, etc. However, school health is still a painful issue, need to be cared for and invested more to ensure the implementation of the comprehensive development goals of virtue, mind, body and beauty for them, in which Including nutrition and school meals, clean water and school hygiene, school pathology, physical education and school sports.

Based on international experience and the situation of health and illnesses of children, students in educational institutions in Vietnam, difficulties and limitations in coordinating the integration of programs, the project on improving health, physical strength and stature for children, students and the Government has assigned the Ministry of education and training to preside over and coordinate with the Ministry of health, the Ministry of culture, sports and tourism ministries and relevant agencies in researching and developing a overall scheme on school health, period 2021 - 2025, vision to 2030, including school meal program instead of the school milk program due to the Ministry of health implemented and submitted to the Prime Minister in the third quarter of 2021". Implementing the direction of the Government, the Ministry of education and training has cooperated with the Ministry of health and the concerned ministries to develop and submit to the Government of the school health program for the period 2021 - 2025. October 2/October 2 2021, the Government issued Decision No. 1660/QĐ -TTg approving the school health program for the period 2021 - 2025 to ensure comprehensive physical and mental care for children and students in the muscles.

School health program objectives in the period of 2021 - 2025 aims to maintain and promote education, care, protection and management of children and students in preschool education institutions and high school, to ensure comprehensive physical and mental development for students. The program sets up 5 important content groups, corresponding to that are

specific targets and 7 groups of tasks and positive solutions. With the introduction of 5 content groups and 7 groups of solutions, the school health program in the period of 2021-2025 with the participation of 9 ministries and relevant departments and agencies; People's Committee of 63 provinces and cities directly under the central Government; department of education and training of provinces and cities, the response of more than 22 million students, tens of millions of parents and teachers at nearly 41,950 schools nationwide and social forces have joined hands to support support. Support to implement basic solutions stated in the program.

2.3. School sports development solutions in Vietnam today

Firstly, strengthen the leadership of the Party and authorities at all levels and sectors for children's health care, especially physical health. First of all, it is necessary to create a strong change in the awareness of the Party committees and authorities at all levels about the importance of the task of protecting and taking care of physical health for children, in order to meet the requirements of the career. Building and defending the Fatherland. Health care for children must be concerned by the whole society and participate in a voluntary and positive way. It is necessary to have a uniform coordination and uniform coordination between sectors, levels and social organizations in implementing children's health care strategies, first of all the coordination between education and training sectors; Culture, sports and culture; labor, Health, should be based on organizations such as Ho Chi Minh Communist Youth Union, Fatherland Front and mass organizations, socio-political organizations to direct physical health care. Ho Chi Minh Communist Youth Union should be tasked with organizing sports activities for teenagers, considering sports activities as an important content of the delegation.

Need to improve the family's responsibility for physical health care for children. Organize fostering, guide knowledge, skills and experience in physical health care of children for families and the community, first of all need to educate the habit of self-training, keeping hygiene, building a clean, healthy lifestyle; encourage and create conditions for children to participate in sports activities.

Secondly, the state needs a policy of school sport development. Physical health is the foundation of human health and intelligence. Therefore, developing school sports to improve the physical health of children is considered one of the priority directions of general health care and in the development of sports and sports development strategy of our country.

In the current situation, to develop the state sports school, the State needs specific policies and strengthen the budget to train and foster teachers and sports guides; Investing in facilities, yards and training tools for physical education activities in schools from preschool level upwards. Performing each school has sports teachers and yards and training tools. Especially, it is necessary to focus on investment effectively and practically for mountainous, remote and highland areas, for poor and difficult localities. The State needs to develop and implement the regimes and policies to encourage physical education for schools, as well as for teachers and students. This can be considered a breakthrough to develop school sports.

Thirdly, enhance the coordination of responsibility between the education & training industry and the sports industry for

the development of the school sports. First of all, the education & training industry needs to renovate the content and method of school sports (including internal gymnastics and sports activities outside school hours in residential areas). The content and methods of physical education for students need to focus on solving tasks to improve their stature; comprehensive development of physical factors, including priority: endurance, strength and ingenuity; Fostering basic movement skills, necessary for life. It is necessary to organize physical health assessments for children every year. Innovating physical education management in the direction of promoting the creative role of the school and initiative of teachers and students, based on the orientation of content and testing standards and pedagogy. Promote research and application of science, as well as summarize and disseminate good physical education experiences in schools. The sports industry needs to actively coordinate and support the education & training sector to organize sports and sports activities outside school and school for children. It is necessary to consider school sports as a key and regular task in directing and developing movement sports at all levels. Diversify forms of organizing training and competitions for children and teenagers at the grassroots level, especially in summer holidays. Focusing on developing sports in the system of cultural houses, children's houses, from grassroots to nationwide. Building and implementing the sports development program in children in extremely difficult circumstances.

3. Conclusion

Developing school sports has a great strategic significance on the one hand to promote physical education, improve the health and cultural life of students to actively prepare human resources for the future, wearing, wear other in order to contribute to detecting and training gifted and sports talents for the country. If you want to develop school sports in Vietnam, we need to create a push such as redefining the position, the role of gymnastics, giving accurate evaluation criteria, giving exercise is the main subject, must teach in essence, essentially and can go to exercise as one of the conditions when transferring or going to college. From there, society will change the awareness to develop school sports and school sports, as a solid foundation for high performance sports and especially as the foundation for building a healthy society.

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