

# Research on Teaching Methods of College Sports Football Based on Subject Core Literacy

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**Abstract:** *In the context of core sports literacy, the country vigorously promotes the development of campus football, aiming to promote students' physical fitness and achieve all-round development. The core literacy of physical education and health should be composed of the three elements of athletic ability, healthy behavior and sports morality, and the core literacy of physical education should be used as the guide and guidance, so as to promote the overall development of students' physical and mental health. Mainly use literature method, logical analysis method and practical reflection method to distinguish the connotation and interrelationship of campus football, core literacy, and core literacy of physical education; the guiding ideology, teaching goals and teaching of core literacy-oriented campus football classroom teaching. The core themes such as methods and evaluation methods are explained. This article starts with the current problems related to football teaching in college sports in my country, and comprehensively analyzes the college sports football teaching method based on the initiative of college students and the college football teaching method based on the leading role of teachers. Football teachers provide a more comprehensive reference to football teaching methods to better improve the quality of university football teaching in our country.*

**Keywords:** *Discipline core literacy; College sports football; teaching method*

## 1. Introduction

With the deepening of the concept of quality-oriented teaching, fully mobilizing students' initiative, enhancing students' interest in learning, and giving full play to teachers' leading role in teaching have become the focus of the current teaching reform, which is also true in the process of college football teaching [1]. College sports football is a sport widely carried out in colleges and universities in China, and it is deeply loved by students. In recent years, the disadvantages of college physical education in China have become more and more obvious, and the problems in college physical education have become more and more prominent [2]. College sports football teaching follows the traditional teaching methods, which are outdated and can't meet the needs of modern college students' development, resulting in poor teaching effect [3]. When teaching football, college physical education teachers should take the cultivation of students' core literacy as the top priority in teaching, so as to play the educational role of football teaching and lay the foundation for students' all-round physical and mental development [4]. Based on this educational background, physical education teachers should pay attention to it, concentrate on it, choose a reasonable way to promote the transformation of classroom teaching according to the actual characteristics of college students, do a good job in football teaching fundamentally, stimulate students' interest in learning and improve their sports ability at the same time, and cultivate students' core sports literacy from various aspects to realize their healthy physical and mental development [5].

Generally speaking, sports core quality is also called "sports culture level", which refers to the embodiment of students' sports quality and cultivation. In other words, it is the cultivation and quality of students in sports [6]. In addition to congenital factors, the formation of students' Sports literacy is also affected by the acquired environment, which involves many aspects, including sports knowledge, sports consciousness, sports behavior, physical level, sports skills, sports quality, etc. [7]. The main goal of football activities organized on campus is to improve the physical quality of students, make them strong, and cultivate their sense of competition, cooperation and struggle [8]. China's campus football has been carried out for more than ten years, and the achievements are obvious to all. The research aims to extract the educational value embodied in campus football and in line with the core quality of Physical Education [9]. Therefore, what is the core purpose of core literacy Oriented Campus football classroom teaching, how to transform it, and what are the main implementation strategies? It is

urgent for the majority of sports workers to make an accurate "response" and practice it comprehensively.

## 2. Related problems of football teaching in College Physical Education in China

### 2.1. College football sports teaching methods are relatively single

In college football teaching, it is often carried out in the form of classes. Although this unified teaching method meets the needs of football teaching hours in Colleges and universities, due to the differences in football level among students, the overall football teaching effect must not be ideal. Using multimedia to play video to improve students' understanding of competitive competition [10]. Football matches are held regularly. Football matches are also equivalent to practical teaching in another sense. While testing the effect of classroom learning, they can also enable students to master football skills, enrich experience, learn more knowledge and be aware of their own shortcomings. This effectively avoids the passive acceptance situation in traditional teaching, not only improves students' enthusiasm, but also promotes the cultivation of students' good will quality to a certain extent, fundamentally realizes the value of football, helps them develop good sports morality, and lays a good foundation for improving sports core literacy.

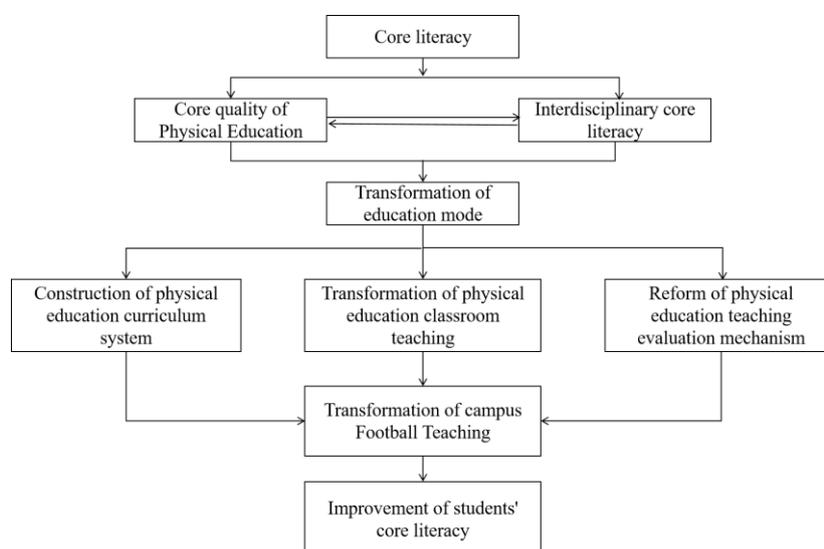


Figure 1. Schematic diagram of logical relationship between core literacy and campus football

Due to the influence of congenital inheritance and acquired environment, the development situation of each student is not the same. There is a big gap in understanding and physical ability of football among children of different ages. Campus football puts forward certain requirements for students' physical quality, so it is very important to teach students in accordance with their aptitude, and we should treat them differently according to the content and intensity of football training. The development of football-related activities on campus can not only improve students' football knowledge and skills, but also help them to learn other things. Exercise thinking ability, pay attention to learning style and apply the skills learned in football to real life, which will contribute to students' future development, that is, "active learning ability", specifically, exercise thinking ability, explore autonomous learning style and apply skills to practice. In the past, football teaching emphasized the teaching of standard movements of football competitive sports, and paid attention to whether students could correctly complete the standard movements taught by teachers. Football teaching with core literacy is different from competitive sports. Instead, it is necessary to fully tap and refine the educational elements with the characteristics of rapid change, strong antagonism, fierce competition, large amount of exercise and high team awareness, internalize the educational objectives into students' literacy, promote the harmonious development of students' mind and body, and realize the goal of "building up with the ball" and "educating people with the ball".

### 2.2. Teaching philosophy is out of touch with the times

At this stage, sports around the world show many new characteristics, but the concept of college

physical education teaching still adopts the traditional indoctrination teaching method, which is greatly divorced from the requirements of the whole era for college physical education teaching, especially college football teaching. Traditional football teaching has always been teacher-oriented, mainly based on Teachers' explanation and demonstration, and students' simulated practice after watching. After mastering the basic points, they can repeat the practice, and rely on their personal practice level to achieve technical proficiency. In this way, students only mechanically mature in technology, not leap in skills. In this regard, when teaching football, physical education teachers should take the cultivation of students' interest as the focus of football teaching, infiltrate game factors into football teaching, and stimulate students' interest in learning football knowledge and skills.

Teachers need to make a good training plan, step by step. Let the students easily complete the task and feel the sense of accomplishment with their own efforts in the learning process, so that the interest will naturally become strong step by step. Re-understanding and positioning campus football is not only the starting point of current campus football development, but also the foothold of campus football development. Campus football classroom teaching with core literacy needs to be repositioned urgently, which requires the majority of sports workers to clarify the core purpose of campus football classroom teaching and provide decision-making basis such as ideas, ideas, methods and evaluation for teaching transformation. Through systematic learning of football, students can experience the value of football and gain physical and mental health and spiritual wealth, which is the fundamental follow-up and fundamental turn of campus football classroom teaching.

### **3. Methods of Strengthening Campus Football Teaching under the Background of Sports Core Accomplishment**

#### ***3.1. Strengthening the construction of campus football culture***

Compared with other sports, campus football is very special, which contains great team spirit. Therefore, teachers should be aware of this connotation, make full use of existing resources, especially sports groups should take the lead, set an example to create a good football culture atmosphere, and at the same time, strengthen campus football culture propaganda to help students and teachers jointly establish a good football concept. Physical education teachers can do the following when teaching football. First, the teaching of football knowledge. Physical education teachers should apply the demonstration and guidance method to the teaching of rules and skills of football stopping inside the foot according to the characteristics of college students' thinking concretization, so as to expand students' football theory reserve. Second, the teaching of safety knowledge. Physical education teachers should pay attention to the teaching of warm-up exercise and recovery exercise in football teaching, so as to strengthen students' self-protection and healthy sports awareness.

Interest is the best teacher. Teachers should create a good atmosphere for students in campus football teaching and stimulate students' interest in campus football. This requires teachers to be good at combining students' learning psychology and ingeniously arrange training activities in campus football. In the process of teaching implementation, follow the students' physical and mental laws and the rules of formation of motor skills, in line with the students' existing football skills level, and connect fragmentary football teaching materials, teaching elements and teaching resources into a complete teaching system and guide Students actively explore the connection between skills and tactics, form a stable structure of football skills and tactics, and finally realize the gradual formation of the core competence of students' sports disciplines. Only under the guidance of the fundamental task of "Lide Cultivating People", closely integrating the "school situation", "learning situation" and "teaching situation", and the system structure pointing to the core literacy of the diversified campus football curriculum system, can we provide suitable for different students Only by providing a strong football course for high-quality football teaching can it lay the necessary foundation for the comprehensive and individual development of students.

#### ***3.2. College sports football teaching method based on College Students' subjective initiative***

The interactive football teaching method emphasizes that in the process of football teaching, teachers and students should increase the positive interaction, so as to better promote the enthusiasm of students to participate in football teaching activities and better promote the improvement of football teaching quality. Football is not an individual sport. It needs the cooperation of team members to win. Sports consciousness refers to people's attitude and cognition towards sports activities, which not only

requires students to have sufficient sports theoretical cognition, but also has skilled practical experience, and can deeply understand the connotation and essence of sports activities, thus promoting students' lifelong sports consciousness to be fully and well cultivated.

Teachers should earnestly strengthen the research on core literacy and core literacy of sports disciplines, especially to continuously improve their own core literacy teaching implementation ability of football teaching; school level should extensively carry out core literacy special training, theme seminars, experience exchanges and other teaching and research support activities, which are powerful. Promote the improvement of teachers' literacy teaching implementation ability; all levels and types of teaching and research departments must attach great importance to the development of teachers' literacy teaching implementation ability, and provide fundamental guarantees from the aspects of systems and mechanisms. Through the use of cooperative teaching methods, the correct teaching action orientation can be constructed in the process of football teaching in colleges and universities, and the awareness of competition and cooperation of college students when learning football knowledge and skills can be improved. The promotion. Let students feel the joy of success in the learning process, which can naturally arouse students' interest in learning, help students cultivate sports behaviors, and contribute to the improvement of sports literacy. Cultivate children's good living and study habits, and use the campus football platform to promote development in all aspects, especially in life.

#### 4. Conclusions

In college football teaching, the teaching methods adopted by teachers are not invariable. In a football course, teachers can use a variety of teaching methods according to teaching content and teaching time, so as to make modern football teaching methods better serve college football teaching. At the same time, teachers should stimulate students' sports passion and teach students football knowledge from the perspective of students. According to the actual characteristics of college students, we should reasonably carry out teaching design, pay attention to the cultivation of students' abilities in every aspect, adopt diversified teaching methods to promote the comprehensive transformation of classroom teaching, strengthen students' football ability and improve their core sports literacy, so as to fundamentally realize comprehensive development. The most intuitive function of campus football is to exercise, keep healthy and add vitality. In short, today, with the deepening of the national fitness plan, it is very important to do well in campus football, which can help students improve their physical quality and reserve talents for the national football cause. It is worth our teachers to constantly explore new teaching methods and promote the healthy growth of students. In the specific teaching and training process, according to the content of the core quality of physical education, we should pay attention to the correct guidance of students' values, cultivate students' ability to learn independently and find learning methods, pay attention to students' physical and mental health, and contribute to the "football" force in promoting the all-round development of students' morality, intelligence, sports, beauty and labor.

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