

Research on the Innovation of Yoga Teaching Method under the Concept of Core Literacy

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ABSTRACT. *Since the 21st Century, China's Teaching Concept Has Been Deepening, Gradually out of the Concept of Examination Oriented Education, and Constantly Promote Quality Education. the Concept of Core Literacy Often Plays a Key Role in Quality Education. Cultivating students' Core Literacy Concept Can Better Play the students' Innovative and Practical Ability. in This Way, Students Can Learn Yoga More Deeply. the Innovative Research on Yoga Teaching Methods under the Concept of Core Literacy is a Hot Issue for Teachers At Present. This Paper First Analyzes the Significance of Infiltrating students' Core Literacy Concept, and Puts Forward Scientific Yoga Teaching Methods to Carry out Innovative Research on Yoga Teaching under the Concept of Core Literacy.*

KEYWORDS: *Core literacy concept, Yoga, Teaching method, Innovative research*

1. Introduction

Core literacy is an appropriate or well-prepared state or potential characteristic of an individual, and an individual has certain knowledge, ability or skills, attitudes and other prerequisites for action[1]. The concept of core literacy embodies a person's moral quality, and students are developing people. Cultivating students' core literacy concept in yoga teaching will make students get greater breakthroughs in yoga movement, and students' quality will be broken through in the face of difficult movements. Infiltrate students' core literacy concepts in daily teaching, and focus on cultivating students' interest in yoga, which can guide students to actively participate and stimulate students' enthusiasm for yoga. Teachers should support students to participate in social practice activities, which will enable students to understand the actual situation of society earlier. Practice activities can make students know that they should take social responsibility into account in social practice, and constantly broaden their horizons, form their own career planning, and constantly hone their own quality, so as to strengthen their core literacy concept. Therefore, the most important thing is to infiltrate the concept of core literacy, integrate it into daily teaching, improve students' learning quality and promote their all-round development.

2. Yoga Teaching Essentials under the Concept of Core Literacy

In the daily teaching of yoga, teachers should pay attention to the essentials of yoga movements, train students to master various yoga movements by themselves, and make students experience the satisfaction of learning yoga. It is very necessary to teach yoga theory before learning yoga movements. The basic theoretical knowledge of yoga includes the movement characteristics of yoga, the postural characteristics of yoga, breathing skills during exercise, and yoga adjusting breathing methods. In addition, students should also understand that yoga has a fitness effect, which can make their body become thinner and stretch their muscle length. As a sport, yoga is mainly taught in practice, and yoga movement teaching is the central part of the whole teaching process. Yoga postures, yoga breathing methods, yoga rest techniques, and yoga meditation are the most basic movements in yoga. Among them, yoga postures are particularly difficult, and there are also appropriate levels of difficulty. In the process of learning yoga, teachers should take students as the main body of learning, so that students can actively participate in the learning process of yoga and find yoga movements that suit them. This will inspire students' passion for learning the essentials of yoga.

3. Innovative Methods of Yoga Teaching under the Core Literacy Concept

3.1 Multimedia Teaching Method

In yoga teaching, the first thing to carry out is to explain the theoretical knowledge of yoga. When students understand the theoretical knowledge and consolidate the practice, they begin to learn the real yoga action. When teachers explain yoga theory knowledge, if only through textbooks or blackboard teaching to students, it is inevitable that students can not fully understand the theoretical knowledge of yoga, and many yoga movements can not be directly reflected in front of students. Therefore, in the necessary stage, teachers need to use multimedia to assist teaching, which will make students understand yoga more thorough. In multimedia teaching, students can induce and stimulate students' multiple senses by receiving vivid, intuitive, vivid and lively media information such as text, graphics, video and audio, as well as its unique charm[2]. In the early stage of teaching, teachers can show yoga dance videos to students, so that students can understand that yoga dance movements are beneficial to maintaining a figure and improving physical health, so that students will have the enthusiasm to learn yoga movements. Through the multimedia video teaching, students can intuitively feel the yoga dance movements. When learning difficult movements, they can also slow down and pause to watch and absorb the yoga technical movements carefully. Therefore, the use of multimedia teaching method in yoga teaching is an important means to improve the quality of teaching.

3.2 Demonstrative Teaching Methods

At the beginning of the yoga course teaching, the teacher should first demonstrate the yoga movement to the students, and the students imitate the movement by watching the teacher demonstration. If students have any doubts in the process of their own practice, they must consult the teacher in time. At the same time, the teacher should conduct guidance and correction for the students during the practice. For example, when a certain yoga action is practiced in the teaching class, the teacher should first demonstrate the standard action, and the students will imitate it after seeing the teacher's standard action. In this process, the teacher should guide the students and make the students stick to one action for a period of time during the practice. Teachers need to influence students through their mental outlook, and students will naturally see the teacher's serious attitude, so that students will do their best to complete the yoga movements for the first time, which not only exercises the students' strong will, but also completes the learning of yoga. Therefore, teachers continue to conduct demonstrations and corrections to personally guide students, through their own influence on students, so that students move forward in constant trial and error.

3.3 Stratified Teaching Method

Stratified teaching method refers to the method of stratified teaching of yoga difficulty for students with different basic levels after the completion of basic yoga movements. First of all, according to the students' learning of yoga, the students with good yoga movement learning are divided into a group, those with moderate yoga movement learning are divided into a group, and those with poor yoga movement learning are divided into a group. Each group of students practiced together, guided each other, corrected errors, and actively carried out yoga dance games, and rewarded students for better yoga moves, so as to fully mobilize students' learning enthusiasm and initiative[3]. Secondly, the teacher should deeply understand the difficulty of yoga teaching action, and divide the yoga teaching action into three levels: the action with higher yoga difficulty coefficient, the action with moderate yoga difficulty coefficient, and the action with low yoga difficulty coefficient. Finally, for students who learn well, they must ensure that they are proficient in basic yoga movements before practicing more difficult movements. For students who learn moderately, they must not only practice basic movements but also practice movements of moderate difficulty. The poorer students mainly practice yoga with low difficulty coefficient.

4. Conclusion

It is very helpful for teachers to master the concept of core literacy in the innovative methods of yoga teaching. At present, China encourages the integration of core literacy concept in teaching to improve the overall quality education. In yoga teaching, in addition to multimedia teaching method, demonstration and action

correction, hierarchical yoga teaching method, there are many new yoga teaching methods that can cultivate students' core quality concept. These new teaching methods can help students build a "cultural foundation". At the same time, it can also mobilize students' initiative, help students develop independently, and achieve "social participation" as much as possible[4]. The meaning of the concept of core literacy is rich, which is worthy of our in-depth study. Therefore, schools still have a long way to go in strengthening the education of core literacy concept.

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