Development and Practice of School-Based Curriculum Materials for Dragon and Lion Dance in the Context of Physical Education Integration

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Abstract: Against the backdrop of physical education integration, dragon and lion dance—as traditional Chinese sports—have been widely adopted in school physical education programs. This paper examines the significance of developing school-based curriculum materials for dragon and lion dancing from the perspective of physical education integration. It analyzes the content, presentation formats, and implementation pathways of such materials. By developing and implementing these materials, we can achieve the inheritance and promotion of traditional Chinese sports culture, foster students' holistic physical and mental development, accelerate the deepening of physical education integration, and establish innovative models for school sports. This paper aims to provide reference for schools in conducting dragon and lion dance teaching practices.

Keywords: Integration of physical education and education; Dragon and lion dance; School-based teaching materials; Traditional culture

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1. Introduction

Dragon and lion dance represent a distinctive traditional Chinese sport rich in cultural significance and educational value. Within the current context of advancing the integration of physical education and education, incorporating dragon and lion dance into school physical education holds profound importance for preserving traditional culture and supporting students' holistic development. However, schools currently face challenges such as scarce teaching materials and insufficient instructors when implementing dragon and lion dance programs. The development of school-based teaching materials tailored to the actual conditions of schools is urgently needed. This paper examines the significance of compiling school-based teaching materials for dragon and lion dance from the perspective of integrating physical education with education, and subsequently proposes methods for material development and implementation.

2. Significance of Developing School-Based Dragon and Lion Dance Curriculum from an Integrated Physical Education and Cultural Heritage Perspective

(1) Inheriting and promoting traditional Chinese sports culture

Dragon and lion dances are regarded as splendid treasures of traditional Chinese sports culture, carrying profound historical and cultural significance. By developing specialized school-based teaching materials for dragon and lion dancing and integrating them into physical education curricula, students will explore traditional

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techniques while discovering and appreciating cultural heritage. This process strengthens cultural confidence, enhances national pride, and promotes the inheritance and elevation of outstanding traditional culture [1].

(2) Promoting students' holistic physical and mental development

Dragon and lion dance activities enhance students' physical fitness while cultivating emotional resilience, teamwork spirit, and indomitable willpower. Through learning these dances, students build confidence and teamwork awareness while improving physical abilities and athletic skills, promoting holistic physical and mental development. Developing school-based curricula fully unleashes the educational potential of dragon and lion dance [2].

(3) Deepening the integration of physical education and academic learning, innovating school sports formats

As a crucial step in deepening the integration of physical education and academic learning, developing school-based curriculum materials for dragon and lion dancing helps expand the scope of school sports content and renew the framework of physical education instruction. By integrating dragon and lion dancing with school culture and arts education, it facilitates cross-disciplinary convergence, achieves a deep integration of physical education and academic learning, and provides novel approaches and directions for school sports reform.

3. Development and Implementation Strategies for School-Based Dragon and Lion Dance Curriculum Materials

(1) Development content: integrating dragon and lion dance techniques with cultural significance

The development of school-based dragon and lion dance curriculum materials must emphasize the integration of technique and culture. The materials should systematically explain the fundamental movements, routines, and performance styles of dragon and lion dance, helping students master the basic skills. It should also explore the historical and cultural foundations embedded within these traditions, including their developmental trajectories, notable figures, and anecdotes. This allows students to absorb and appreciate traditional culture while refining their skills, thereby enriching their humanistic literacy. Additionally, the development process must diligently uncover the educational value inherent in dragon and lion dancing, integrating it with school-based moral and aesthetic education to achieve comprehensive educational outcomes.

(2) Curriculum design: integrating theory and practice, tailoring instruction to individual needs

The design of school-based dragon and lion dance curricula must adhere to the principle of balancing theory with practice. While interpreting the cultural knowledge of dragon and lion dance, incorporate substantial hands-on practice sessions. The curriculum should scientifically structure teaching content and difficulty levels according to the physical, mental, and cognitive characteristics of students across different age groups, enabling tailored instruction. Diverse teaching materials should also be provided. This includes videos, images, and music to enhance visual engagement and interactive learning experiences. The curriculum should follow a progressive structure—from light to heavy, simple to complex—supporting students' gradual mastery of dragon and lion dance skills while boosting their interest and confidence.

(3) Implementation approach: integrating classroom and extracurricular activities with school culture development

The implementation of school-based dragon and lion dance curricula should fully leverage both classroom and extracurricular time, employing flexible teaching methods. Within physical education courses, teachers can guide students in learning and practicing dragon and lion dance skills based on the specific content of

the textbooks. Schools may establish dragon and lion dance clubs or interest groups to conduct training and performance projects. Integrating dragon and lion dance instruction with school cultural development is essential. Showcase achievements during campus cultural festivals or sports events to cultivate a rich traditional cultural atmosphere, enhance student engagement, and amplify external influence. Schools may also collaborate with local cultural and sports departments to invite specialized dragon and lion dance instructors for guidance, providing professional expertise and resource support for curriculum implementation.

4. Conclusion

Against the backdrop of advancing physical education integration, the development and implementation of school-based dragon and lion dance curricula hold significant importance. By blending the artistry and cultural essence of dragon and lion dance with flexible, innovative choreography and execution methods, we can effectively promote the inheritance and dissemination of traditional Chinese sports culture. This approach guides students toward holistic physical and mental development, enhances the effectiveness of physical education integration reforms, and shapes a new paradigm for school sports. The curriculum development and implementation methods presented herein offer valuable references for schools advancing dragon and lion dance instruction. It is hoped that this will facilitate the comprehensive integration of dragon and lion dance into school sports programs, contributing to the cultivation of a new generation of socialist builders grounded in Chinese cultural heritage and embodying the spirit of the times. It remains necessary to continuously explore and optimize the development and application of school-based dragon and lion dance curricula in practice, vigorously promote teaching insights, and advance the popularization and expansion of dragon and lion dance across national schools.

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