Syllabus of WuShu

**I. Basic course information**

|  |  |  |  |
| --- | --- | --- | --- |
| **English names** | WuShu | **Course code** | PEED6053 |
| **Nature of the course** | Professional required courses | **The teaching object** | Physical Education |
| **Learning points** | 2 credit | **When learning** | 72 |
| **On teachers'** | wang | **The revision date** | 2021.3 |
| **Appoint teaching material** | 1. CAI Zhonglin, Zhou Zhihua, WuShu (second edition), Higher Education Press, 2009  CAI Zhonglin et al. WuShu, Higher Education Press, July 2000, the third edition  3. Teaching Materials Committee of National Physical Education Colleges, Chinese WuShu Course, People's Sports Publishing House, 2004  4. Xingshenquan refers to the general high school curriculum standard experimental textbook "Physical Education and Health (Compulsory)", a whole volume for teachers, People's Education Press, January 2007  5. Wushu Aerobics refer to "National Series of Wushu Aerobics in Primary and secondary schools - Reference Book for Teachers", Higher Education Press, September 2010  6, Fitness stick reference compulsory education curriculum standard experimental textbook "Physical Education and Health" seventh - ninth grade complete volume, People's Education Press, June 2001 | | |

**Course objectives**

1. **Overall objectives:**

To WuShu elementary theory knowledge, technology and skills as the main teaching contents, practice as the main teaching means, through the WuShu, boxing, boxing, sword, shape and fitness bat, tai chi, primary sabreplay, simplify the twenty-four taijiquan teaching, make students master of WuShu technique and its basic theoretical knowledge, teaching skills and master WuShu technology.Through the teaching of wushu professional theoretical knowledge, the students can systematically master wushu teaching theories and methods, and have self-learning ability, practical ability and creative ability, and the ability to organize grass-roots wushu competitions and judge.Master the teaching and training means and methods of WuShu, and make them apply in practice.Strengthen students' patriotic feelings, improve their personality and psychological quality, and train students to be fearless of challenges and innovative learning ideas.

1. Course Objectives:

Make the students master the basic techniques and theoretical knowledge of wushu, and understand the origin and development of wushu as well as the characteristics and functions of wushu sports.Familiar with the specifications of wushu competition venues and wushu competition etiquette, basic knowledge of wushu judging rules and methods.Master wushu teaching and training theory knowledge and teaching methods, have the ability of wushu teaching and training.

**Course Objective 1:**

Pay attention to cultivate students to establish a strong sense of patriotism, cultivate students tenacious struggle, struggle have my belief, inspire students to establish a sense of mission and responsibility of inheriting traditional culture.At the same time pay attention to the implementation of etiquette education, enhance students' national identity and pride.To make them to abide by the professional ethics of primary and secondary school teachers, with the awareness of teaching according to law, ideals, beliefs, moral sentiment of the physical education teachers.

**Course Objective 2:**

Under the combined action of teaching, learning and practice, students can systematically master the basic theory of wushu teaching and training in primary and secondary schools, reasonably explain the basic theoretical issues of wushu, be familiar with wushu judging rules and judging methods, and be competent in wushu competition judging and planning.

**Course Objective 3**

To strengthen the teaching of basic WuShu skills, have a certain basis of WuShu skills, master WuShu skills and movements, and can independently practice WuShu routines.Be able to engage in the teaching and training of WuShu.

**Objective 4**

Training students' innovative ability and teaching ability of organization, improve the offensive and defensive ability, technology integrated use of skills, language ability, demonstration ability, and the ability to fuck the plait WuShu and WuShu movements, reasonable use of teaching methods and means, improve the ability of students engaged in primary and secondary school physical education teaching, and through the teaching practice to make the students to integrate theory with practice.

**Objective 5**

Through group cooperation learning practice, cultivate students' ability to communicate with each other, help each other, solve problems together, cultivate students' collective consciousness, and promote students' physical and mental health development.

(iii) Correspondence between course objectives, graduation requirements and course content

**Table 1: Correspondence between course objectives, course content and graduation requirements**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course objectives** | **Course sub-objectives** | **Corresponding to course content** | **Corresponding to graduation requirements** |
| Course Objective 1 | 1.1, 1.2, 1.3 | Wushu overview, wushu culture, wushu teaching | Ethics norms |
| Course Objective 2 | 2.1, 2.2, 2.3 | Wushu overview, wushu culture, wushu teaching | Education feelings |
| Course Objective 3 | 3.1, 3.2, | Wushu gymnastics, juvenile boxing, form and spirit boxing, fitness club, juvenile sword, primary dao, simplified 24 tai Chi | Knowledge integration |
| Objective 4 | 4.1, 4.2, | Wushu gymnastics, juvenile boxing, form and spirit boxing, fitness club, juvenile sword, primary dao, simplified 24 tai Chi | Teaching ability |
| Objective 5 | 5.1, 5.2, 5.3 | Wushu gymnastics, juvenile boxing, form and spirit boxing, fitness club, juvenile sword, primary dao, simplified 24 tai Chi | Comprehensive education |

**3. Teaching content**

**The first chapter WuShu overview, WuShu culture, WuShu teaching**

1. Teaching Objectives: To enable students to understand the origin and development of wushu, its characteristics and functions, its relationship with Traditional Chinese culture, and its teaching steps and methods

2. Teaching key and difficult points: Wushu teaching steps and methods

3. Teaching content: the origin and development of Wushu, wushu culture, wushu content and classification, wushu teaching steps and methods

4. Teaching methods: Explain with PPT and teaching examples

5. Teaching evaluation: Record evaluation by asking questions in class

**Chapter 2 WuShu Gymnastics (Hero Boy)**

1. Teaching objectives: To enable students to master the basic technical essentials, practice methods, offensive and defensive meanings of WuShu exercises, and learn to create WuShu exercises

2. Teaching key and difficult points: basic hand shape and step shape

3. Teaching content: 1 starting motion, 2 pulling motion, 3 opening and closing motion, 4 kicking movement, 5 lateral spread movement, 6 twisting movement, 7 pitching movement, 8 jumping movement, closing motion

4. Teaching methods: video teaching method, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter three Juvenile Boxing**

1. Teaching objectives: Through teaching, students can master the technical essentials of juvenile boxing, practice methods, offensive and defensive meanings of movements, and practice independently

2. Teaching key points: hook kick and wrist punch and its action route

3. Teaching content: preparatory, 1 round fist, 2 moon balance, 3 jump step punch, 4 spring kick punch, 5 horse step horizontal punch, 6 parallel arm hug, 7 lunge push palm, 8 turn split palm, 9 smash fist side kick, 10 lift fist embrace

4. Teaching methods: video teaching method, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter 4 Form and Spirit boxing**

1. Teaching objectives: Through teaching, students can master the movement essentials, practice methods and offensive and defensive meanings of xingshenquan, and be able to practice independently

2. Teaching key and difficult points: the movement methods of shaking feet and lifting knees, turning around and lifting knees and double hands

3. Teaching content: preparatory 1 step and embrace fist salute, 2 left and right side punch, 3 step and push and turn and embrace fist, 4 shock foot punch, 5 pedal foot punch, 6 horse step left and right punch, 7 shock foot punch, 8 pedal foot punch, 9 horse step right and left punch, 10. Step into hook pushing palm palm, 11, 12 play play pushing palm, lunges strike (13, 14 roundhouse hit a boxing, lunges strike (15, 16 feet lunges double push hand, 17 roundhouse tap, 18 lunges elbow, step 19 xie strike (wear, 20 knee zhang steps, 21 servant in palm, 22 virtual hand, blow foot lift knee strike (23, 24 lunges boxing, 25 kick boxing, 26 turned Knee lifting double palm lifting, 27 knee lifting and palm piercing, 28 foot stepping and palm piercing, 29 foot swinging, 30 lunge holding and closing

4. Teaching methods: video teaching method, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter 5 Fitness club**

1. Teaching objectives: To enable students to master the basic skills of the fitness club, the main points of action, the meaning of attack and defense, and to complete independent exercises.

2. Teaching key and difficult points: Pick a stick and turn around

3. Teaching content: starting potential, 1 knee lift flat swing, 2 horse step oblique split, 3 up step flat jab, 4 step cover handle, 5 independent split stick, 6 foot shock forward jab, 7 change of stick lift, 8 lunge split stick, 9 with step pick, 10 turn stick, 11 horse step oblique split, closing potential

4. Teaching methods: video teaching method, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter 6 The Young sword**

1. Teaching Objective: To enable students to master the basic skills of sword and practice independently.

2. Teaching key and difficult points: holding method of sword, turning over and stabbing

3. Teaching contents: 1 lunge forefinger, 2 return to wearing sword, 3 false step to hand sword, 4 rest step to lower sword, 5 jump step to straight sword, 6 ding step to cut sword, 7 lunge to cut sword, 8 jump step to flat cut sword, 9 turn to lower sword, 10 knee to lift side point, 11 parallel step to straight sword, 12 hand to draw sword

4. Teaching methods: video teaching, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter 7 Elementary Dao (Paragraphs 1 and 2)**

1. Teaching Objective: To enable students to master the basic movements and techniques of the primary knife and complete them independently.

2. Teaching key and difficult points: Wrap the head around the brain

3. Teaching content: Paragraph 1:1 lunge head wrapping, 2 lunge hidden sword, 3 lunge forward thrust, 4 parallel lunge up thrust, 5 left brandish chop, 6 right brandish chop, 7 lunge lift, 8 lunge hidden sword;The second stage: 9 kneecap head, 10 lunge flat chop, 11 servant step with knife, 12 rest step down chop, 13 left cleaver, 14 right cleaver, 15 rest step press knife, 16 horse step flat cleaver

4. Teaching methods: video teaching, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter 8 Simplified 24 - style Taijiquan**

1. Teaching Objective: To enable students to master the complete set of simplified 24-form Taijiquan and complete it independently.

2. Teaching key and difficult points: The movement routes and key points of white crane's wings, bird's tail, cloud hand and submarine needle.

3. Teaching Content: 1 potential, about 2 horses mane, 3 white crane spreads its wings, her knees flexed around 4 steps, 5 hand waving the pipa, roll back brachial around 6, 7 left tails, 8 right block tails, 9 single whip, wave hands like a cloud around 10, 11 single whip, 12 high qing, 13 feet right, 14 bimodal penetration ears, 15 turned and left the feet, 16, bottom type independent, 17 right type, about 18, 19 Bottom needle, 20 flash arm, 21 turn around to move block hammer, 22 seal like closed, 23 cross hand, 24 close

4. Teaching methods: video teaching, explanation teaching method, demonstration teaching method, decomposition teaching method, complete teaching method, error correction teaching method

5. Teaching evaluation: Record the performance of classroom practice

**Chapter IX Examination**

**Four, class hours allocation**

**Table 2: The specific content of each chapter and the time allocation table**

|  |  |  |
| --- | --- | --- |
| chapter | chapters | Distribution of school |
| The first chapter | Wushu overview, wushu culture, wushu teaching | 4 |
| The second chapter | Wushu Gymnastics (Hero Boy) | 4 |
| The third chapter | Young fist | 8 |
| The fourth chapter | The fist of mental | 12 |
| The fifth chapter | Fitness bat | 8 |
| Chapter vi | Juvenile jian | 8 |
| Chapter vii. | Basic Dao (Section 1 and 2) | 8 |
| Chapter viii. | Simplified 24 forms of Taijiquan | 16 |
| Chapter 9 | Assessment of | 4 |

**V. Teaching progress**

**Table 3: Teaching schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| weekly | The date of | The teaching content | hours | requirements | note |
| 1 |  | Wushu overview, wushu culture, wushu teaching | 4 | Master basic theoretical knowledge |  |
| 2 |  | Wushu Gymnastics (Hero Boy) | 4 | Master the basic skills and passwords of wushu exercises |  |
| 3 |  | Junior Boxing (1) | 4 | Master the basic skills and techniques of juvenile boxing |  |
| 4 |  | Junior Boxing (2) | 4 | Master the basic skills and techniques of juvenile boxing |  |
| 5 |  | Form and Spirit Boxing (1) | 4 | Master the basic techniques and techniques of xingshenquan |  |
| 6 |  | Form and Spirit Boxing (2) | 4 | Master the basic techniques and techniques of xingshenquan |  |
| 7 |  | Form and Spirit Boxing (3) | 4 | Master the basic techniques and techniques of xingshenquan |  |
| 8 |  | Fitness Club (1) | 4 | Master the basic techniques and techniques of fitness club |  |
| 9 |  | Fitness Club (2) | 4 | Master the basic techniques and techniques of fitness club |  |
| 10 |  | Young Sword (1) | 4 | Master the basic skills and techniques of juvenile sword |  |
| 11 |  | Young Sword (2) | 4 | Master the basic skills and techniques of juvenile sword |  |
| 12 |  | Primary Knife (section 1) | 4 | Master basic knife skills and techniques |  |
| 13 |  | Primary Knife (Section 2) | 4 | Master basic knife skills and techniques |  |
| 14 |  | Simplified 24 Forms of Taijiquan (1) | 4 | Master the basic movements and movement routes of simplified 24-form Taijiquan, requiring coordination and standardization of movements |  |
| 15 |  | Simplified 24-style Taijiquan (2) | 4 | Master the basic movements and movement routes of simplified 24-form Taijiquan, requiring coordination and standardization of movements |  |
| 16 |  | Simplified 24 Forms of Taijiquan (3) | 4 | Master the basic movements and movement routes of simplified 24-form Taijiquan, requiring coordination and standardization of movements |  |
| 17 |  | Simplified 24-style Taijiquan (4) | 4 | Master the basic movements and movement routes of simplified 24-form Taijiquan, requiring coordination and standardization of movements |  |
| 18 |  | Review and assessment | 4 | Check the teaching effect |  |

This course carries on the classroom instruction according to the curriculum ideological and political requirements.

**Teaching materials and bibliography**

1. CAI Zhonglin, Zhou Zhihua, WuShu (second edition), Higher Education Press, 2009

CAI Zhonglin et al. WuShu, Higher Education Press, July 2000, the third edition

3. Teaching Materials Committee of National Physical Education Colleges, Chinese WuShu Course, People's Sports Publishing House, 2004

4. Xingshenquan refers to the general high school curriculum standard experimental textbook "Physical Education and Health (Compulsory)", a whole volume for teachers, People's Education Press, January 2007

5. Wushu Aerobics refer to "National Series of Wushu Aerobics in Primary and secondary schools - Reference Book for Teachers", Higher Education Press, September 2010

6, Fitness stick reference compulsory education curriculum standard experimental textbook "Physical Education and Health" seventh - ninth grade complete volume, People's Education Press, June 2001

**7. Teaching methods**

(1) Theoretical courses

Using multimedia technology, teaching according to the topic, combining theory with practice.According to the requirements of the syllabus, explain the teaching objectives, teaching content and assessment methods of the course.Around this course basic knowledge, widely collect and organize related information, grasp the development trends of this course, introduces the origin, development and current situation of WuShu, content and classification, characteristics and function, through the way of asking questions, guides the student to discuss in class and after class for information consulting, enjoyment of the game, to enhance students understanding of WuShu, Improve your interest in learning, broaden your horizon and form a unique perspective on WuShu.

(2) Practice class

1. The teaching method of combining video, explanation, demonstration and leading is mainly used to make students form the correct representation of movements, understand the principles and essentials of movements, and improve the accuracy and rationality of students' exercises.Demonstrate the process and results with complete demonstration, analyze the main points or difficulties of the action with decomposition demonstration, and show the wrong action with contrast demonstration.Focus on the common problems and explain the individual problems separately.To reflect the principle of intensive practice, to ensure the number of practice and effect, the combination of practice, while speaking practice, to ensure the multi-channel information transmission, timeliness and effectiveness.

2. Use modern multimedia technology to improve the speed and accuracy of information feedback, and guide students to study in a targeted way.The use of live video playback, mobile phone video playback intuitively show the problems existing in the students' practice.

3. Encourage students to study independently and cultivate their self-confidence and creativity.The teaching of wushu is to let students master the correct movement skills and be able to skillfully use them.In WuShu learning, according to individual ability, give play to their own advantages, in the continuous practice to improve the practice of self-consciousness, autonomy, enhance their self-affirmation, trigger their self-reflection ability.

**Viii. Assessment methods and assessment methods**

**(I) Correspondence between course assessment and course objectives**

**Table 4: Correspondence between course assessment and course objectives**

|  |  |  |
| --- | --- | --- |
| **Course objectives** | **The inspection points** | **The inspection way** |
| Course Objective 1 | Wushu overview, wushu culture, wushu teaching | Class questions, classroom practice, final assessment |
| Course Objective 2 | Wushu overview, wushu culture, wushu teaching | Class questions, classroom practice, final assessment |
| Course Objective 3 | Wushu gymnastics, juvenile boxing, form and spirit boxing, fitness club, juvenile sword, primary dao, simplified 24 tai Chi | Class questions, class assessment, final assessment |
| Objective 4 | Wushu gymnastics, juvenile boxing, form and spirit boxing, fitness club, juvenile sword, primary dao, simplified 24 tai Chi | Class questions, class assessment, final assessment |
| Objective 5 | Wushu gymnastics, juvenile boxing, form and spirit boxing, fitness club, juvenile sword, primary dao, simplified 24 tai Chi | Class questions, class assessment, final assessment |

**(2) Assessment methods**

1. My usual grade is 10%

According to the attendance and classroom performance of students in the usual teaching, students in the usual classroom preparation activities, classroom discipline, answer questions, thematic discussion in language expression, demonstration level, martial moral performance and other aspects of the evaluation, the evaluation of the teacher.

2. Final grade is 60%

(1) Form and spirit boxing

(2) Simplified twenty-four forms of Taijiquan

This grade is assessed by an assessment panel

3. Theory score 30%

In the form of closed-book examination, the teacher evaluates the result according to the completion of the examination paper

**Technical scoring criteria:**

9 points above: standard movement, clear method, smooth power, up and down coordination, skilled completion of the movement.

8-8.9 points: standard movement, clear method, smooth power, good coordination up and down, able to skillfully complete the movement.

7-7.9 points: regular movements, clear methods, and skilled in completing movements.

6-6.9 marks: there is no major mistake in the movements, and the methods are basically reflected. Although temporary forgetting and uncoordinated movements occur, the stiffness is not very prominent, and the movements can be basically completed independently.(Forgotten no more than twice)

Below 6 points (excluding 6 points) : the movements are not standardized, the methods are not clear, the movements are not skilled, and the movements cannot be completed independently.

**2.Analysis of the assessment proportion and achievement degree of curriculum objectives**

**Table 5: Analysis table of assessment proportion and achievement degree of course objectives**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **The assessment of**  **Course objectives** | **At ordinary times**  **(%)** | **The theory of**  **(%)** | **The end of the semester**  **(%)** | **Degree of achievement of total evaluation** |
| Course Objective 1 | 10 | 30 | 60 | Course objective Total score ={0.10x usual score +0.3x theoretical score +0.60x final score}. |
| Course Objective 2 | 10 | 30 | 60 |
| Course Objective 3 | 10 | 30 | 60 |
| Objective 4 | 10 | 30 | 60 |
| Objective 5 | 10 | 30 | 60 |

**(iii) Scoring criteria**

| **course**  **The target** | **Scoring criteria** | | | | |
| --- | --- | --- | --- | --- | --- |
| **90-100.** | **80-89.** | **70-79.** | **60-69.** | **The < 60** |
| **optimal** | **good** | **In the** | **qualified** | **unqualified** |
| **A** | **B** | **C** | **D** | **F** |
| **course**  **Goal 1** | Through the study of wushu overview, wushu culture and wushu teaching, understand the origin and development status of wushu, master the content and classification, characteristics and functions of wushu, teaching steps and methods. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, and master the content, classification, characteristics and functions, teaching steps and methods of wushu. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, and basically master the content and classification, characteristics and functions, teaching steps and methods of wushu. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, and basically master the content and classification, characteristics and functions, teaching steps and methods of wushu. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, but we cannot master the content and classification, characteristics and functions, teaching steps and methods of wushu. |
| **course**  **Goal 2** | Through the study of wushu overview, wushu culture and wushu teaching, understand the origin and development status of wushu, master the content and classification, characteristics and functions of wushu, teaching steps and methods. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, and master the content, classification, characteristics and functions, teaching steps and methods of wushu. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, and basically master the content and classification, characteristics and functions, teaching steps and methods of wushu | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, and basically master the content and classification, characteristics and functions, teaching steps and methods of wushu. | Through the study of wushu overview, wushu culture and wushu teaching, we can understand the origin and development status of wushu, but we cannot master the content and classification, characteristics and functions, teaching steps and methods of wushu. |
| **course**  **Goal 3** | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, elementary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu gymnastics, juvenile boxing, form and spirit boxing, fitness short stick, juvenile sword, primary sword, simplified twenty-four style Taijiquan and other aspects, understand the movement characteristics and basic techniques of WuShu boxing, can basically master form and spirit boxing and simplified twenty-four style Taijiquan. | Through the study of wushu gymnastics, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary dao, simplified twenty-four style Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of wushu boxing, but can not master form and spirit boxing and simplified twenty-four style Taijiquan. |
| **Objective 4** | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, elementary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu gymnastics, juvenile boxing, form and spirit boxing, fitness short stick, juvenile sword, primary sword, simplified twenty-four style Taijiquan and other aspects, understand the movement characteristics and basic techniques of WuShu boxing, can basically master form and spirit boxing and simplified twenty-four style Taijiquan. | Through the study of wushu gymnastics, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary dao, simplified twenty-four style Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of wushu boxing, but can not master form and spirit boxing and simplified twenty-four style Taijiquan. |
| **Objective 5** | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, elementary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu exercises, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary sword, simplified 24-form Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of WuShu boxing and master form and spirit boxing and simplified 24-form Taijiquan. | Through the study of WuShu gymnastics, juvenile boxing, form and spirit boxing, fitness short stick, juvenile sword, primary sword, simplified twenty-four style Taijiquan and other aspects, understand the movement characteristics and basic techniques of WuShu boxing, can basically master form and spirit boxing and simplified twenty-four style Taijiquan. | Through the study of wushu gymnastics, juvenile boxing, form and spirit boxing, body-building short stick, juvenile sword, primary dao, simplified twenty-four style Taijiquan and other aspects, we can understand the movement characteristics and basic techniques of wushu boxing, but can not master form and spirit boxing and simplified twenty-four style Taijiquan. |

**Study advice**

1. Teaching should adhere to the guiding principle of "safety first, prevention first", and always pay attention to the rationality and safety of teachers in teaching content arrangement, teaching method selection, organization and management, protection measures and other aspects, so as to ensure the smooth development of teaching activities.

2. The study of basic skills and skills requires certain physical fitness, especially special physical fitness.Therefore, we should strengthen the exercise of physical quality in the teaching process.

3. According to the characteristics of the course, adhere to the concept of individual, bold innovation, use effective ways and methods to give play to students' own advantages, and strive to improve students' technical level, so that students can better experience the fun of sports, get a sense of achievement.

4. Train students to bear hardships and stand hard work, be brave and indomitable, not afraid of difficulties, consciously cultivate the sense of team, enhance the sense of collective responsibility.Carry forward the national spirit and spread fine culture.