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Cross Disciplinary Teaching Cases of Physical Education and English based on Cultural Background

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Abstract: In many interdisciplinary fields, the relationship between physical education (PE) and English is increasingly close, which makes the interdisciplinary teaching of PE and English a subject with research value and practical significance. Cultural differences, including values, beliefs, habits and traditions, may have a certain impact on interdisciplinary teaching of PE and English. In the current teaching practice, the role of cultural factors in the interdisciplinary teaching of PE and English has not been paid enough attention. This article will first summarize the interdisciplinary teaching of PE and English under the cultural infiltration, and discuss the problems and challenges it faces. Then, it analyzes the urgency of infiltrating traditional culture into the interdisciplinary teaching of PE and English. Finally, through the analysis of actual instructional cases, the role of cultural background in interdisciplinary teaching of PE and English is demonstrated. Teachers need to actively develop and utilize other instructional resources, such as network and multimedia, so as to enrich instructional contents and forms and help students better understand and master relevant knowledge.

Keywords: Cultural Background; Physical Education Teaching; English Language Teaching; Interdisciplinary Teaching.

1. Introduction

With the continuous advancement of globalization, people are increasingly aware of the importance of interdisciplinary teaching. Interdisciplinary teaching can not only broaden students' horizons and improve their comprehensive quality, but also promote the cross-integration between different disciplines and provide strong support for cultivating innovative talents [1]. In many interdisciplinary fields, the relationship between PE and English is increasingly close, which makes the interdisciplinary teaching of PE and English a subject with research value and practical significance [2]. Sports is not only a physical activity, but also a social and cultural phenomenon, covering people's lifestyle, values and social interaction. As an international language, English is an important tool for cross-cultural communication around the world. With the deepening of globalization, the position of English in the field of sports has become increasingly prominent [3]. English plays a vital role in sports news reports, international sports events and PE.

In the current teaching practice, the role of cultural factors in the interdisciplinary teaching of PE and English has not been paid enough attention [4]. Although many studies have explored the theory and practice of interdisciplinary teaching of PE and English, few people give priority to the influence of cultural background on teaching [5]. Therefore, this article aims to explore the enlightenment of cultural background to interdisciplinary teaching of PE and English, and deepen our understanding of this field by analyzing specific instructional cases. This article will first summarize the interdisciplinary teaching of PE and English under the cultural infiltration, and discuss the problems and challenges it faces. Then, it analyzes the urgency of infiltrating traditional culture into the interdisciplinary teaching of PE and English. Finally, through the analysis of actual instructional cases, the role of cultural background in interdisciplinary teaching of PE and English is demonstrated. These cases will cover PE and English learning in different cultural backgrounds, and help educators to understand the mechanism of cultural factors in interdisciplinary teaching of PE and English more comprehensively.

2. Problems in the Cross-Disciplinary Teaching of PE and English Under the Influence of Culture

2.1. Cultural Differences and Teaching Challenges

PE teaching and English learning in different cultural backgrounds have their own characteristics and difficulties. Cultural differences, including values, beliefs, habits and traditions, may have a certain impact on interdisciplinary teaching of PE and English. For example, in some cultural backgrounds, the promotion of individual ability is emphasized, while in others, teamwork is emphasized, which may cause teachers to face communication obstacles and understanding deviations in the teaching process [6]. Therefore, teachers need to have the ability of cross-cultural communication and be able to flexibly adjust teaching strategies to meet the teaching needs in different cultural backgrounds.

2.2. Limitation of Teaching Materials and Resources

At present, the teaching materials and resources for interdisciplinary teaching of PE and English are not rich, which brings some difficulties to teachers' preparation of lessons and students' learning. Due to the lack of targeted teaching materials and materials, it is difficult for teachers to systematically design teaching, and it is also difficult for students to fully understand and master relevant knowledge and skills [7]. Therefore, teachers need to actively develop and utilize other instructional resources, such as network and multimedia, so as to enrich instructional contents and forms and help students better understand and master relevant knowledge.

2.3. Teachers' Quality and Ability Requirements

Interdisciplinary teaching requires teachers to have high comprehensive quality and ability. However, in reality, teachers often only have the professional background of one subject, but lack the knowledge and skills of another subject. This may lead to problems such as unclear explanation and inadequate understanding in the teaching process, which will affect the teaching quality. Therefore, teachers need to improve their comprehensive quality and ability through continuous learning and training to better meet the needs of interdisciplinary teaching.

2.4. Students' Interest and Participation

Students' interest and participation are important factors affecting teaching quality. Due to the great differences between PE and English, students' interest and participation in learning may not be high [8]. This requires teachers to adopt effective strategies and methods in the teaching process to stimulate students' interest and motivation in learning. For example, teachers can use multimedia technology to combine English culture with sports knowledge, so that students can learn English and sports knowledge in a relaxed and pleasant atmosphere; Teachers can also organize some activities or competitions to stimulate students' interest in learning, such as English speech contests and sports competitions. Teachers can also guide students to learn independently by using network resources, such as browsing sports English websites and watching sports English explanations.

3. The Urgency of Infiltrating Traditional Culture into the Interdisciplinary Teaching of PE and English

In the interdisciplinary teaching of PE and English, the infiltration of traditional culture is of great importance and urgency. Traditional culture is the spiritual symbol of a nation, which represents its thoughts, values, beliefs and arts. Integrating traditional culture into the interdisciplinary teaching of PE and English can not only deepen students' understanding of related cultures, but also contribute to the inheritance and development of national cultures [9]. Figure 1 shows the integration of traditional culture in PE teaching.



Figure 1. Integration of traditional culture in PE teaching

Under the background of globalization and multiculturalism, it is particularly important to improve students' intercultural communication ability. By infiltrating traditional culture into PE and English language teaching (ELT), students can better understand and respect other cultures, and at the same time improve their self-confidence and expressive ability in cross-cultural communication. Figure 2 shows an English blackboard newspaper designed with China traditional culture.



Figure 2. English blackboard newspaper integrating China traditional cultural design

Integrating traditional culture into the interdisciplinary teaching of PE and English can enrich the instructional content and form and improve the teaching quality and effect [10]. By introducing traditional cultural elements, teachers can better stimulate students' interest and motivation in learning and create a lively and interesting classroom atmosphere. Integrating traditional culture into interdisciplinary teaching of PE and English is helpful to cultivate students' comprehensive quality. Students can learn and master the knowledge and skills of different subjects in the learning process, and at the same time, they can improve their cultural literacy and cross-cultural communication ability. Educators and learners should actively explore effective ways and methods to organically integrate traditional culture into sports and ELT.

4. Case Study of Interdisciplinary Teaching of PE and English

Case 1: European Football and English

Football is not only a sport, but also a social and cultural phenomenon. The explanation language of European football matches is mainly English, so English plays an important role in football teaching. In the interdisciplinary teaching of European football and English, teachers can make use of students' love for football and guide them to learn and master relevant English words and expressions by watching English-explained football matches.

Case 2: Asian Wushu and English

Asian Wushu is a unique body culture, which combines many elements such as philosophy, ethics and fitness. Wushu originated in China and has a history of thousands of years. Now it has become a global sport. In the interdisciplinary teaching of Asian Wushu and English, teachers can demonstrate martial arts movements by personal demonstration and explain them in English. At the same time, teachers can also organize students to watch Wushu competitions with English explanations, so that they can analyze and discuss the skills and tactics of Wushu

competitions in English, thus improving students' English reading and writing ability.

Case 3: American Basketball and English

NBA is one of the most popular sports events in the world. English, as the official language of NBA, plays an important role in basketball teaching. In the interdisciplinary teaching of basketball and English, teachers can take advantage of students' love for basketball and guide them to watch NBA games with English explanations.

The above three cases show the interdisciplinary teaching of European football, Asian Wushu and American basketball and English respectively. Through these cases, we can see the influence of cultural background on interdisciplinary teaching of PE and English, and at the same time we can draw some enlightenment:

(1) In the interdisciplinary teaching of PE and English, teachers can use students' interest in sports to guide them to learn and master relevant English vocabulary and expressions by watching relevant competitions and materials.

(2) Integrating cultural background into the interdisciplinary teaching of PE and English can enrich the instructional content and form, and improve students' learning interest and motivation.

(3) By analyzing the actual instructional cases, we can find that the influence of cultural background on interdisciplinary teaching of PE and English is not limited to language, but also involves the content, structure and characteristics of sports.

Educators and learners should actively explore effective teaching ways and methods, and organically integrate cultural background into PE and English teaching, so as to improve teaching quality and learning effect. Teachers' education needs to be improved in many ways. First of all, teachers need to have professional knowledge and teaching ability to adapt to the ever-changing educational needs. Secondly, teachers need to respect students' individual differences, create a positive learning environment and establish a good teacher-student relationship. In addition, teachers need to pay attention to cultivating students' learning skills and creativity, and adopt diversified evaluation methods to fully understand students' learning situation and ability level. Finally, teachers need to establish effective communication with parents to jointly promote the development of students. These improvements are helpful to improve the quality of teaching and promote the all-round development of students.

5. Conclusion

Under the background of globalization, interdisciplinary teaching has become more and more important. PE and English, two seemingly completely different subjects, are actually closely related. Cultural background plays a decisive role in the teaching of these two subjects. In many interdisciplinary fields, the relationship between PE and English is increasingly close, which makes the interdisciplinary teaching of PE and English a subject with important research value and practical significance. With the deepening of globalization, English has become increasingly prominent in the field of sports. English plays a vital role in sports news reports, international sports events and PE. Although there have been many studies on the theory and practice of interdisciplinary teaching of PE and English, few people give priority to the influence of cultural background on teaching. This article aims to explore the enlightenment of cultural background to interdisciplinary teaching of PE and English, and deepen educators' understanding of this field by analyzing specific instructional cases. Educators and learners should actively explore effective ways and methods to integrate cultural background into teaching, so as to improve teaching quality and learning effect. This can not only cultivate students' cross-cultural communication ability, but also help to promote the exchange and integration of global sports culture.

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