

Discussion on the Innovation of Physical Education

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ABSTRACT. *In the context of the global economic boom, the competition for China's social development has intensified, and the all-round development of high-quality talents is the driving force behind the development of society. This situation has higher requirements for the physical quality of talents. In order to cultivate high-quality talents with all-round development, physical education must change the original traditional model, be brave in innovation, respect the subjective status of students, promote the development of students' personality, take health education as the main line, and teach students in accordance with their aptitude. Paying attention to the cultivation of students' sports awareness and ability, we should not only focus on simple technical teaching, but should improve the students' fitness ability and improve the students' health level through the study of sports technology.*

KEYWORDS: *Physical education; Teaching innovation; Comprehensive development*

1. Introduction

Physical education is an educational behavior that teaches students relevant sports knowledge and skills, enhances students' physical fitness, cultivates students' sentiment, improves students' physical health, and cultivates students' lifelong exercise habits and individualized development consciousness. The aim of physical education teaching is to train the socialist constructors with comprehensive development, strong adaptability and high comprehensive quality. Physical education has its own characteristics.[1] It takes sports technology as the main learning content; physical exercise as the main form of exercise; demonstration operation as the main teaching method; physiological load as the main exercise load; and group training as the main organizational form.

2. Innovative methods of physical education

2.1 Teachers should create a harmonious and democratic learning atmosphere in PE class

In the process of teaching, the learning atmosphere in the classroom will have a

great impact on the learning effect of students. Therefore, PE teachers must work hard on the innovation of the learning atmosphere in the classroom. Teachers should fully integrate students' reality, get along with students equally, and create a harmonious atmosphere, so that students can speak up and make suggestions in class, and students can learn and communicate with teachers happily in class. Under the harmonious classroom teaching atmosphere, students can form the best emotional state, and it is also conducive to cultivating students' creative consciousness and cultivating students' interest in sports. The harmonious and active classroom atmosphere is not only for teachers to teach students knowledge and skills, but also for teachers to guide students in methods, so that students can learn to study, learn to think and learn to innovate. Practice has proved that students' good exercise habits and independent learning ability, like the wings of birds flying, will increase their flying power for their future development.[2]

2.2 Teachers must innovate in sports learning methods

Good teaching methods can effectively improve students' enthusiasm and initiative in learning, and enable students to actively explore, communicate, inspire and complement each other in the learning process, so as to complete the learning task together. In physical education teaching, teachers should make bold innovations in physical education learning methods and teach students in accordance with their aptitude, so as to meet students' personalized learning needs and improve the efficiency of classroom teaching. For some recreational sports, teachers can let students make their own competition methods and rules in the teaching process, so as to fully mobilize students' thinking ability and innovation ability. Through this kind of teaching method innovation, students can compete under their own rules, so that they can not only experience the rigor and rationality of the rules, but also harvest other kinds of happiness. For example, in the review class of volleyball mat ball, the teacher can adopt the teaching mode of students' optional independent practice.[3] In this mode, students can independently choose the number of cooperative students and cooperative partners, which not only increases students' learning enthusiasm, but also enriches the form of classroom teaching.

2.3 Teachers can intersperse games or group performances in classroom teaching

In the teaching process of physical education, some games or group performances can be added to increase the effect of physical education. Physical education teachers should fully mobilize students' ability to design sports games, so that they can fully participate in the selection and design of sports games. It is necessary to give students the space to imagine, the space for creation, and the space for practice, so that they can independently complete the design of the content of the sports class and give full play to the main position of students in the game teaching. For example, in the study of volleyball class, the teacher can arrange some games after the students' independent practice, so as to stimulate the students' competitive spirit and make them practice harder.[4] For another example, in martial arts

teaching, the teacher can arrange the students to have group cooperative exercises after teaching the martial arts movement skills. After the cooperative exercises, the students can have group performance. Because of the group performance, the students will be more active in the practice.

2.4 Arrange students to participate in the production of simple equipment for Physical Education

In teaching process, the teacher is the leader, and student is the main body, the teacher can arrange the students to make some simple sports equipment according to the content of the physical education, such as baton, sandbag, running overhead, hurdle rack, bowling, etc., which is beneficial to enhance students. The hands-on ability is also conducive to the development of students' innovative thinking, which encourages students to have a deeper understanding of relevant sports knowledge and effectively stimulate their sports enthusiasm.

2.5 Teachers should learn to use modern teaching methods

There are some limitations in the traditional teaching mode of physical education, for example, when teachers teach students to learn "leaping high jump", it is difficult for students to grasp the technical essentials of "swinging their legs in the air". But when the teacher demonstrates, the movement cannot be too slow, once slowed down, the movement is easy to make mistakes. At this time, teachers can use multimedia courseware in physical education with the help of modern teaching methods. The teacher can make an animation of "leaping high jump", and play the four movements of run-up, take-off, take-off and landing slowly. When teaching, the teacher first plays the animation to the students, so that the students can see the details of each action, and form the representation of instantaneous action in the brain, so as to deepen the understanding of the action. In practice, teachers only need to demonstrate a little, students can master this set of action essentials. At the same time, through the production of animation, teachers not only deepen the understanding of various technologies, but also improve the ability to explain technical essentials, and solve the difficult problems in traditional teaching.

2.6 In the physical education teaching, we should pay attention to teaching with pleasure

Physical education should not only let students grasp the movement skills, but also help students to strengthen their physique. To put happiness in it can make teaching more effective with half the effort and make students enjoy their body and mind while mastering skills easily. For example, when teaching "standing long jump", the teacher can guide students to imagine the frog jump action, and carry out teaching through the scene game of "catching pests by frogs", so that students can enjoy the fun of learning and participate in the practice more actively.

2.7 Teaching students according to their aptitude and setting different teaching objectives

In physical teaching, teachers should design different teaching objectives according to students' physical conditions and skill mastery, so that different students can make great progress through their active and exploratory learning. Because of respecting the individual differences of students and different learning goals of students, students can make reasonable self-evaluation according to their own goals. Teaching students in accordance with their aptitude is not only conducive to the cultivation of students' interest in sports, but also enables students to experience the joy of sports learning and improve their enthusiasm for continuous learning.

2.8 Teachers should pay attention to cultivating students' creative thinking

In physical teaching, teachers should pay attention to the comprehensive use of various methods to develop students' creativity, create a teaching environment for students to cooperate with each other, explore independently and seek differences, encourage students to think independently, actively express their own opinions and opinions in the classroom, and create a relaxed atmosphere for the students to express their own opinions. Teachers should pay attention to the inspiration and guidance of students, promote the development of students' thinking ability and grasp innovative methods.

3. Conclusion

Physical education teachers are in the leading position in physical education teaching. They must dare to innovate and constantly summarize in teaching practice. They should not only learn from other people's experience and lessons, but also combine the teaching practice to stimulate students' interest in physical education, cultivate students' innovative thinking, make physical education full of vitality, and make students get all-round development in body and mind.

Reference

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