

SCHOOL PHYSICAL EDUCATION IN CHINA

# 中國學校體育







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1989

中華人民共和國大學生體育協會 編印  
中華人民共和國中學生體育協會

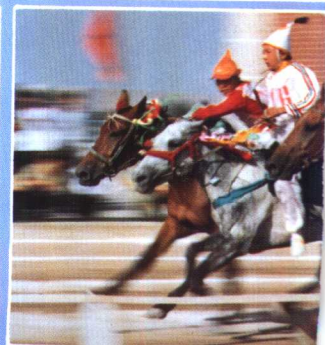
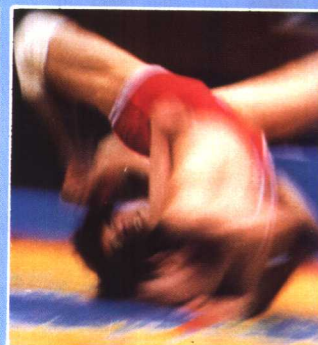
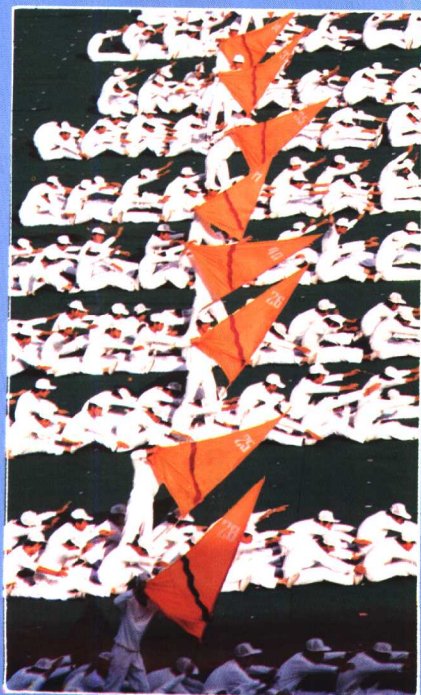
Edited by University Sport Association of the People's Republic of China  
School Sport Association of the People's Republic of China



# 目 錄

國務院總理李鵬題詞·····	( 4 )
國家教育委員會主任李鐵映題詞·····	( 5 )
國家教育委員會副主任何東昌題詞·····	( 6 )
國家體育運動委員會主任伍紹祖題詞·····	( 7 )
中華全國體育總會主席李夢華題詞 ·····	( 8 )
霍英東先生題詞·····	( 9 )
鄒時炎：發展中的中國學校體育·····	( 10 )
體育教學·····	( 24 )
課外體育活動·····	( 54 )
課餘訓練與競賽·····	( 88 )
民族傳統體育·····	( 130 )
衛生保健·····	( 150 )
體育科研·····	( 158 )
國際交往·····	( 166 )

封面題字：趙樸初

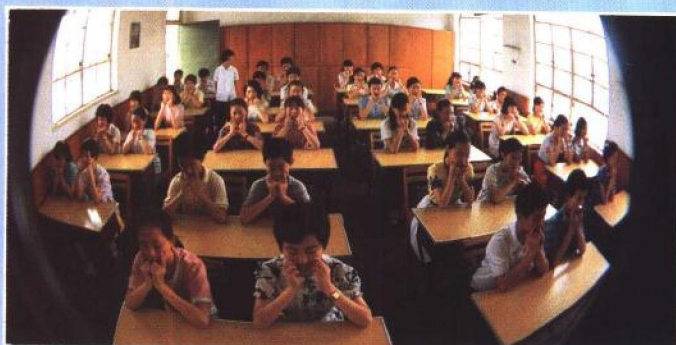
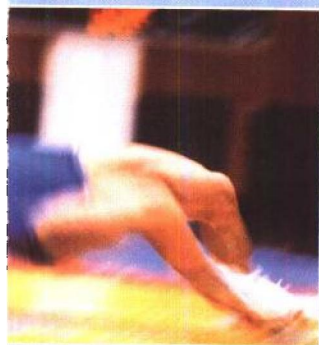




# CONTENTS

Message by Li Peng, Premier of the State Council .....	( 4 )
Message by Li Tieying, Minister in charge of State Education Commission .....	( 5 )
Message by He Dongchang, Vice-Minister in charge of State Education Commission .....	( 6 )
Message by Wu Shaozu, Minister in charge of State Physical Culture and Sports Commission .....	( 7 )
Message by Li Menghua, President of All-China Sports Federation .....	( 8 )
Message by Mr. Henry Ying Tung Fok .....	( 9 )
Development of School Physical Education in China by Zou Shiyan .....	( 12 )
Physical Education Teaching .....	( 25 )
Sporting Activities Outside Class .....	( 55 )
Training and Competition .....	( 89 )
Traditional Sports of Nationalities .....	( 131 )
Hygiene and Health .....	( 151 )
Scientific Researches .....	( 159 )
International Exchanges .....	( 167 )

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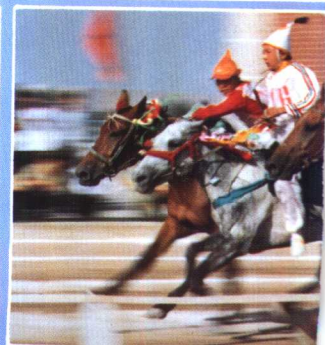
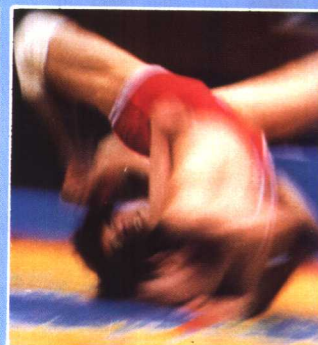
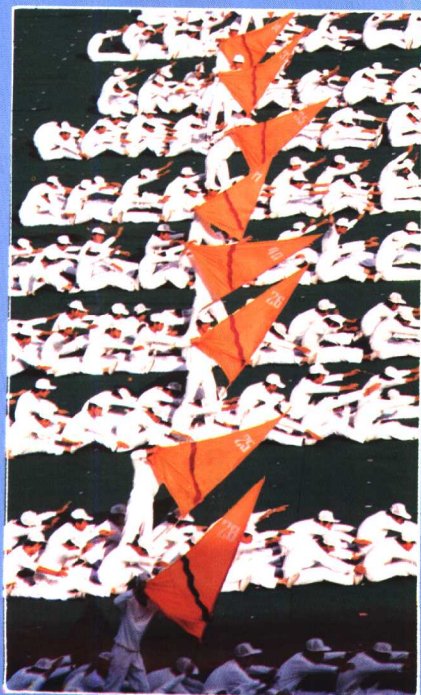
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體育教學·····	( 24 )
課外體育活動·····	( 54 )
課餘訓練與競賽·····	( 88 )
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衛生保健·····	( 150 )
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國際交往·····	( 166 )

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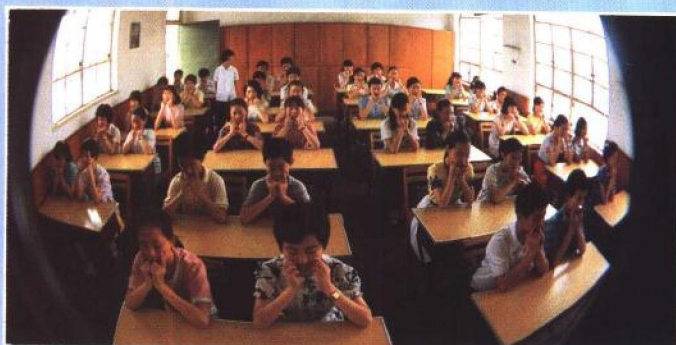
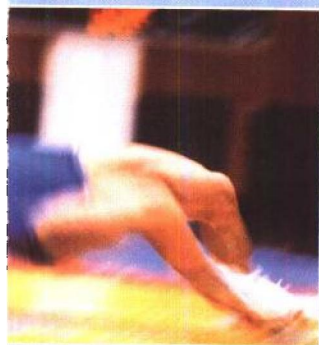




# CONTENTS

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Message by He Dongchang, Vice-Minister in charge of State Education Commission .....	( 6 )
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Hygiene and Health .....	( 151 )
Scientific Researches .....	( 159 )
International Exchanges .....	( 167 )

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各級教育部門、各類學校  
都要把體育作為培養德、智、  
體全面發展人才的手段，確實  
加強青少年體育，為增強人民  
體質，培養優秀人才打好基礎。

中華人民共和國國務院總理

李鵬

Educational departments at all levels and schools of all types should make earnest efforts to strengthen physical education among the youth and children as a measure for their all-round development—morally, intellectually and physically, so as to lay a good foundation for improving the people's health and developing their talents.

**Li Peng**  
Premier of the State Council





鍛煉身體  
振興中華

中華人民共和國  
國家教育委員會主任

李鐵映

Physical training for the rejuvenation of China.

**Li Tieying**  
Minister in charge of  
State Education Commission





加強學校體育，  
為提高民族的健康  
水平打好基礎。

中華人民共和國國家教育委員會副主任

Strengthen school physical education to lay a  
good foundation for building up the people's  
health.

**He Dongchang**  
Vice-Minister in charge of  
State Education Commission





學校體育是體育  
工作的基礎。

中華人民共和國  
體育運動委員會主任

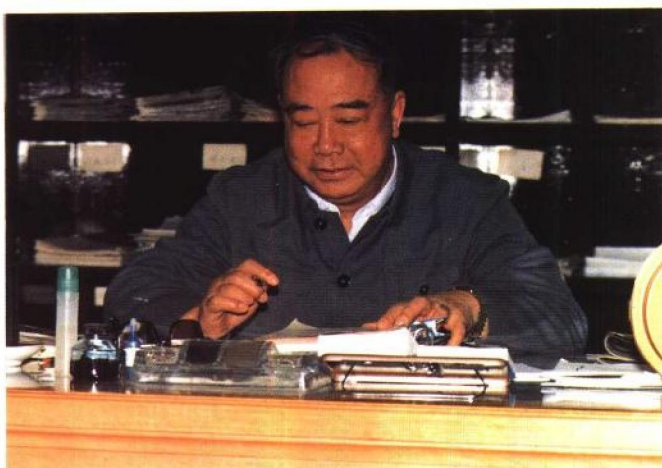
伍紹祖

School physical education is the basis for sports work.

**Wu Shaozu**

Minister in charge of  
State Physical Culture and Sports Commission





努力开展学校体育,促进  
学生身心、健康,培养全面发展  
的社会主义建设者和保卫者。

中華全國體育總會主席

李夢華

Let's work hard for school physical education, so that the students will develop a sound body and mind and become full-fledged builders and defenders of socialism.

**Li Menghua**

President of  
All-China Sports Federation





振興中華  
發展體育

黃英東

Develop physical education for the rejuvenation  
of China.

Henry Ying Tung Fok



# 發展中的中國學校體育

中華人民共和國國家教育委員會副主任 鄒時炎  
中華人民共和國中學生體育協會主席

中華人民共和國成立四十年來，中國共產黨和人民政府十分重視發展學校體育，關心青少年學生的健康成長。建國初期，針對舊中國遺留下來的學生健康狀況不好的問題，一九五〇年毛澤東主席就提出了“健康第一、學習第二”的要求。次年，周恩來總理領導的政務院及時向全國發出通知，指出，增進學生身體健康，乃是保證學生完成學習任務，並培養出有健康體魄的現代青年的重大任務，要求各級學校採取措施，減輕學生負擔。一九五二年，毛澤東主席又提出“發展體育運動，增強人民體質”的方針。由於各級領導的關懷和廣大師生員工的努力，中國的學校體育有了迅速的發展，學生的健康水平不斷提高，工作取得了豐碩成果。中國共產黨第十一屆三中全會以來，黨和政府進一步支持加強學校體育工作，國家教育、體育、衛生等部門多次聯合召開重要會議，提出了加強學校體育衛生工作的一系列有力措施，推動學校體育朝着新的目標前進。

爲了向國內外介紹中國學校體育發展的歷程和取得的成果，中國大學生體育協會和中國中學生體育協會聯合編印了《中國學校體育》畫冊，獻給中華人民共和國成立四十周年。

目前，中國有兩億多青少年和兒童分佈在全國近百萬所各級各類學校接受教育。黨和政府從全面提高中華民族素質、建設社會主義現代化國家的長遠大計出發，在教育方針和培養目標中明確規定，要使學生在德、智、體、美諸方面得到發展。同時強調指出，學校體育是整個國民體育的基礎，要予以高度重視。

國家對學校體育的行政管理主要通過國家教育委員會學校體育衛生司來具體組織實施，國家體育運動委員會等有關部門也設有管理學校體育工作的機構，

協同組織和指導學校體育的開展。同時，各地教育、體育等行政部門也設有專門機構和人員具體負責管理當地的學校體育。爲了組織各方面的力量共同推進學校體育，還先後成立了中國中學生體育協會、中國大學生體育協會等組織。

爲使學校體育的管理工作規範化，國家有關部門於一九七九年制定、頒發了高等學校和中小學體育衛生工作的暫行規定，一九八九年又修訂爲《學校體育工作條例》和《學校衛生工作條例》。它對各級各類學校體育和衛生工作的方針、任務、內容、體制、教師、經費、設備等都有明確的規定和要求。一九八七年，制定並頒佈了《中學生體育合格標準的試行辦法》等規定，明確規定體育不合格的學生不得報考高一級學校。

國家還陸續編寫、頒發了各級各類學校體育教學大綱，規定體育爲學生的必修課程。一九八八年，爲配合《中華人民共和國義務教育法》的實施，國家又編寫了《九年制義務教育體育教學大綱》。

爲了推動學校的群眾性體育活動，各學校積極開展早操、課間操和課外體育活動，努力實現每個學生每天不少于一小時體育鍛煉的要求。從一九六四年開始，在各級學校積極推行《國家體育鍛煉標準》（最初稱爲《準備勞動與衛國體育制度》），累計已有三億八千多萬人次的學生達到標準。課餘體育訓練和競賽活動，是中國學校體育的重要組成部分。大多數學校都建立了年級和全校的體育代表隊，積極開展訓練，並堅持每個學期或學年舉行校運動會。有些地方已建立了大學、中學、小學相銜接的“一貫制”課餘體育訓練體制，培養優秀體育後備人才。全國性的學校體育競賽由國家教育委員會、國家體育運動委員會、





共青團中央聯合主辦，或由大、中學生體育協會主辦，定期舉行。這些競賽活動為大、中學生提供了顯示運動才能的舞台。

學生的衛生保健是學校工作的重要內容。各級教育、衛生行政部門和學校都在努力做好體育、衛生的監督工作。國家頒佈了一系列學校衛生標準，學校衛生工作的管理系統已經初步形成。農村中、小學校的衛生保健工作逐漸加強。由於較廣泛地對學生開展了健康教育和常見病防治，學生的健康狀況不斷改善。

中國學校體育的科學研究工作，近年來有了重大的發展。為了系統地調查和掌握全國學生的體質情況，改進和加強學校體育、衛生工作，一九七九年在部分省、市進行了小範圍的青少年學生體質調查研究。隨後，一九八五年在全國各省、自治區、直轄市（台灣省暫未包括）進行了更大規模的學生體質與健康的調查研究，初步掌握了全國各民族兒童和青少年生長發育的現狀、特點及規律，為國家對學校體育衛生工作實行正確的決策和指導提供了科學依據。此項研究成果，獲得了一九八八年國家科技進步二等獎。國家主管部門已決定將此項工作制度化，定期在全國範圍內進行學生體質監測和調查研究。為了適應學校體育、衛生科學研究發展的需要，中央和地方均已設立了學校體育、衛生的研究機構，積極開展科學研究和學術交流。

國家始終重視體育師資隊伍的建設。至一九八八年底，已批准全國普通高等學校設置體育本科專業共達九種，先後在一百多所高等學校和近二百所中等師範學校分別開設了本科、專科體育教育專業和體育班，每年為國家培養萬餘名大、中、小學體育教師。近年來，還對在職體育教師進行業務培訓，並通過評選先進和優秀教師，給廣大體育教師以鼓勵。現在中國

的各類學校已擁有體育教師二十七萬餘人，他們已成為推動學校體育工作的骨幹力量。

各級政府和社會各界還為學校體育的發展提供了大量財力和物力的支持。四十年來興建的五十二萬多個體育場地中，就有三十三萬個是教育系統的，主要分佈在各級各類學校。

在國家對外開放政策的推動下，學校體育的對外交流日益活躍。在國際中學生體育聯合會和國際大學生體育聯合會中，中國已成為積極參與工作的正式會員國，多次派出運動員參加了世界大學生運動會和世界中學生運動會，取得了引人注目的成績。為了博採先進經驗，中國多次派出專家和有關人員赴國外考察學校體育，同時也接待了不少國家和地區的體育教育專家來華考察。

回顧中華人民共和國成立四十年來學校體育所取得的成就，令人鼓舞。但中國畢竟是一個地域廣闊，人口眾多的發展中國家，歷史的原因、地區的差異以及經濟條件的不同，使國內各地區學校體育的發展很不平衡。為此，中國各級教育、體育、衛生行政部門以及廣大的學校領導人、體育教師、衛生人員和社會人士正同心協力，奮發圖強，努力把中國的學校體育工作提高到一個新的水平。

向為發展中國學校體育做出貢獻的教育、體育、衛生工作者和國內外各界人士致敬！

向為編輯出版《中國學校體育》畫冊做出貢獻的單位和人士致謝！



# Development of School Physical Education in China

Zou Shiyan

*Vice-Minister in charge of the State Education  
Commission and President of School Sport  
Association of the People's Republic of China*

During the 40 years since the People's Republic of China was founded, the Chinese Communist Party and the people's government have paid great attention to the development of physical education in colleges and schools, to the healthy growth of the student youth.

As early as 1950, in view of the poor health condition prevailing among the students all over the country, the late Chairman Mao Zedong laid down the principle of "health first, study second." The following year, the State Council led by the late Premier Zhou Enlai issued a timely notice to the whole country, pointing out that the students' health must be improved if they are to complete their studies and grow up into a new generation with sound bodies, and demanding that measures be taken by all schools to reduce the heavy load of lessons on students. In 1952, Chairman Mao Zedong issued his directive: "Promote physical culture and build up the people's health." Thanks to the attention paid by the leadership at all levels and to the efforts made by the teachers, students and administrative staffs, our country's school physical education has rapidly developed and the students' health steadily improved. Since the Third Plenary Session of the 11th National Congress of the Chinese Communist Party in 1978, the Party and the government have given strong backing to school physical education. Many important meetings have been jointly held by education, sports and health departments of the State and a series of effective measures worked out and new goals set for strengthening PE and health work in colleges and schools.

In order to inform readers at home and abroad of the development and achievements in China's school physical education, the Chinese University Sport Association and the Chinese School Sport Association have jointly compiled this picture album in dedication to the 40th anniversary of the People's Republic of China.

At present, more than 200 million children and youth are studying at some one million schools of various kinds in the whole country. With a view to improving the quality of the Chinese nation in an all-round way and building China into a modernized socialist country, our Party and government have laid down a policy which states explicitly that students should be well developed morally, intellectually, physically and aesthetically, pointing out emphatically that school physical education is the foundation for the whole nation's physical education and deserves great attention.

The State exercises administration over school physical education mainly through the School PE and Health Department of the State Education Commission, which works in coordination with analogous departments under the State Physical Culture and Sports Commission and other organs concerned. There are also special units and personnel in education and sports departments responsible for school physical education in their respective localities. To coordinate the efforts of various quarters working for the development of school physical education, there are the Chinese School Sport Association and the Chinese University Sport Association.

For standardized management of school physical education, temporary provisions were issued by the State in 1979 in regard to PE and health work in colleges and schools. They were revised into "Regulations on School Physical Education" and "Regulations on Health Work in Schools" in 1989, setting forth clearly the principles, tasks, contents and systems of PE and health work in schools as well as provisions concerning the teaching staff, funds and facilities in this connection. In 1987, the "Tentative PE Qualification Standards for Middle School Students" were promulgated, stipulating definitely that those who fail to reach these standards are not allowed to apply for enrollment in schools of a higher grade.

The State has also compiled and issued PE teaching programmes for different kinds of schools, providing that PE is an obligatory course for all students. In 1988, a national PE teaching programme for nine-year compulsory education was drawn up by the State in line with the implementation of the law regarding compulsory education.

As regards mass sports in schools, students are encouraged to take an active part in morning exercises, setting-up exercises during breaks, rhythmic exercises and other extracurricular sporting activities. They are required to spend at least one hour on physical training every day. Since 1964, the "Physical Training Standards" laid down by the State — formerly called "System for Labour and Defence" — has been put into effect in all schools. All told, 380 million young people have reached the standards over the decades. In regard to spare-time sports training and competition, which form an essential part of China's school physical education, most of the colleges and schools have set up varsities and class teams, and a complete system of amateur training has been established in some areas for the cultivation of athletic reserves.



Intramural games are held once every year or semester. National games are convened at regular intervals under the joint sponsorship of the State Education Commission, the State Physical Culture and Sports Commission and the Central Committee of the Communist Youth League of China, or by the university or school sport associations. All these are aimed to bring the students' athletic talent into full play.

Students' health work is under the watchful supervision of government's education and hygiene departments and school authorities. The State has issued a series of standards for school hygiene and a whole system of management has initially taken shape. Hygiene and health care in middle and primary schools in rural areas have also been steadily strengthened. The health condition of all students has improved continually as a result of extensive education among them on health maintenance and the prevention and treatment of common diseases.

Scientific researches in school physical education have made much headway in recent years. In 1979 a survey of students' physique was carried out in some provinces and municipalities directly under the central government for the purpose of improving school PE and hygiene work. In 1985 a similar survey was started on an even larger scale in all provinces, municipalities and autonomous regions (except Taiwan Province). Preliminary information was obtained about the present situation and characteristics of physical development of children and youth of different nationalities in China, thus providing a scientific basis for the State to adopt correct policies and give proper guidance to school PE and hygiene work. To this research item the State awarded in 1988 a second Prize for Progress in Science and Technology. It has been decided that systematic nationwide surveys on students' physique will be conducted at regular intervals. Special branches have been established under national education, sports and health research organizations for the study of school PE and hygiene. Academic bodies have also been set up by governments at all levels for school PE researches and exchanges.

The State has all along concerned itself with the training of PE teachers. By the end of 1988, nine kinds of specialties had been approved for establishment under PE departments at ordinary institutions of higher learning. At present, such specialties or classes covering a study period of 2-4 years are run by more than 100 colleges or universities, and nearly 200 teachers schools, turning out more than 10,000

PE teachers every year. PE teachers are offered refresher courses and those who have done meritorious work are elected for citation. Today China has over 270,000 PE teachers of various grades, serving as a backbone force in the development of school physical education.

Governments at all levels and the whole society have given full financial and material support for the development of school physical education. Among the 520,000-odd sports grounds and stadiums built in the past 40 years, 330,000 belong to the educational system, mostly being at the disposal of colleges and schools.

With the government's open policy, schools in China are getting more and more involved with international exchanges in the field of sports. As a full member of the International School Sport Federation and the International University Sport Federation, China has taken part in many World University Games and World School Games with noticeable results. To draw on the advanced experience of other countries in school physical education, China has sent group after group of specialists and sports workers to study abroad and received many foreign experts on study tours to China.

It is heartening to look back on what has been achieved in school physical education during the first four decades of the People's Republic. China, however, is still a developing country with a vast territory and large population. Owing to historical reasons and different economic conditions, there are great disparities in the development of school physical education in various localities. Therefore, the education, sports and health departments at all levels, as well as the school authorities, PE teachers, hygiene workers and the public at large, are working hard together to improve the present situation of school physical education.

Salute to the educators, sports and health workers and all personages at home and abroad who have contributed to the development of school physical education in China!

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