

THE INTERNAL LOGIC, PREDICAMENT ANALYSIS AND DRIVING PATH OF FAMILY SPORTS DEVELOPMENT IN THE NEW ERA

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Abstract: Socialism with Chinese characteristics has entered a new era. During this period, the state has promulgated the "Family Education Promotion Law of the People's Republic of China", which has provided legal support for the development of family sports in our country. Meanwhile, the "Healthy China 2030" Planning Outline has clearly stated China's high concern for the health of the entire population, which will make the whole society pay more attention to family sports in the future. This article explores the internal logic in the development of family sports in the new era, clarifies the practical predicaments it faces, and further proposes the driving paths through methods such as literature analysis and interviews. Research suggests that the current predicaments faced by family sports in China include: lack of participation, uneven distribution of resources, and an imperfect collaborative mechanism among families, schools and communities. Finally, corresponding solutions were proposed to provide references for the healthy development of family sports.

Keywords: Family sports; Physical education; Healthy China; Home-school-community collaboration

1 INTRODUCTION

No matter how much The Times change or how much the living pattern changes, we must attach importance to family building[1]. It profoundly expounds the significance of family building and points out a new path for the development of education: taking the family as the unit to build family education. China has also promulgated many policies to facilitate the smoother development of family education. For instance, the "Family Education Promotion Law of the People's Republic of China" was passed on October 23, 2021, and came into effect on January 1, 2022. The implementation of this law has elevated family education in China to an important position, guiding the whole society to pay more attention to family, family education, and family traditions. It will also enhance family happiness and social harmony, clarify the goals, responsibilities and obligations of family education, safeguard the basic rights and interests of family education, and play a positive role in promoting the healthy growth of minors. At the same time, the "Opinions on Further Reducing the Homework Burden and Off-campus Training Burden of Students in the Compulsory Education Stage" proposed to reduce the homework burden and off-campus training burden. This has created a large space for the development of family education, ensuring that students have sufficient time for rest, entertainment and sports activities, and promoting the healthy physical and mental development of students. It also particularly clearly pointed out that schools and families are encouraged to make joint efforts to strengthen family education. Finally, the "Healthy China 2030" Planning Outline has elevated the health of the entire population to a new height, making the development of family-based physical exercise a top priority.

Family sports refer to a healthy lifestyle in which all family members participate in sports activities and exercise together. This concept emphasizes the interaction, cooperation and shared experience of sports activities within the family[2]. Family sports are not only a form of physical exercise, but also an experience of social interaction, emotion and culture. Family sports, as an important part of society, can increase the ways of family leisure and entertainment, promote the physical health of family members, enhance the feelings among family members, and also cultivate the excellent personality of teenagers and improve their social interaction skills, etc[3]. There are also many successful experiences of family sports abroad, which confirm the unique educational value of family sports[4]. However, the development of family sports in our country faces problems such as insufficient equipment resources, lack of public services, lack of institutionalization, and cognitive biases among family members. Therefore, this paper explains the logical process of the development of family sports through research methods such as literature analysis and investigation, clarifies the possible predicaments encountered in the development process, and further proposes driving paths. Enable family sports to develop better in the future.

2 THE INTERNAL LOGIC OF THE DEVELOPMENT OF FAMILY SPORTS IN THE NEW ERA

The logic of the development of family sports in the new era refers to the fact that in the contemporary social context, family sports have gradually become an important healthy lifestyle and have been promoted and supported in multiple aspects such as society, law, education, and science and technology. This logic is based on multiple related factors, which together constitute the thinking framework for promoting the rationality and necessity of family sports

development.

2.1 Enhanced Health Awareness and Changes in Lifestyle

Against the backdrop of social development, China is in the stage of comprehensively building a modern socialist country. One of the core goals of this stage is to build a moderately prosperous society in all respects and improve people's living standards. Especially after the fight against the novel coronavirus, the demand for a healthy lifestyle in society has gradually increased, and people are paying more attention to their physical and mental health. At the same time, the popularity of the Internet and social media has made health information more accessible, and many schools have also significantly increased health awareness education during the epidemic. In the context of the new era, the enhancement of health awareness and changes in lifestyle jointly contribute to the development of family sports. This is not only a direct response to the health crisis, but also an active adaptation to the challenges of modern life. People will increasingly tend to participate in sports activities and adopt healthier eating habits.

2.2 Support and Promotion from National Policies

The country has put forward strategies such as national fitness, a sports power, and a healthy China, incorporating all residents into the scope of fitness. These concepts emphasize the significance of sports in promoting physical health and enhancing physical fitness, making national fitness a fundamental strategy for social development. Under the guidance of these concepts, family sports have gradually emerged as a healthy and intimate lifestyle. The family becomes a place for exercise and sports, emphasizing the joint participation of the whole family and promoting the deepening of family relationships such as parent-child relationships and marital relationships. Under the superimposition of multiple strategies, China has also formulated a series of comprehensive policies for the development of children's family sports. For instance, the implementation of the "Family Education Promotion Law of the People's Republic of China" emphasizes the responsibility of families in nurturing the next generation. The implementation of the "Healthy Children Action Plan (2018-2020)" emphasizes further improving children's health levels. The "Notice on Further Strengthening the Physical Health Management of Primary and Secondary School Students" emphasizes the school physical education teaching model of "health knowledge + basic motor skills + specialized motor skills", aiming to enable each student to master 1-2 motor skills and other goals, significantly enhancing students' physical and health literacy and strengthening their awareness and ability in physical health management[5]. The implementation of the "Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Teenagers" To deepen the integration of sports and education and promote the healthy development of teenagers, it is necessary to establish the educational concept of "health first". Promote the coordinated development of cultural learning and physical exercise among teenagers, strengthen school sports work, and improve the sports event system for teenagers. Help students enjoy the fun of exercise, enhance their physical fitness, develop a sound personality, temper their willpower, and cultivate socialist builders and successors who are well-rounded in morality, intelligence, physical fitness, aesthetics and labor. The promulgation of the "Opinions on Further Reducing the Homework Burden and Off-Campus Training Burden of Students in the Compulsory Education Stage" targets the reform of school physical education and after-school training. In the new era, it is required to reduce students' academic burden and advocate comprehensive quality-oriented education. This transformation has enabled family sports to play a more significant role in cultivating students' physical fitness and all-round abilities. These policies provide a legal basis for the role of family sports in family education and enhance its status in society.

2.3 From the Perspective of Family Relationships and Children's Development

Under the background of the new era, family sports activities are of great significance for strengthening family relations and promoting children's development. By participating in sports activities together, the emotional bond among family members is strengthened, providing a platform for the family to share experiences and enhance understanding. For children, family sports activities not only contribute to their physical health and the development of motor skills, but also play a crucial role in the formation of their social skills, emotional health and life values. Therefore, in today's society, actively promoting and implementing family sports activities holds an indispensable value for building a harmonious family environment and promoting the all-round development of children.

3 ANALYSIS OF THE PREDICAMENT OF FAMILY SPORTS DEVELOPMENT IN THE NEW ERA

Family sports have been developing in China for some time. Despite the strategic guidelines and policy support provided by the state, there are still many difficulties in the practice of family sports, such as lack of participation, resource allocation problems, and the imperfect "three-in-one" mechanism of home, school and community. The emergence of these difficulties restricts the development of family sports. Only by clarifying the predicament can it be better resolved.

3.1 Lack of Participation

Schools, families and society are the main environments for the growth and education of teenagers. If physical

education is to achieve better development, it requires the support and participation of all parties. First of all, for family participation in sports, it is influenced by the family's culture and values, economic situation, time constraints, differences in interests, and the invasion of technology. Under the influence of traditional educational concepts such as "exam-oriented education" and "those who excel in learning should enter public service", parents are more concerned about their children's test scores, believing that physical education will only waste students' time on learning subject knowledge. Some families even understand the path of "physical education students" as one that only "underachievers" take, and thus avoid physical education. However, families with poor economic conditions may find it difficult to afford the cost of sports activities and prefer that students earn economic income in their spare time, thus making the proportion of physical exercise in families very small. Furthermore, family members may be under pressure from various aspects such as work, study and social interaction, which leads to limited time and makes it difficult to arrange for them to participate in family sports activities. The busy pace of life may make family members more inclined to choose more convenient leisure methods rather than long-term physical exercise. There may also be differences in sports preferences and interests among family members, making it difficult to find common sports activities that suit all members. This difference may have reduced the appeal of family sports activities. With the widespread use of the Internet and social networks, people can obtain entertainment and communication through virtual social channels. This may lead family members to be more inclined to spend time in virtual Spaces rather than participate in physical family sports activities. Secondly, in terms of school participation in sports, the leading role of schools in family sports and community sports is relatively insufficient. Under the current education system, schools tend to pay more attention to students' academic performance and college admission rates, while relatively less investment and emphasis are placed on sports. School administrators may devote more energy and resources to improving the overall college admission rate of the school, neglecting the importance of cultivating students' physical fitness and health awareness. At the same time, due to the time constraints and the pressure of subject courses on school physical education, it is difficult for them to carry out comprehensive and in-depth physical activities within the limited time. This makes school physical education more inclined towards traditional physical education courses rather than more diverse and innovative forms of family physical education. The singularity of this kind of physical education makes it difficult to arouse students' strong interest in sports and also affects the leading role of schools in family sports. Finally, in terms of community participation in sports, under the current social conditions where the economy is still not fully developed, society can only provide limited cultural and entertainment resources to each family. Also, due to the fact that many communities do not attach importance to physical exercise and the construction of sports infrastructure is relatively weak, the sports participation demands of families in various regions are difficult to be fully met. In conclusion, for physical education to achieve better development, it is necessary to obtain all-round support and participation at the three levels of schools, families and society. However, all three environments are subject to a series of factors that restrict the comprehensive advancement of physical education.

3.2 Uneven Distribution of Resources

In the process of the development of family sports in the new era, the uneven distribution of resources is a prominent issue, which involves the following aspects. Firstly, the issue of accessibility to sports facilities and equipment. In many communities, the number of sports facilities such as gymnasiums, swimming pools, and sports fields may be limited or unevenly distributed. This leads to many families being unable to participate in physical exercise normally even if they are interested in a certain sport due to the lack of venues, equipment, and facilities. At the same time, the family's economic situation also has a significant impact on the ability to obtain sports equipment and participate in certain sports activities, such as purchasing sports gear or paying for sports courses. Secondly, the issue of professional guidance and the availability of information. High-quality sports education and training resources are often concentrated in cities or economically developed regions. However, even in economically developed areas, the employment rate of social sports instructors is generally low, which leads to a lack of scientificity and systematicness in the implementation of sports activities, and a shortage of sufficient professionals to guide and direct family sports activities. This also hinders the development of physical education, preventing family sports from receiving professional guidance and support, and thus affecting the quality of family sports. Thirdly, information asymmetry is also a problem. Some families may lack important information about sports activities, such as how to exercise safely or how to choose sports activities suitable for family members. In conclusion, this unequal distribution of resources affects the ability and willingness of family members to participate in sports activities, especially in economically weak and resource-scarce areas. To effectively promote the popularization and development of family sports, it is necessary to recognize and address these differences in resource allocation, ensuring that all families, regardless of their economic or social background, can equally enjoy the benefits of sports activities. Only in this way can family sports achieve better development.

3.3 The "Three-in-One" Mechanism of Home, School and Community is not Perfect

The "Opinions on Improving the Collaborative Education Mechanism among Schools, Families and Society" was released in January 2023, emphasizing: "By 2035, a collaborative education mechanism among schools, families and society with clear positioning, sound mechanism, close linkage and scientific efficiency will be formed[6,7]." This provides an action guide for our country to build an educational situation where families, schools and communities

work together to cultivate students. Under the guidance of national policies, the "three-in-one" collaborative education model of home, school and society has become an important trend in current construction. Despite policy guidance, the collaborative participation mechanism among families, schools and communities remains fragmented at present[8]. For instance, there are different understandings and focuses on the goals of physical education. For families, the main goal of physical education is usually to cultivate children's interests, hobbies and awareness of a healthy lifestyle. Families promote the physical health of their members through parent-child interaction and family sports activities. Some parents may think that schools should be responsible for providing physical education, which leads to a lower sense of responsibility among families for physical education[9]. Although the emergence of policies has made it possible for families, schools and communities to collaborate in nurturing students, each party may have different understandings and focuses on the goals of physical education due to their own interests. Schools may focus on cultivating students' physical fitness, teamwork and other aspects, while families may pay more attention to academic performance, and society may emphasize the social and health values of sports more. This difference may lead to disputes among all parties regarding the goal setting of physical education. As shown above, the relevant policy guidance of the Ministry of Education and the concept of advocating comprehensive quality education are expected to serve as a bridge for promoting collaborative education. However, the lack of effective communication and coordination mechanisms among families, schools and society makes it impossible for all parties to form an organic integration in physical education.

4 THE DRIVING PATHS FOR THE DEVELOPMENT OF FAMILY SPORTS IN THE NEW ERA

With the progress of society, people are paying more and more attention to their own health issues. It is extremely urgent to establish a physical exercise group based on families. The state also attaches great importance to family education and has introduced many policies to guide people on how to build better and more complete family education. Under the guidance of national policies and in combination with the internal logic of the development of family sports in the new era, analyzing the practical predicaments of the development of family sports can better lead to the driving paths for the development of family sports in the new era.

4.1 Promote the Protection of Family Sports Rights and Interests

The purpose of the "Family Education Promotion Law of the People's Republic of China" is to carry forward the fine tradition of the Chinese nation of attaching importance to family education, guide the whole society to pay attention to family, family education and family style, and thereby enhance family happiness and social harmony. This law aims to cultivate socialist builders and successors who are well-rounded in morality, intelligence, physical fitness, aesthetics and labor, and provide legal support and guidance for building a healthier and more positive family education environment[10].

A sound legal system is an important prerequisite for ensuring the smooth development of family sports work. First of all, it is necessary to change the traditional educational concepts, promote and emphasize the importance of comprehensive quality education, and call on society to pay more attention to the all-round development of students. It is not only necessary to focus on subject knowledge, but also to pay attention to the cultivation in many aspects such as physical education, art and social interaction. The positive impact of sports on children's overall quality can be conveyed to families through media and other publicity channels. It is also possible to select and promote some successful practice families to share their experiences and achievements in physical education. Through these methods, traditional educational concepts can be gradually changed, making families pay more attention to physical education and providing a better development environment for family sports work. Secondly, establish a reward mechanism and set up a special fund for family sports to support projects, thereby improving the uneven distribution of resources. Especially for families with lower incomes, they can be encouraged to actively participate in sports activities. This can include forms such as certificates of honor, trophies, and coupons to stimulate their enthusiasm for participation. Finally, ensure that family members have sufficient exercise time. Through research, it has been found that a significant reason why many families are unable to exercise nowadays is that they cannot guarantee that each member can be free at the same time. Currently, many enterprises and companies still have the problem of working overtime on rest days. Even after work, parents still have to work, and students still have a large amount of after-school homework or tutorial classes, etc. The emergence of the "Opinions on Further Reducing the Homework Burden and Off-Campus Training Burden of Students in the Compulsory Education Stage" has alleviated some of the burdens on children. However, parents' rest has not yet been guaranteed. It is necessary to stabilize parents' weekend or holiday rest through legislation and try to ensure that they do not work or go on business trips during the rest period. Only in this way can each family member have enough time to do physical exercise better.

4.2 Guide the Rational Allocation of Social Resources

To ensure the smooth development of family sports work, it is necessary to guide the rational allocation of social resources. This involves effectively integrating resources from all sides to ensure that family physical education receives sufficient support and development. In this process, a crucial step is to stimulate the participation of social organizations and promote the rational utilization of resources. First of all, it is necessary to build sports infrastructure, strive to allocate social resources to the construction of sports infrastructure, provide more convenient and diverse sports venues and facilities, and offer better physical exercise conditions for families. Construction funds can be raised

through public funds, corporate sponsorship, community cooperation and other means. Secondly, promote corporate social responsibility, encourage enterprises to invest more social responsibility in the sports field, and support family sports projects. Enterprises can participate in family sports through sponsorship, cooperative projects, employee sports activities and other means, providing resources and support for them. Finally, establish social organizations and platforms, and support the establishment of specialized social organizations and platforms to coordinate and integrate social resources and promote the development of family sports. These organizations can promote the sharing of resources among all parties and achieve the rational utilization of resources.

4.3 Establish a "Three-in-One" Mechanism of Home, School and Community

To ensure the smooth development of family sports work, it is of vital importance to establish a "three-in-one" mechanism of family, school and community. This mechanism aims to encourage families, schools and all sectors of society to form an organic cooperative relationship and jointly promote the development of family physical education. Firstly, it is necessary to clarify responsibilities and roles. Families, schools and society should each be clear about their responsibilities and roles in family physical education. For the role of the family, the family is the earliest educational place for children, and it is necessary to encourage parents to participate in their children's studies and lives. Schools can communicate with parents through regular parent-teacher meetings, home visits and other means, and jointly pay attention to students' academic, psychological and behavioral issues. For the role of schools, they should establish an open and transparent management system, maintain smooth communication with families and society, and also promote close ties between schools and families by organizing parent-child activities and conducting subject-themed home visits. For the role of society, social resources are equally crucial for students' development. Schools can actively cooperate with social resources, introduce social forces to provide more educational support, and at the same time, various social organizations and institutions can offer students a broader development platform by conducting educational training and providing internship opportunities. The government and schools should offer support and resources. Social organizations can provide relevant activities and training. The family is the basic unit for implementing family physical education. Clarifying responsibilities and roles will help all parties cooperate and coordinate better. Secondly, formulate family physical education plans. Governments at all levels and schools can formulate family physical education plans, clearly defining the goals and requirements in aspects such as curriculum design and activity organization. This helps to unify the efforts of all parties and ensure the connection between family physical education and school education. Thirdly, carry out collaborative training among families, schools and communities, and hold training activities related to family physical education, aiming to enhance the physical education level of parents, teachers and community volunteers. The training content can include knowledge on how to guide family sports activities and formulate scientific exercise plans, etc.

Through such a "trinity" mechanism, the collaborative efforts of all parties can be achieved, promoting the all-round development of students in terms of academic performance, moral character, physical fitness and other aspects. This also helps to establish a healthier and more positive educational ecological environment.

5 CONCLUSION

Through research, this paper has clarified the internal logic in the development of family sports, identified its practical predicaments, and further proposed driving paths to promote the development of family sports. Finally, in the context of the new era, the enhancement of health awareness and changes in lifestyle jointly contribute to the development of family sports. This is not only a direct response to the health crisis, but also an active adaptation to the challenges of modern life. By encouraging and implementing family sports activities, not only can the physical health of family members be improved, but also the emotional connection and quality of life within the family can be enhanced, so as to build a healthier and more harmonious family environment and promote the all-round development of each family member. By overcoming difficulties and seeking ways, we can lay a solid foundation for the prosperous development of family sports in the new era, making it an important pillar of social progress and family happiness.

COMPETING INTERESTS

The authors have no relevant financial or non-financial interests to disclose.

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