

Research on Reforming Physical Education Teaching Strategies Based on Student Needs Perspective

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Abstract: This research aims to explore the importance and necessity of reforming physical education teaching strategies from the perspective of student needs. By analyzing the current issues in physical education teaching and the actual needs of students, a series of feasible reform proposals are proposed to enhance the effectiveness of physical education teaching and student engagement. Employing a combined method of literature review and case analysis, this study deeply analyzes the influence of student needs on physical education teaching and proposes corresponding strategies. The research findings indicate that adjusting physical education teaching strategies according to student needs can better stimulate students' learning interests, improve teaching effectiveness, and promote comprehensive development of students' physical and mental health.

Keywords: Student needs; Reform of physical education teaching strategies; Engagement; Learning interest

1. Introduction

Physical education, as an integral component of school education, plays a crucial role in the holistic development and well-being of students. However, traditional approaches to physical education often suffer from rigid curriculum structures, limited teaching methodologies, and a lack of personalized care, making it challenging to meet the diverse needs of students. In order to enhance the quality of physical education and foster the comprehensive development of students, there is an urgent need to reform and innovate physical education teaching strategies from the perspective of student needs.

2. The Impact of Student Needs on Physical Education Teaching

(1) Diversity and Personalization of Student Needs

Students' needs in physical education exhibit diversity and personalization, influenced by factors such as age, gender, and interests. Each student possesses unique physical conditions, sports preferences, and learning styles, making it difficult for a singular teaching approach to cater to all students' needs. Some students may be interested in traditional sports like basketball and soccer, while others may prefer individual activities such as running and swimming^[1]. Additionally, students in different age groups have varying expectations for physical education curriculum. Younger students may prefer a gamified teaching approach, whereas older students may prioritize technical and tactical training. Physical education teaching should incorporate flexible and diverse instructional content to meet the varied needs of students.

(2) Relationship Between Student Needs and Teaching Effectiveness

Students' needs are a crucial consideration in physical education teaching and closely linked to teaching effectiveness. While the goal of physical education is to impart skills, it also aims to ignite students' interest in sports and health, cultivating lifelong awareness and habits of exercise. Understanding students' interests, sports preferences, physical conditions, and learning motivations is essential for designing effective teaching plans. Students' interests directly influence teaching effectiveness; lack of interest in certain sports or activities may lead to passive attitudes and reduced engagement with the content^[2]. Conversely, aligning teaching content with students' interests increases their willingness to engage and enhances learning outcomes. Teachers should observe and communicate with students to adjust teaching content to be more attractive and accessible. Students' sports preferences are also key to improving teaching effectiveness. Some students may prefer team sports, while others lean towards activities like gymnastics or track and field. Teachers should adapt instructional content and

diversify teaching activities to accommodate different student preferences, allowing each student to find suitable sports activities, thereby enhancing motivation and teaching effectiveness. Consideration of students' physical conditions and health needs is also crucial for teaching effectiveness. When designing instructional content and activities, teachers should consider students' physical fitness and health status, ensuring that exercise intensity and activities are appropriate for a safe and comfortable learning environment. By doing so, students can fully engage in learning and exercise, leading to better teaching outcomes^[3].

(3) Enhancing Student Engagement Through Addressing Student Needs

Active student participation is key to successful physical education teaching, and understanding and meeting student needs are important means to increase engagement. Teachers can design course content based on a thorough understanding of students' interests and personal preferences. For example, arranging basketball games or skill training for students interested in basketball can help them experience joy and a sense of achievement during exercise. Such designs capture students' attention, stimulate their learning motivation, and increase teaching engagement. Teachers can also integrate students' life experiences into classroom content, designing diverse and colorful physical activities. For instance, setting up special tracks or adding imaginative props during traditional track and field lessons can make learning fun and challenging for students. Organizing fitness exercises and yoga classes related to popular sports activities can satisfy students' diverse needs and enhance the attractiveness and enjoyment of teaching. Utilizing group cooperation and game competitions are also effective ways to increase teaching engagement. Through group training or team competitions, students learn to collaborate with peers, fostering teamwork and cohesion. Additionally, game competitions can ignite students' competitive spirit and desire to win, motivating active participation and improving teaching effectiveness.

3. The Necessity of Reforming Physical Education Teaching Strategies

(1) Addressing the Drawbacks of Traditional Teaching Models

The singularity and uniformity of traditional physical education teaching models pose challenges in meeting the diverse needs of students. Typical teaching approaches primarily focus on imparting specific sports skills such as football or basketball, overlooking the diversity and individuality of physical education. The limitation of this teaching method lies in the fact that students vary in interests, physical fitness levels, and cognitive abilities, rendering singular teaching content and methods inadequate to meet all students' needs, thus diminishing the attractiveness and effectiveness of the curriculum.^[4] To address this issue, it is imperative to reform and innovate teaching strategies by introducing more diverse curriculum content and flexible teaching methods. Teachers can select from various sports activities such as outdoor adventures, fitness routines, yoga, among others, to cater to students' diverse needs and interests. For students inclined towards adventure and challenge, organizing outdoor exploration activities allows them to experience the joy and challenges of sports in natural environments. Conversely, for those inclined towards inner cultivation and tranquility, activities like yoga can be introduced to achieve physical and mental balance through meditation and soothing movements. Teachers can employ methods like cooperative group learning, gamified teaching, problem-solving learning, etc., to stimulate students' interest and motivation. In cooperative group learning, students can collaborate, communicate, and share experiences, enhancing teamwork and cooperation skills. Gamified teaching designs physical education courses as competitive and enjoyable games, capturing students' attention and engagement.^[5] Simultaneously, problem-solving learning cultivates students' thinking and problem-solving abilities, enabling them to gain a sense of accomplishment and satisfaction through practice.

(2) Promoting Holistic Development of Students' Physical and Mental Health

The goal of physical education is to develop students' sports skills, but more importantly, to promote their holistic development of physical and mental health. However, traditional physical education teaching models often focus solely on skill impartation, neglecting students' holistic development of physical and mental health. This bias results in students merely being tasked with completing assignments in physical education classes, lacking a deep understanding and concern for their physical and mental well-being. To achieve higher goals in physical education, it is necessary to prioritize physical and mental health as core content in teaching. In addition to imparting sports skills, physical education curriculum should incorporate health education, mental health education, etc., enabling students to understand the importance of sports for physical and mental health, cultivate healthy lifestyle habits, and foster positive mindsets, thus achieving holistic development of physical and mental health.

(3) Enhancing Teaching Effectiveness and Student Engagement

By reforming physical education teaching strategies to better stimulate students' interest in learning, increase their motivation, and enhance their engagement, teaching effectiveness can be improved. Traditional teaching models lack fun and challenge, resulting in students' lack of interest and low participation in physical education courses. More appealing teaching content and activities such as gamified teaching, experiential learning, etc., can be employed to stimulate students' interest in learning, increase their participation, and encourage them to invest more in physical education learning. Additionally, teachers should focus on personalized teaching, providing differentiated instruction based on students' characteristics and needs to enhance students' learning motivation and sense of achievement.

4. Specific Measures for Reforming Physical Education Teaching Strategies

(1) Personalized Teaching Program Design

Designing personalized teaching programs is one of the crucial measures for reforming physical education teaching. Tailoring learning plans to each student's unique characteristics and needs is essential^[6]. Teachers need to thoroughly understand students' interests, physical fitness levels, learning styles, etc., and gather feedback and information through methods like surveys and individual conversations. Based on this information, personalized teaching programs are devised, encompassing considerations such as curriculum arrangement, teaching content, and methodologies. For students with low interest in specific sports but a need for fitness, personalized fitness plans are created to guide them in improving their physical fitness through training. Similarly, for students with particular strengths or keen interests in certain sports, specialized training and guidance are provided to further develop their skills. The design of personalized teaching programs aims to stimulate students' learning interests and enthusiasm, thereby enhancing their learning effectiveness and satisfaction.

(2) Flexible and Diverse Teaching Methods

Flexible and diverse teaching methods such as gamified teaching, cooperative learning, and project-based learning can enrich teaching content and enhance its attractiveness and interactivity. Gamified teaching integrates elements of games into physical education by designing engaging game activities to stimulate students' interest and participation. Various competitive games and role-playing activities are designed to allow students to experience the joy of sports within games, achieving learning objectives^[9]. Through cooperative interaction among students to complete tasks and solve problems, cooperation spirit and teamwork awareness are fostered, enhancing their learning effectiveness and social skills. Project-based learning involves learning based on projects, cultivating students' problem-solving and practical abilities through the design and implementation of actual projects. Organizing students to participate in events such as sports festivals and campus sports meetings allows them to learn and improve through practical experience.

(3) Emphasis on Cultivating Students' Physical and Mental Health

Emphasizing the cultivation of students' physical and mental health is one of the crucial goals of reforming physical education teaching. Physical education should not only focus on imparting skills but also prioritize the comprehensive development of students' physical and mental health. This involves promoting students' physical fitness and health levels through well-arranged physical activities and courses, setting regular exercise plans including aerobic exercise, strength training, flexibility training, etc., to help students develop good exercise habits and lifestyles. Attention should also be given to students' mental health issues through methods such as mental health education and counseling, aiding students in resolving psychological problems and building healthy mindsets and mental qualities. Organizing activities like mental health lectures and counseling sessions guides students in managing emotions and stress effectively, enhancing psychological resilience and adaptability.^[7] By emphasizing the cultivation of students' physical and mental health, overall improvement in their physical and mental health levels is achieved, laying a solid foundation for their healthy growth and comprehensive development.

5. Case Study: Practice and Effects of Reforming Physical Education Teaching Strategies

(1) Conducting Diverse Physical Activities

In the reform of physical education teaching strategies, the school fully recognizes the importance of

physical activities for students' physical and mental health and actively conducts diverse physical activities. The annual campus sports meeting, as a traditional event of the school, not only includes traditional events such as track and field, basketball, and football but also adds novel and interesting activities like tug-of-war and obstacle courses to enrich the content of the competition and stimulate student participation. The sports meeting provides an opportunity to showcase students' athletic skills and is also a crucial moment for the school to unite the emotions of teachers and students and enhance collective honor. Moreover, the school actively organizes outdoor expansion activities, allowing students to engage in physical exercise and teamwork in outdoor environments^[8]. Activities such as rock climbing, rope challenges, and team-building exercises enhance students' physical fitness levels and cultivate their spirit of teamwork and ability to cope with challenges. Additionally, outdoor expansion activities enable students to experience the charm of nature, enhancing their awareness and protection of the natural environment.

(2) Implementing Personalized Teaching Programs

To better meet the individual needs of students, physical education teachers conduct surveys, observations, and communicate with students to understand each student's interests, strengths, and skill levels, tailoring personalized learning plans for each student. In classroom teaching, various teaching methods such as group cooperation, game competitions, and individual guidance are used to meet the learning needs of different students. For students who prefer competitive sports, teachers organize group competitions or intra-school events to provide them with opportunities to showcase their skills and cultivate a sense of competition. For students more interested in teamwork, teachers design team-building projects or cooperative games to promote communication and cooperation among them. Timely feedback and adjustments are made based on students' progress to ensure that every student makes progress in physical education learning and enjoys the joy of success.

(3) Emphasizing Physical and Mental Health Education

In modern society, the importance of physical and mental health education in school physical education teaching is increasingly evident. Traditional physical education often focuses on imparting skills and physical exercise while neglecting the comprehensive development of students' physical and mental health. To increase students' awareness of and attention to health, schools can achieve this goal by conducting diverse health education activities. Regular health lifestyle lectures are held, inviting professional doctors, nutritionists, or health experts to the school to cover topics such as dietary nutrition, lifestyle habits, and exercise fitness. Through these lectures, students can acquire scientific health knowledge and learn how to adopt healthy lifestyles in their daily lives. Doctors can introduce correct dietary combinations, how to avoid malnutrition or obesity, and the importance of regular exercise for physical health. This education contributes to students' comprehensive development academically and lays a healthy foundation for their future lives. Emphasis is placed on mental health education, helping students recognize and address psychological issues through counseling and psychological tests, enhancing their psychological resilience and adaptability. Mental health problems such as anxiety and depression among adolescents can affect their learning and lives. By providing counseling services, schools can timely identify students' psychological problems and offer effective assistance, helping them establish a positive and healthy mindset. Inviting professional psychologists to the school to conduct mental health education activities allows students to better understand their emotions and psychological states, learn to effectively cope with stress and emotional fluctuations, and enhance their mental health levels.

6. Evaluation of the Effects of Reforming Physical Education Teaching Strategies

(1) Enhanced Student Engagement and Participation:

The reformed approach to physical education instruction has placed a strong emphasis on fostering student engagement and providing enriching experiences, leading to a noticeable increase in students' eagerness to participate in physical activities. Through the introduction of a diverse array of activities such as campus sports meets and outdoor expeditions, students are confronted with challenges that instill a sense of accomplishment, thereby igniting a greater interest in actively engaging in physical education endeavors. The campus sports meets have been revamped to include a wide spectrum of events, ranging from traditional track and field disciplines to more captivating pursuits like tug-of-war and obstacle courses. This diversified offering has succeeded in capturing the interest of a broader demographic of students, as evidenced by^[10]. Furthermore, the implementation of personalized teaching plans has opened up additional avenues for student involvement. By taking into account the unique interests and aptitudes

of each student, educators are able to craft tailored learning strategies that resonate with individuals, thereby fostering a sense of value and significance among students. Consequently, this personalized approach has resulted in heightened levels of active engagement in physical education activities.

(2) Promotion of Comprehensive Physical and Mental Health:

The reformed physical education strategies represent a fundamental shift towards prioritizing the holistic development of students, encompassing both their physical and mental well-being. Central to this approach is the integration of comprehensive health education, which equips students with essential knowledge and skills for maintaining optimal physical and mental health. Through a combination of health lectures and psychological education activities, students are not only educated about the importance of physical fitness but also provided with tools to effectively manage stress and navigate complex emotions. These educational initiatives serve to bolster students' psychological resilience and adaptability, empowering them to confront life's challenges with confidence and poise. Moreover, physical activities within the curriculum serve as a platform for cultivating essential life skills such as teamwork and resilience. Beyond mere physical exertion, students engage in collaborative efforts to overcome obstacles and tackle challenges, thereby honing their ability to work effectively in groups and persevere in the face of adversity. Outdoor adventures represent a pinnacle of this experiential learning approach, offering students immersive opportunities to apply their physical and mental skills in real-world scenarios. Through navigating various terrains and overcoming obstacles, students not only enhance their physical fitness but also develop crucial attributes such as teamwork and leadership. By working together to surmount challenges, students forge strong bonds and learn to rely on one another, fostering a sense of camaraderie and collective achievement. In essence, the reformed physical education strategies serve as a catalyst for students' comprehensive development, nurturing their physical health, mental resilience, and essential life skills. By embracing this holistic approach, educators empower students to thrive both inside and outside the classroom, laying the foundation for lifelong well-being and success.

(3) Enhancement of Teaching Effectiveness and Quality:

The reformed physical education teaching strategies are more tailored to students' needs, thus improving teaching effectiveness and quality. Personalized teaching plans ensure that each student receives effective guidance and attention, thereby enhancing learning efficiency and academic performance. Teachers employ various teaching methods such as group cooperation and competitive games, enabling students to apply learned knowledge actively, thereby improving the effectiveness and enjoyment of teaching. Schools emphasize timely evaluation and feedback on the teaching process, adjusting and optimizing teaching plans based on student feedback and performance to maximize teaching effectiveness. Through this iterative process, teaching quality continually improves, and students' learning outcomes are effectively demonstrated and reinforced.

7. Conclusions

The study explores the importance and necessity of reforming physical education teaching strategies from the perspective of student needs, proposing corresponding reform plans. Through personalized teaching plan designs, flexible and diverse teaching methods, as well as emphasis on physical and mental health education, it is possible to better meet students' needs, enhance teaching effectiveness, and promote the comprehensive development of students' physical and mental health. In the future, further in-depth research is needed in the field of physical education to continuously explore and innovate teaching models, in order to better meet the diverse needs of students and promote their comprehensive development.

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