

# Research on the Teaching Behavior of Physical Education and the Reform of Students' Learning Styles Based on the Background of Core Literacy

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**Abstract:** *With the trend of the development of education globalization and the establishment and completion of the core literacy system, countries have joined the new era of core literacy education. Based on the reform of physical education teaching behavior and students' learning style under the background of core literacy, this paper studies and analyzes the five aspects of teachers' language information literacy, students' self-understanding and practical literacy, teachers and students' cooperation and reflection literacy, innovation and development literacy, social responsibility and international understanding literacy in the teaching process. It is concluded that under the influence of core literacy background, teachers' teaching behavior and students' learning style in the process of physical education teaching can realize the transformation and change, emphasis and inclination of teaching behavior and learning behavior, and strive to construct the socialist core literacy value system with Chinese characteristics in the process of physical education teaching.*

**Keywords:** *Core literacy, Physical Education, Teaching Behavior, Learning Style, Change*

## 1. Introduction

It is a loud and high-spirited 'reading for the rise of the Chinese nation', inspiring generations of aspiring young people to change the backwardness and poverty of the motherland through education. The purpose of education is to educate people. In the new era, what kind of people education cultivates is directly related to the future of the country, the hope of the nation, and the responsibility of the society. Therefore, around the world, especially in developed countries and international organizations quietly set off a vigorous wave of education reform-core literacy education reform system. This not only reflects the research and judgment of countries and international organizations on the development trend of education in the current era, but also reflects what kind of people need to be trained in the future. Chairman Mao once said: 'The body is the capital of the revolution, sports is to education, like bones and meridians to the body. Therefore, the development of education is inseparable from the backing of sports. The reform and development of physical education teaching behavior and students' learning style are directly related to the landing and implementation of education core literacy, flowering and result, road and direction.

## 2. Connotation of Core Literacy

The first to put forward 'core literacy' is the United States. As early as the early 20th century, John, a famous American philosopher and educator. Dewey emphasized character education as the center of school work. The content of character education in the United States as a whole revolves around civic education, requiring teachers and teaching administrators who serve students to help students become qualified American citizens<sup>[1]</sup>. In recent years, American scholars have put forward the core literacy system, which is called the "21st Century Learning System" in international education. Specifically, it includes three aspects: 'learning and innovation literacy', 'information, media and technology literacy', 'life and professional literacy', which are specifically divided into 11 evaluation indicators.

Although the formulation of 'core literacy' is relatively new, its content and ideas have been covered for a long time. As early as the Spring and Autumn Period and the Warring States Period, Confucius, the representative figure of Confucianism, put forward the thoughts of benevolence and righteousness, rites and music, and moral educations<sup>[2]</sup>. These early Chinese cultural education thoughts are in line with the current 'core literacy' and have a long history.

### 3. Connotation of Core Literacy of Sports Discipline

The core literacy of sports and health disciplines is based on core literacy. Sports core literacy is an important part of students' development of core literacy. It is a comprehensive manifestation of students' basic knowledge, skills, methods, emotions, attitudes and values formed in the process of physical education and health learning. It reflects the unique quality and key ability of the characteristics of physical education and health. Specifically, it includes three aspects: sports skills, health behavior and sports morality.

It can be seen that the core literacy of physical education is a process of establishing and forming a personal lifelong sports concept that promotes the mastery of sports skills, healthy behavior and sports morality by teachers through different educational contents, different age groups and different teaching objectives in the process of physical education. Through the form of sports activities to convey to students a concept of healthy life, a healthy attitude to life, more importantly, a healthy life values to establish and form. The purpose of sports core literacy is to cultivate modern talents who are suitable for the development of today's society and have the comprehensive qualities and abilities of morality, intelligence, physique, beauty and labor.

### 4. The Reform Trend of Teaching Behavior and Students' Learning Style under the Core Literacy of Physical Education

#### 4.1. The Application of Teachers' Language Information Literacy in the Teaching Process

The language of physical education teachers highlights the characteristics of physical education' concise and comprehensive, intensive and more practice'. The acquisition of motor skills is inseparable from millions of imitations and repeated exercises, but it is also inseparable from the teaching and guidance of teachers' language. Teachers' language should be clear, concise, vivid and infectious when teaching sports skills. For example, a basketball one-handed shoulder shooting class. In the demonstration of the basic part of the shooting technical action, the teacher uses the wall chart or the teacher's own demonstration to transmit the technical action information, uses the language to explain the key and difficult points of the technical action, and organizes the students to discuss and study in groups and practice in groups. In the process of teachers' tour guidance, speech emphasizes the technical essentials of the action: 'raise the arm and stretch the arm, shake the wrist and dial the finger', so that students can deepen the memory of the technical essentials of shooting and the reappearance of the action representation in the subtle language information input environment, so as to achieve the clear logic of the technical action route, the clear thinking of the action connection and the coordination of the muscle action.

In different sports teaching, teachers will use different language information tips to carry out physical education teaching. According to the proficiency of different teaching stages and teaching objects in mastering technology, sometimes teachers gradually reduce the use of language and characters in teaching guidance, and then transform them into special sounds, body movements, gesture expressions, etc. These abstract language expressions are a highly information-based language integration. It is based on the long-term tacit cooperation between teachers and students, and it is also a kind of improvement and sublimation of teachers' language information literacy.

#### 4.2. Students' self-understanding and Practical Literacy in the Teaching Process

The self-understanding and practical literacy of physical education students is a learning activity based on the full understanding and understanding of their own knowledge reserve, sports ability and physical quality. In the teaching process, teachers should play a leading role in helping students to make self-understanding and practical evaluation. For example, a track and field standing long jump class. According to the different physical quality of students, teachers define different practice contents and evaluation indexes. In the classroom, it helps students to clearly recognize their own sports ability and development range, so that students can get sports practice and experience the fun of success in the recent development range of 'jump, pick peaches'. The more comprehensive and perfect the students' self-understanding, the earlier the students' individual cognitive system will be established. The development view of self-understanding holds that the individual has physical, active, social and psychological self-schema at all stages of development, and can also recognize the initiative, continuity and uniqueness of the self, but at different levels<sup>[3]</sup>. Therefore, in the teaching process, teachers should lead students to self-understand technical movements, self-practice technical movements, and guide the study of physical education according to their own physical quality development status, psychological cognitive development level, and surrounding environment adaptation, etc., reflecting the student's

main body status and internal factors.

#### ***4.3. Teacher-student Cooperation and Reflective Literacy in the Teaching Process***

Reflection, as a kind of ' thinking ' literacy evaluation index, is the individual's thinking of behavior, the individual 's evaluation of emotional habits, and the embodiment of individual psychological reflection and prudence. The reflection under the core literacy is not only the concept and significance in the category of psychology, but also a comprehensive, complex and integrated individual thought, emotion and behavior. The main body of the core literacy reflection in the teaching process includes two aspects : teachers and students. Students analyze their learning goals with teachers in class or after class, determine how to achieve these goals, learn how to judge their own lessons which are correct, which are wrong, whether the learning goals are achieved, and how to achieve satisfactory learning requirements<sup>[4]</sup>.

Teachers ' reflection is mainly reflected in the following aspects : First, thinking before class. Whether the course content meets the requirements of the syllabus, whether the setting of the course objectives can be achieved, and whether the course planning is carried out on time. Second, the thinking in the class. In the teaching process, teachers should make appropriate adjustments according to the teaching environment and the changes of students ' behavior and emotion, capture the abnormal situation in the teaching process, and make corresponding changes quickly. Third, after-school reflection. A class of physical education is like shooting a film. The script is fixed, but the behavior of ' actors ' is indeed free, random and uncontrollable. Therefore, it is necessary for teachers to have the ability of ' scene reproduction ', analyze all the ' storylines ' that occur in the classroom, proofread the script and think about how to improve the ' script ' to be more suitable for our ' actors '.

Students ' reflection. Under the guidance of the new concept of knowledge and learning, the 2011 edition of the compulsory education curriculum standards in all disciplines have appeared in the shadow of " reflection, " " should cultivate students ' ability to actively reflect on and regulate their learning strategies "s<sup>[5]</sup>. Students in the primary stage can do their own reflection on the completion of quality and quantity.

#### ***4.4. Innovation and Development Literacy in the Teaching Process***

In the process of teaching, teachers maximize the enthusiasm and consciousness of students ' learning, stimulate their understanding and integration on the basis of mastering basic knowledge and skills, and creatively cultivate their thinking ability and creative personality. For example, a section of aerobics prescribed routine learning. In the process of teaching, teachers explain and demonstrate the routine movements required by the course. After students master the basic footwork, techniques and rhythm of movements, they can encourage students to boldly create and compose the prescribed routine movements to form a unique style of their own understanding. In the process of creation, teachers should break the traditional guiding teaching, but adopt a democratic and equal cooperative partnership, provide suggestions and help in professional knowledge, technical level and emotional application, stimulate and explore students ' divergent thinking and personality characteristics, and create works belonging to students ' self-understanding stage, self-appreciation aesthetic stage and self-identity value stage. In the whole teaching process, students are enjoying a happy exploratory learning experience, so that students can get independent experience, confident experience, proud experience, and feel the happiness brought by innovation. It is an important stage for students ' self-growth, a critical period for students to establish innovative thinking and ability, and also a backbone for cultivating the country, society and enterprises. 'Seeing the potential of their own innovative spirit and practical ability development is full of hope for the future '.

#### ***4.5. Social Responsibility and International Understanding Literacy in the Teaching Process***

The emergence of social responsibility is the inevitable result of human development. In 1972, the United Nations Educational, Scientific and Cultural Organization published the " Learning to Live " report, which proposed that the purpose of human development is to make people better and better; make his personality rich and colorful, complex and diverse ways of expression; he takes on a variety of responsibilities as an individual, as a member of the family and society, as a citizen and producer, as a technological inventor and as a creative idealists<sup>[6]</sup>. In the process of teaching, teachers should always bear in mind their social responsibilities and practice their social responsibilities silently. Always adhering to the social responsibility of teachers is to cultivate successors and builders of the socialist cause. We must unswervingly adhere to our professional mission, shoulder the historical burden of national and social delivery, and make every effort to dedicate our youth and years. Therefore, teachers are a career of conscience, a career of kindness, but also a career of love and responsibility. Students '

social responsibility is a successor and builder of the socialist cause. They must have a strong sense of patriotism, collectivism, socialism, and strive to learn sports knowledge, master basic sports skills, enhance physical fitness, improve health, and shape their future social responsibilities in exercise. International understanding literacy is a new global perspective and a new cognitive perspective that emerges with the development of globalization.

In the process of teaching, teachers should have international understanding literacy. For example, many modern sports originated in European developed countries. When teachers explain the origin and development of sports to students, they must have a country or place of origin of the project.

## 5. Conclusion

In the 21st century, with the continuous development of economic globalization, the competition of comprehensive national strength of various countries is becoming more and more unprecedented and fierce. The competition of comprehensive national strength has shifted from the competition of external productivity to the deeper competition with talents as the core, and the cultivation of talents lies in education. Based on the establishment of the international 'core literacy' system, China's front-line educators put forward the cultivation and research of the core literacy of various disciplines in combination with China's basic national conditions and actual conditions, and fully implement the party's education policy, the fundamental tasks and essential requirements of education. It is in line with the requirements of the current era and the trend of world education reform and development, and is an important measure to enhance the international competitiveness of China's education. Therefore, we should adhere to the route of the development of socialist education with Chinese characteristics, implement the training plan and strategy of 'core literacy', make the cultivation of 'core literacy' more specific, disciplinary and pragmatic, and truly implement the party's educational policy, so as to bring about a great change of 'diving into the night with the wind and moistening things silently', build a socialist modern country with a prosperous and strong country and realize the great rejuvenation of the Chinese nation.

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