

# The Evolution and Enlightenment of School Sports Policy Implementation in Developed Countries

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## Abstract

Countries all over the world are paying attention to the development of school sports, and have promulgated school sports policies to promote the health of students and the healthy development of school sports. From the perspective of historical evolution, most school sports policies are closely related to national sports policies and major sports events. Especially in recent years, major student events have increased, and the impact of events such as the World University Games has increased. Various countries have made macro-guidance in terms of policy guidance and policy implementation. We sum up the process and experience of policy implementation in developed countries, and get enlightenment to learn from the experience of school sports policy implementation in our country.

## Keywords

developed countries, school sports policy, implementation, inspiration.

## 1. Introduction

We use the literature method, interview method and mathematical statistics method to collect the school sports policy and policy implementation questionnaires in four countries of the United Kingdom, the United States, Germany and Japan in different periods.

### 1.1. The Evolution and Enlightenment of Japanese School Sports Policy Implementation

The "Sports Promotion Basic Plan" has a significant impact on Japanese school sports policy and its influence. Since 2000, Japan has successively issued more than 20 national, provincial and ministerial documents to regulate school sports. The policy goal items include, firstly, to improve the physical fitness and physical strength of youths in the country, starting from the national youth physical test, increasing the proportion of schools that work hard in physical education based on the results of the physical test, and taking multiple measures to increase the sports of 10 to 19-year-old youths. Ministry's participation rate, junior high schools hire external instructors, and improve the conditions of sports facilities. The second is to build and enrich the local sports environment, once a week sports implementation rate, the proportion of school sports clubs, improve sports facilities and promote the opening of facilities to the society. The proportion of schools in the school, the five aspects of the number of social instructors in schools; third, improve the comprehensive competitiveness of competitive sports, and the rate of Olympic medals obtained by integrating sports and education. Build a national intensified training center and a combination of bases and school sports venues, a one-stop training guidance training plan formulation rate for each project, and a full-time ratio of central athletic instructors. It can be seen that the public sports service system has a significant impact on school sports. Continue to optimize the content of the school sports policy and make its goals concrete and quantified. School sports funds are diversified. In addition to government support, increase social investment and multi-channel investment.

## **1.2. The Evolution and Enlightenment of American School Sports Policy Implementation**

Due to the different state powers and political forms, the implementation process and intervention measures of school sports policies in various countries are also different. First of all, from the perspective of policy governance system and mechanism, each state in the United States has greater autonomy. NGOs are responsible for mobilizing, guiding, organizing and coordinating students' extracurricular sports activities, and forming students' lifelong sports and Jiangkang's lifestyle is the goal line of the policy. Final goal. In terms of governance goals and governance tools, reducing sedentary time and improving exercise time are a pair of goals that correspond to each other. A single legal governance method provides higher efficiency for policy implementation. To sum up, the implementation of school sports policies in the United States is more specific at the operational level, and the supervision measures are more stringent. Through timely testing and release of relevant testing data, even if the relevant government sports white papers are released to achieve school sports policy implementation Escort.

## **1.3. The Evolution and Enlightenment of School Sports Policy Implementation in the UK**

The British school sports policy includes education on the physical fitness and health of students and related sports in schools. The British political system determines the content and bias of school sports policy. Then affect the development of school sports. Since the promulgation of the British National Sports Curriculum in 1992, policy documents on youth sports trusts, sports games, and the London Olympic gold medal plan have been successively promulgated. We believe that the British school sports policy has thus opened a new chapter. Among them, the "Future of Sports for All" emphasizes that the further renovation of social sports public facilities and the expansion of school sports venues, the establishment of sports professional academies and the adjustment of the sports professional layout, for young people, extend the time and enrichment of after-school sports The form of exercise forms a long-term mechanism for effective supervision of extracurricular sports. By providing professional guidance to talented athletes, they can participate in world competitions and achieve results.

## **1.4. The Evolution and Enlightenment of German School Sports Policy Implementation**

School sports in Germany are basically in line with the national sports policy line. The development of school sports follows the will of the country's political system. Since the implementation of the "Golden Plan" policy, overall German sports policy is a balance between the needs of the country at the macro level, the exact needs of the people themselves, and the government's regulation and control of the two. In terms of school sports policy, off-campus clubs take the lead in improving students' physical quality, improving communication skills, cultivating sentiment, and mastering sports skills. Gradually form the government's macro guidance, focusing on the quality of physical education courses, the structure of physical education subjects, and the characteristics of physical education teaching. Social clubs and sports clubs are responsible for the implementation of the off-campus sports policy, leading the development of school sports outside of class. The school is responsible for the physical education curriculum of the students in the school, and the content is biased towards theoretical health education.

## **2. Bunch**

In countries with a high level of national economy, school sports have achieved remarkable results. The correct orientation of the school sports policy and the efficient implementation of the school sports policy are indispensable. The formulation and implementation of policies is a

two-way interactive process, one cannot be discussed alone. Implementation is the feedback of the policy, and achieving the policy goal is the ultimate goal of implementation. Developed countries such as the United States, Japan, the United Kingdom, and Germany have different political systems, but the emphasis on school sports is reflected in many similar places. First of all, the policy objectives are clear and clear, with specific quantitative evaluation indicators. Policy implementation tools, methods, and methods are relatively diverse and can be adapted to local conditions, individual conditions, time conditions, and events. The frequency and time, methods and means of policy supervision and supervision are not just for inspection.

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