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# Research on the Combination of "Double Divide" Teaching Method and Project Teaching Method in Speed Skating Course

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**ABSTRACT.** *Active classroom atmosphere, improve students' participation awareness, and carry out experimental research on interactive teaching method in speed skating teaching. The results show that: The new teaching method effectively enhances the independence and autonomy of students' learning and improves students' analytical problems. The ability to solve problems creates a good classroom atmosphere, which in turn ensures the overall quality of the teaching on the ice class.*

**KEYWORDS:** *Speed Skating Course, Teaching Method, Project Method*

## 1. Introduction

China's physical education has fully implemented the "people-oriented" and "health first" teaching philosophy, embodying the "student-centered" educational ideology, enabling students to develop good physical exercise habits while studying and living, while improving the quality of life and health. Upward life style and cultivate their lifelong sports outlook. This is also one of the links in the implementation of quality teaching in schools. Skating teaching is a winter general course carried out by many universities in northern China. It not only concentrates on basic knowledge, sports technology and basic skills, but also cultivates social adaptability and effectively exercises the will of the students. According to the data, regular participation in skating can effectively improve cardiovascular function, improve and improve the function of internal organs and nervous system. Speed skating is a winter project carried out outdoors. Regular exercise can enhance the body's ability to resist cold. The ability to adapt the body to temperature is greatly enhanced, which greatly inhibits the occurrence of the epidemic and enhances the constitution. The coordination and coordination ability of various parts of the body has also been significantly improved and exercised during the practice of skating. It can be seen that skating teaching is a very suitable sport for the school's winter physical education curriculum. The skating class is restricted by the specific teaching environment, such as the large teaching venue, the large number of students,

the scattered students, and the vulnerability of the students. The teaching hours are significantly shortened, and the students are busy in the middle school period due to the busy schedule. Neglecting or even canceling physical education classes, coupled with less sports expenses, limited teaching equipment, lack of students' knowledge of physical education, and a single physical education content, will make students lose interest in physical education classes and create inertia in classroom learning. It is also these reasons that gradually lead to large differences in physical fitness, physical fitness and various sports skills among students. After the students entered the university, most of them did not have the skating class. The foundation is generally weak, which leads to the wide gap between the students. Because of the less introduction of skating professional teachers, most skating classes are made up of other sports. Teachers to teach and guide, so that the use of speed skating teaching methods in the teaching process is not accurate enough, the teaching methods are relatively old, the teaching content is not reasonable enough and other factors have affected the speed skating class in today's colleges and universities. The teaching quality of the skating class has dropped significantly, and the teaching effect is not ideal. The number of schools offering skating classes is decreasing year by year. In order to improve this unfavorable teaching effect, as a student who is about to graduate from the skating profession, I feel that I have the obligation and responsibility to make a little contribution to the future speed skating teaching. Therefore, the author tries to use the "double point" teaching. The teaching experiment of the law explores the scientific and effective teaching methods in speed skating teaching, improves the current teaching effect and enhances students' enthusiasm for sports, and stimulates their interest in active learning. It aims to provide some practical and theoretical references for education and teaching reform.

## **2. Advantages and disadvantages of the two teaching methods**

The advantages of the project teaching method: effectively mobilize the enthusiasm of students, and stimulate students' interest and enthusiasm for learning. It will help to improve the theoretical and practical training and the ability to innovate. It has cultivated students' various abilities, exerted the creativity of teachers, and promoted the reform of teaching. Disadvantages: The effectiveness of the project in the textbook is lacking, the difficulty is not appropriate, some projects are unrealistic; some equipment is not enough; the difference of students' knowledge level and acceptability restricts the implementation of the project teaching method. Its implementation is sometimes constrained by time, energy and resources, and conflicts with the regularity of language teaching. 2. The advantages of the two-point interactive teaching method: stratifying and grouping students, teaching students in accordance with their utmost needs, and successfully achieving different levels of teaching goals; using teacher-student interaction and student-person interaction to effectively improve students' ability to explore and hands-on . Disadvantages: stratifying students has a certain impact on the backward students, and the initiative of the backward students is not enough. At the same time, it is relatively troublesome to set different projects according to different levels.

### **3. Structural Analysis of Double-Division Teaching Method**

The double-point teaching method is based on rich teaching theory and based on solid teaching practice. It is a better classroom teaching method. The double-division teaching method advocates teaching in accordance with the aptitude and conforms to the principles of modern education and teaching, and caters to the concept of quality education. In the teaching, students in the class are confused and leveled and mixed to conduct teaching. The teaching form is mainly reflected in evaluation stratification, practice stratification, target stratification, and make teaching more targeted. "Double Divide" teaching The law meets the internal needs of students' learning. All the teaching contents are formulated by the teachers according to the teaching tasks according to the students' practice. Reasonable consideration of each student's learning characteristics, methods and methods, let the students realize that as long as "forward a small Steps can make you a big step in the learning of the psychological needs, so that students are emotionally satisfied in teaching, cognitive development, and success to build confidence. In addition, the "Double Divide" teaching method also Following the theoretical thought of Marxist philosophy, students are affected by family, society, genetics, etc. There are individual differences in strength, skill, intelligence, etc., so the teaching objectives corresponding to the ability are formulated for different levels of students. Let the students realize that the teacher's preset teaching objectives can be achieved through unremitting efforts. Teachers should also be targeted. To give different groups of students a teaching task suitable for students. Let students feel that the teaching plan is reasonable, the students can accept the teaching methods to practice, both realistic and realistic, and achieve the "everything from reality" historical materialism. In the process, the common problem of students is solved by the method of "combination", and the problem of personality is treated by the method of "point". This is in line with the theory of dialectics, which treats the universality and particularity of contradiction differently. "The teaching method is also like Babanski's teaching in the teaching of individual content for individual students in different ways. Different levels of different types of students are grouped together. In the same teaching progress in the group, the method of collective teaching is adopted to make the whole teaching form form. The most optimized combination.

### **4. Double-education teaching method integrating teaching method and project teaching method**

Teachers should first understand the basic situation of the students and master the physical fitness of the students before giving lectures. At the same time, we should examine the comprehensive situation of students' coordination ability, technology, skills, etc., so that we can have a good understanding of the teaching objectives. By stratifying students, students can be divided into three groups: better, medium, and poor. Teachers can then formulate scientific and reasonable teaching plans according to the different characteristics of each group of students. Teachers can make a reasonable mix of students at different levels. On the basis of the students' understanding of the content and teaching plan of the semester, the students

of the three levels are evenly distributed to each group, so that the members of each group complement each other. The role of the teacher, according to the learning situation of each group of students, targeted implementation of teaching guidance. This will help the teacher to observe the progress of each group of students in the teaching at any time, and at any time, the teaching guidance can also get the teaching feedback information in time. Throughout the teaching process, teachers should observe the progress of each group of students at any time. They can regularly evaluate and evaluate the teaching competition between groups, and make timely group adjustments to re-stratify students with improved academic performance. The whole classroom teaching should highlight the characteristics of this teaching method. Teachers should guide the students in each group to unite and cooperate with each other. Through collective cooperation, the whole group can be improved together, and the classroom teaching can be changed from the previous bilateral activities to the collective multilateral. Way of activity.

In the process of teaching evaluation, teachers should adopt different evaluation methods for students with different levels. They must not simply adopt the same evaluation method for students with different levels. They must be treated differently and effectively promote the improvement of students' self-confidence. For students with poor foundation and inferiority, they should affirm their progress in a timely manner, so that they can increase their confidence to eliminate fear and inferiority. Students with grades and movements should adopt incentive evaluation methods, and they must also point out their progress. Insufficient technical actions and corrective methods make them find the direction of their efforts and make them more active. Teachers adhere to high standards and strict requirements for those students with more technical actions, better scores, and strong self-confidence; at the same time, they should adopt a competitive evaluation method to encourage those students with poor foundations to make them enthusiastic about learning. Learning enthusiasm infects the students around them, making them more diligent, realistic, innovative, and moving toward higher goals.

Education is based on students, and teaching evaluation is based on the students' social and personality activities. The student learning speed skating class also uses these as the main evaluation content. The so-called student evaluation is to ask students and their present and In the past, compare and see if there is any improvement in the results of the study at this stage, and whether the gap between the scores and the teachers' preset goals is getting smaller and smaller, such as the obvious reduction, the teachers have preset Teaching objectives. However, on the basis of this, the student evaluation is still based on teacher evaluation, and the self-evaluation of students has not been fully reflected. According to the survey, students believe that modern students should pay attention to self-evaluation of students. It should not only be based on teacher evaluation. Students should be self-evaluated in their own learning process to make their own learning situation. A clearer understanding also has a clearer direction, and it is necessary to reflect on the shortcomings in a timely manner, so that you can work harder in a higher and farther direction. Through the lack of self-evaluation, the gap is found and the whole process is improved in the teaching process.

## 5. Conclusion

Most project teaching methods have many items to choose from, layering and grouping students at different levels. According to different groups, different projects are selected for planning and implementation, so that each student can reach a certain level and have a certain sense of accomplishment. Let the students jump to pick the peaches instead of squinting at the peaches. It is a concrete manifestation of teaching students in accordance with their aptitude.

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