

# Research on Practical Methods to Improve the Teaching Quality of physical education

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**ABSTRACT.** *At present, the most effective way to achieve the goal of physical education, the physical education classroom teaching is the most direct and basic physical education in China. The level of physical education in primary and secondary schools, universities and even the development of China's overall physical education will be affected by the quality of physical education classroom teaching. By analyzing the influencing factors of the teaching quality of physical education, this paper puts forward some effective methods to improve the teaching quality of physical education, so as to provide some references for the teaching reform of physical education in China.*

**KEYWORDS:** *Physical; Classroom education; Teaching quality; Methods*

## 1. Introduction

Although contemporary students love physical, they have little interest in physical education, which is usually due to the phenomenon that the physical they like are not set up or the physical they like are not selected as exercise programs. In addition, the physical quality of students is also one of the important factors determining whether they take part in physical exercise actively [1]. Therefore, for students, the quality of physical classroom teaching depends on whether it provides a basic guarantee for students to participate in exercise, that is to improve students' basic physical quality, and let students master certain physical skills and methods, for this aspect, there are still many problems in physical classroom teaching in China.

Firstly, in terms of hardware, although the school has certain investment in the construction of physical facilities, there are also problems such as the low utilization rate of physical facilities, or the imbalance of physical fields and so on, this has affected the quality of physical classroom teaching in a certain extent.

Secondly, from the perspective of teaching atmosphere, physical teachers' teaching methods are still in a closed and outdated state, students are often passive and have few choice. The teaching method of "cramming" and "chalk and talk" overemphasizes the teacher as the center of classroom teaching and ignores the main role of students, they are lack of innovation and neglect the development of students'

interest, ability and personality, this greatly frustrates and inhibits the students' creativity and enthusiasm, makes the students have no interest in the physical education class, it is not conducive to the students' physical development, and it cannot guarantee the quality of the physical education classroom teaching.

## **2. Factors Affecting the Quality of Physical Education Classroom Teaching**

### ***2.1 Classroom Teaching Scale***

In the last century, the U.S. government has conducted experiments and studies on whether teaching scale affects the quality of classroom teaching, and launched a campaign to reduce class scale. The experiment proves that reducing the teaching scale is very important to improve the comprehensive quality of each student. Moreover, a number of scholars and experts in the field of psychology have conducted relevant experiments and found that small-class teaching plays a very important role in improving teaching quality and students' performance.

### ***2.2 Physical Education Facilities***

There is no doubt that the perfection of physical education facilities in a school directly represents the quality and level of its physical education classroom teaching. Physical teaching facilities not only include stadium, physical equipment and other physical facilities, but also include libraries and physical books especially the physical teaching books, periodicals, magazines, teaching CDS, physical forums, etc., which are mainly involved in physical classroom teaching[2]. The design, selection and purchase of physical teaching equipment should aim at improving the physical quality of students both inside and outside, they also should meet the age, physiological and psychological characteristics and needs of students. Books should be green, healthy and advanced, improving students' extracurricular reading and satisfying the thirsty for knowledge can make students' theoretical knowledge of physical education be combined with practice, all of these are necessary to improve the quality of physical education classroom teaching.

### ***2.3 Teaching Atmosphere***

The teaching atmosphere is composed of teachers' teaching style, students' psychological and physiological characteristics, students' receptivity and interpersonal relationship between students and teachers. Generally speaking, teachers are the dominant in the teaching atmosphere, while students enjoy and create the atmosphere as main role. Therefore, in order to ensure the atmosphere and quality of physical education classroom teaching, firstly, teachers should be good examples and strive to improve their own quality, so as to immerse into the teaching work; secondly, teachers have the obligation to restrain, educate and rectify the behaviors and phenomena that are not conducive to teaching and students' normal

learning; next, students should have a collective consciousness to improve their own quality and avoid affecting the normal study of other students.

### **3. The Effective Method of Improving the Teaching Quality of Physical Education**

#### ***3.1 Strengthen the Construction and Planning of Physical Education Facilities***

The site and equipment required by physical education is an important factor that restricts physical education and affects all aspects of physical education, this is a striking feature of physical education classroom teaching. The shortage of site and equipment will have a negative impact on the density and intensity of teachers' teaching and students' practice, the resulting noisy and crowded environment will also seriously affect students' enthusiasm and interest and. It can be seen that the influence of physical education facilities on the quality of physical education is manifold and profound, so it is necessary to strengthen the hardware investment and optimize its planning according to the scale of physical education classroom teaching and the number of students. In addition, in order to bring good psychological feeling to students, schools should pay attention to the tidy and optimized teaching environment, teachers also should carefully prepare the layout of the site and equipment before class to ensure the clean and tidy practice area.

#### ***3.2 Strengthen the Construction of Physical Culture in Campus***

As a specific physical culture atmosphere in the school, although campus physical culture is not a component of the physical classroom teaching system, it has a potential and spontaneous impact on students and often affects students unconsciously. The high-grade campus culture atmosphere can not only help students form the correct physical values, physical attitude and ideal belief, but also can further affect students' interest, motivation, behavior, learning effect and efficiency. Therefore, in order to strengthen the construction of campus physical culture, we can strengthen the publicity through various campus media and organize a variety of forms of extracurricular physical activities and competitions to improve the understanding and enthusiasm of the students on physical.

#### ***3.3 Optimize the Teacher Resources in Physical Education Classroom***

The characteristics of physical teaching determine that physical teachers are the soul of a physical class, and the source of students' knowledge is almost entirely from teachers, so the amount and quality of students' knowledge must be greatly affected by the level of teachers' teaching. It can be seen that the optimization of teacher resources is an indispensable part of improving the quality of physical education classroom teaching. To optimize the teaching force, on the one hand, we should conduct centralized training for the original teachers and expand the scope of

teachers' knowledge; on the other hand, we should also pay attention to the introduction of teachers with high level, serious attitude, active thinking and some scarce projects.

### ***3.4 Optimize the Teaching Process of Sports Class***

In physical teaching, improving students' physical quality is in the first place, and from the basic physical quality to the improvement of special physical quality is the premise of students' learning. Therefore, it is necessary to optimize the process of physical teaching, specify the teaching content and special quality training, and then arrange time for students to practice their quality and ability as much as possible [3]. Because the “training teaching” has clear purpose and specific tasks, there are certain requirements in each stage on the choice of teaching mode, which is easy to attract students' attention, effectively improve students' initiative to learn and to achieve the predetermined goal. Through the implementation of “training teaching”, we should change the form of “teacher teaches, students listens to, the teacher says, students practices” on the traditional teaching mode, give students more initiative to show their individual character to meet the needs of different students which are beneficial to develop students' intelligence. Developing the students' ability of self-study, competition consciousness and the spirit of helping each other can make the students really become the host of classroom teaching, so as to complete the teaching mission, and effectively improve the teaching quality.

### **References**

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