

Family Involvement and Physical Education: A Collaborative Strategy to Enhance Students' Physical Literacy

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Abstract: This study examines the impact of family involvement on students' physical education literacy and proposes effective collaborative strategies. Through a case study of a typical family, interview data from students, parents and physical education teachers as well as observation records of classroom and extracurricular activities were collected. The results show that active family involvement can significantly improve students' physical education interest, skills and knowledge. Based on this, this paper proposes a variety of strategies to promote synergistic co-operation between families and schools in physical education in order to enhance students' physical literacy in a holistic manner.

Keywords: Family Involvement; Physical Education; School-family Co-operation.

1. Introduction

Physical education plays an important role in the overall development of students, which not only contributes to physical health but also promotes psychological growth. However, the improvement of students' physical literacy not only depends on school education, but also requires the active participation and support of families. Wan (2021) studied the relationship between school sports and family sports, emphasizing its importance in the public sports service system. According to the Programmer for Building a Strong Sporting Nation, the performance of both has a direct impact on the physical fitness of the whole population. Through literature and interviews, it was found that school sports and family sports have independent but interrelated relationships in terms of the participating population, means and purposes of exercise, and have mutual extension and complementary characteristics. However, research on this degree of integration is still insufficient. The authors suggest more in-depth analyses using big data technology to support the development of comprehensive sports.

As society's interest in the health and overall development of youth increases, it has become increasingly important to study the role of families in physical education. However, most studies focus mainly on the form and frequency of family participation and lack in-depth exploration of specific co-operative strategies and effects. Therefore, this study explores the specific effects of family involvement on students' physical literacy enhancement through a case study and proposes effective co-operation strategies to promote the synergy between families and schools in physical education.

2. Family Involvement and Physical Education

2.1. Overview of Family Involvement and Physical Education

Family involvement plays a crucial role in students' physical education. Research has shown that family support and participation can not only enhance students' interest in physical activities, but also significantly improve their

physical literacy and motivation to participate. As the first educational environment for students, the importance that families place on physical education directly affects students' performance in school sports activities.

Family involvement takes various forms, including parents taking their children to sports activities, actively participating in sports events organized by schools, and encouraging healthy lifestyles at home. Such involvement not only contributes to the improvement of students' skills, but also fosters stronger parent-child relationships and develops teamwork and social skills in children.

However, the extent of family participation is affected by a number of factors, such as family structure, financial conditions, parents' time schedules and educational attitudes. Some families may not be able to participate actively due to their busy schedules or lack of sports knowledge, thus affecting their children's sports development.

3. Research Methodology

3.1. Literature Research Method

The theoretical foundations of school sports and family sports and their intrinsic relationship are analyzed through a systematic review of literature in related fields. This process includes reviewing relevant studies at home and abroad to understand the conceptual framework, developmental history, and interactive relationship between school sports and family sports. Through the comprehensive analysis of existing studies, the achievements and shortcomings of current research are identified, and the key factors and variables affecting students' physical education literacy are determined, so as to provide theoretical support and reference basis for subsequent empirical research.

3.2. Interview Method

Three to five representative families will be selected for in-depth case interviews. These families will be selected based on factors such as students' age, frequency of participation in physical activities and family background to ensure a diverse and representative sample. During the data collection process, semi-structured interviews will be used with students, parents

and PE teachers to collect specifics, views and attitudes about family participation. Meanwhile, students' performance in classroom and extracurricular activities was recorded through observation method to analyze the actual impact of family participation on students' sports literacy, including sports interest, skill development and participation attitude.

4. Findings of the Study

4.1. Relationship between the Level of Family Involvement and Students' Physical Literacy

The interviews revealed that the level of family involvement directly affects students' physical literacy. Students from families who are actively involved show significant improvement in their sports skills, interest and self-confidence. For example, the children of the Lee family showed significant improvement in their skill level due to their parents' support and active participation in interschool competitions. In contrast, the girl from the Wang family participated in swimming classes but lacked self-confidence and motivation to participate due to lack of parental attention.

4.2. Parents' Attitudes Towards Physical Activities

Parents' attitudes and attention have a profound effect on students. Zhang's father stated that participating in his daughter's training was not only a way to support her ability, but also a way to communicate emotionally. This positive attitude made Zhang more involved in sports activities and formed good sports habits.

4.3. Current Status of Home-School Co-Operation

During the interviews, many parents mentioned that the co-operation between home and school was not close enough, and that some parents' lack of knowledge about the school's sports activities affected their children's participation. Li's parents, on the other hand, took the initiative to communicate with the physical education teacher to ensure that their children participated in more activities, thus enhancing the interaction between home and school.

4.4. Diversity of Influencing Factors

The interviews also revealed a variety of factors influencing family participation, including family structure, economic conditions and parents' schedules. For example, the Wang family was unable to give their children enough time to participate in sports activities due to their busy work schedule, despite their good economic conditions. In contrast, the Zhang family's father was able to find time to actively support his daughter's training despite being a single parent.

5. Responses and Recommendations

5.1. Building a Digital Platform for Family Engagement

Using modern technology, schools can develop a specialized digital platform or app to facilitate interaction between parents and teachers. This platform can provide schedules of sports activities, real-time updates on student participation, and suggestions and resources for parental involvement. Parents can use the platform to share their

children's sports scores, photos of activities they have participated in, and to communicate and interact with other families. This innovative approach not only enhances family engagement, but also promotes community building among parents, resulting in a more positive family support network.

5.2. Implementing the 'Family Sports Programmer' Project

Schools can launch a 'Family Sports Programmer' to encourage parents to set sports goals with their children and participate in regular family exercise. By interviewing families about their exercise preferences and feasibility, the school can tailor-make an exercise programmer for each family and provide appropriate resources and guidance. The programmer can include weekly exercise challenges, a family physical activity log, and encourage parents and children to participate and record progress together. Such interaction not only enhances students' sports literacy, but also promotes co-operation and communication among family members.

5.3. Carry out Interdisciplinary Family Participation Activities

Schools should combine physical education with other disciplines and design interdisciplinary family participation activities. For example, a 'Family Sports Science Day' can be organized in conjunction with science, art and physical education, so that families can learn about sports physiology and nutrition while participating in sports. In this way, parents can not only participate directly in their children's physical education, but also enhance their understanding of the importance of physical education and raise the importance of physical activities in the family. This novel form of activity can attract more families to actively participate and promote the overall improvement of physical literacy.

6. Summary

Family involvement is critical to the enhancement of students' physical education literacy. Positive family support can significantly enhance students' interest, skills and self-confidence in sport, while promoting communication and co-operation among family members. Encouraging parents to participate in their children's physical education through effective strategies, such as building digital platforms, implementing family exercise programmer and conducting cross-curricular activities, are measures that not only enhance students' physical literacy, but also strengthen the link between families and schools. In the future, deepening the co-operation between families and schools will provide a more solid foundation for the all-round development of students.

Acknowledgments

Thank you to Christian University for your support and guidance, as well as all the families and teachers who participated in this study. Your participation and contributions made this study possible.

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