

# The Value, Dilemma and Countermeasures of Online Teaching in School Sports in the Post-Epidemic Period

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**Abstract:** *In the post-epidemic period, physical education network teaching has become a new trend, attracting all kinds of people to participate in physical exercise. Using network survey and other methods, the study found that the value of school sports network teaching mainly includes: accelerating knowledge updating and stimulating students' interest; being flexible and convenient to meet the demand of personalized learning; enhancing communication and interaction, and improving the multiple evaluation system and feedback mechanism. The main dilemmas of sports network teaching are poor learning interaction, difficult teaching management, unsatisfactory learning experience and limited teaching facilities. The countermeasures are: firstly, online teaching should integrate teaching concepts and firmly establish the physical education teaching concept of "health first"; secondly, schools should create implementation conditions and guide students to adopt fragmented learning methods; thirdly, schools should provide rich online teaching evaluation to enhance learners' motivation; and fourthly, schools should strengthen health and wellness education and set up a stress mechanism for the curriculum.*

**Keywords:** *post epidemic period, physical education network teaching, teaching effect*

## 1. Introduction

With the rapid development of educational technology, the ways for students to acquire knowledge are becoming richer and richer. As an emerging form of education, network education is widely used in modern school education [1]. On the one hand, there are large differences in teacher strength in different regions and schools, and students receive different ways of knowledge, coupled with differences in teaching venues and facilities, resulting in significant differences in the learning effect of students. Network education maximizes the coverage of educational resources to the educational population with the help of Internet technology, which can solve the problems of unbalanced educational resources and shortage of teachers. On the other hand, in view of the convenient and fast characteristics of network education, as long as the learners have the interest in active learning and Internet access conditions, no matter what time and place, learners can learn according to their own needs. In recent years, China has been insisting on implementing the strategy of "developing the country through science and education", and has been attaching more and more importance to education, with an increasing demand for school education, but due to the limitation of teachers' strength, there still exists the phenomenon of uneven distribution of educational resources. In addition, China's popularization of compulsory education and higher education at the same time, pay more attention to the students' health and physical fitness, all of which has made the size of China's physical education market grow dramatically in recent years. Facing the contradiction between the shortage of teachers and the expansion of physical education market, physical education network teaching has been given a broad space for development. However, the physical education course has certain specificity, it is a teaching course integrating theoretical learning and physical practice, and the simple use of network teaching will expose all kinds of problems. How to improve the quality of physical education network teaching has become an important factor in the further development of school sports. Therefore, the study investigates and analyzes the value of physical education network teaching and the dilemmas it faces, and puts forward countermeasures to provide a theoretical basis for better physical education network teaching.

## **2. The value of school sports network teaching**

### ***2.1 Accelerate the updating of knowledge and stimulate students' interest***

Network sports teaching can break the geographical limitations and enable students to access high-quality sports education resources on a global scale. This helps to promote the dissemination of sports knowledge and skills on a global scale and provide students with wider learning opportunities. On the other hand, with the use of network technology, physical education can be conducted through a variety of multimedia means such as images, videos, simulations, etc., providing a more vivid and intuitive learning experience that can better stimulate students' interest in learning. This helps to better understand and master sports knowledge and skills, and becomes a powerful supplementary way to offline teaching.

### ***2.2 Flexible, convenient and meets the needs of personalized learning***

On the one hand, students can learn sports courses through the Internet at any time and any place, without being restricted by the time and location of traditional teaching classes. This flexibility makes it easier for those with limited time at work or other activities to participate in physical education. On the other hand, online physical education can be personalized to the student's interests, level, and learning style. Students can learn according to their own needs and progress, which helps to better meet the learning needs of different students and better implement the educational concept of "teaching according to ability".

### ***2.3 Enhance communication and interaction, improve the multiple evaluation system and feedback mechanism***

With the help of Internet technology, online sports teaching platforms usually provide a variety of interactive functions, such as online discussions, real-time feedback, etc., to promote communication between students and interaction between teachers and students. This interactivity helps to deepen the learning understanding and improve the learning effect. At the same time, the network sports teaching platform can also record every interaction of students and provide real-time feedback on the effective learning effect of students through the network, which helps teachers to have a more comprehensive understanding of students' learning. Through accurate learning statistics, it can help teachers improve the process of assessment and evaluation, and change the previous "light process, heavy results" assessment system. Finally, teachers can adjust the teaching content and methods in a timely manner through the learning interaction statistics and assessment feedback to better meet the learning needs of students.

## **3. The dilemma of teaching school physical education online**

Physical education is a practical, movement-skill based subject. In the process of teaching physical education in schools, physical education courses require students to realize the course objectives through physical practice. Different from other purely theoretical courses, physical education courses need to teach both theoretical knowledge and physical skills. It is difficult for online platforms to adequately simulate or replace actual physical exercise and skill training. Some sports activities require teamwork and collective participation, and online learning may not be able to provide this collective experience. This shows that there are some limitations to teaching school sports online, which is more applicable to teaching sports to single individuals. The study surveyed a sample of colleges and middle schools in Southwest China, randomly selecting 52 (22 in colleges and 15 in middle and high schools, respectively) students enrolled in physical education online courses and conducting telephone interviews with seven physical education instructors. The survey found that there are three main forms of network courses carried out in schools: webcasting, video recording, and online resource learning. This paper analyzes and concludes that the following dilemmas exist in school sports network teaching.

### ***3.1 Poor learning interaction***

Learning exchange in the teaching process is mainly divided into three kinds: learner and content, learner and teacher, and learner and learner [2]. Network teaching is through the Internet to the teacher recorded video or teaching live transmission to the learners, the realization of the interaction between

learners and content, which is the most basic requirement for teaching to be carried out. Although network technology has the innate advantage of information interaction, and users have been accustomed to socializing, shopping, searching and so on through the network, but in the face of the huge difference between network teaching and traditional teaching, teachers and students are more or less uncomfortable with network teaching. In traditional sports teaching, coaches can directly observe students' movements and provide real-time guidance. Online physical education is difficult to provide the same level of face-to-face supervision and instruction, which may lead to some limitations in students' skill development. Influenced by the online environment, most online teaching platforms only open limited teacher-student connections, student-student information interaction is missing, and there are limitations in the application of online platforms in physical education courses, which affects teaching effectiveness. Especially in the process of video recording and network resource learning, the interaction between students and teachers, students and students is missing, and teachers can't grasp the students' online classroom learning status and learning effect.

### ***3.2 Difficulty in teaching management***

In the traditional teaching process, experienced teachers can easily achieve classroom organization, coordination, control and other management functions, to ensure that the classroom runs in an orderly and efficient manner. Through the survey, it is found that the difficulty of teaching management increases significantly when teachers are in the process of network teaching. For example, in the beginning of the network live teaching stage, due to the network rate and the students are not uniform work and rest time, the simple sign-in procedures need to spend a long time, greatly occupying the normal teaching time; in the process of network teaching, the control of the students has decreased significantly, the number of students walking away from the classroom, desertion has increased, affecting the quality of teaching. Such as the phenomenon of physical education teachers network teaching sweating, students lying in bed without doing exercises [3]. In terms of teaching assessment, some sports skills may be difficult to accurately assess through online methods, greatly increasing the difficulty of teachers' evaluation. Traditional assessment methods, such as factual observation and practical testing, are difficult to replace completely online. It can be seen that the online teaching of school sports puts higher requirements on teachers and students, both in terms of online learning requiring students to have higher self-discipline and motivation, as well as requiring teachers to innovate teaching and management methods.

### ***3.3 Unsatisfactory learning experience and limited sports network teaching facilities***

A good learning experience helps learners activate their knowledge, enhances their emotions, attitudes and values, and is more conducive to accomplishing educational and teaching goals. Sports teaching usually requires field practice and interaction, and online teaching is difficult to provide these experiences. Students may lack practical hands-on opportunities, which may be detrimental to the learning of some physical education skills. It has been found that in online teaching, learners' learning experience has declined sharply, and some learners are even pessimistic about online teaching due to the impact of the quality of the network, the learning environment in which the learners live, and the lack of supervision. In addition, from the physical level, learners watch computers, cell phones and other devices for a long time, and their physical endurance is greatly challenged. The phenomenon of dizziness and back pain often occurs after the end of online courses, which affects learners' learning experience and their motivation to participate in learning next time. Influenced by sports venues and social facilities, the equipment and venues needed for physical education courses are not available in the family environment or residential environment, making it much more difficult to carry out complex and site-demanding technical movements.

## **4. Countermeasures to improve school sports network teaching**

School sports network teaching can conveniently and quickly un students to provide guidance, solve the problem of learners' learning needs, reduce the teaching of the dependence on the teacher's power, but it appears the problem should not be underestimated. With the end of the epidemic, students' urgent need for physical exercise is rapidly increasing, and school sports network teaching has become an important way to meet students' needs. Therefore, how to improve the quality of school physical education network teaching and enhance students' physical fitness requires educators to actively explore scientific and efficient physical education teaching methods, means and modes to cope with it.

This paper proposes the following countermeasures:

#### ***4.1 Integration of teaching concepts, firmly establish the "health first" philosophy of physical education teaching***

The purpose of education is to cultivate qualified socialist builders and reliable successors for our country. The purpose of education should be transformed into the purpose of teaching, so that the needs of society are transformed into the needs of the main body of teaching [4]. Further, what is the subject of teaching? Obviously, scholars agree with the "student-centered" teaching concept, which is also the inevitable direction of the integration of modern social needs, social needs are directly linked to student needs. However, although the concept of "student-centered" teaching is deep in the heart of every educator, but in the actual teaching process, it is inevitable that there are deviations in the implementation of the link. In recent years, many scholars have studied foreign teaching concepts and teaching models, hoping to find a direction suitable for the development of education in China. However, foreign teaching concepts and models can be adapted to our national conditions? China's education has been a rapid development, but also formed its own development system, copying foreign teaching concepts and models, there may be "incompatible". Therefore, integration is an important way to promote education reform. Schools should take into account the current educational situation in China, develop a multi-dimensional teaching mode based on traditional teaching and fusion of advanced teaching concepts at home and abroad; schools actively promote the integration of traditional teaching modes into modern teaching modes, promote the reform of physical education teaching in schools in the post-epidemic period, and constantly respond to and meet the changing needs of modern education.

In the post epidemic period, our physical health still faces numerous challenges. One of the functions of physical education is to make participants healthy, and in physical education programs that take "health first" as the teaching goal, cultivating lifelong awareness of physical education among the younger generation has become an important responsibility of physical education programs. However, physical health is affected by the impact of social media in modern society, such as WeChat, Shakeology, social games and other online resources, which constantly affect the life and study habits of learners, and learners with poor self-control are addicted to them. Therefore, the physical education teaching mode should be combined with modern technology to strengthen the teaching concept of "health first", fully mobilize the enthusiasm of the participants, improve the quality of teaching, and improve the physical health of students.

#### ***4.2 Create conditions for implementation and adopt fragmented learning mode***

The advantage of fragmented learning lies in convenience, speed, making full use of learning time, improving learning efficiency, and making learning ubiquitous [5]. Therefore, In terms of practical teaching of sports, teachers make use of the network platform to provide learners with fragmented contents of physical exercise, enhance the flexibility and mobility of learning, separate physical exercise from methods such as live broadcasting on the Internet, and reduce the inefficiency situation brought about by the problems of the live broadcasting environment; teachers strengthen the learning of theoretical knowledge of sports, give full play to the convenience of the Internet, and carry out independent learning, discussion, guidance and correction of errors on the network platform, keeping in touch with students and providing assistance at any time. In terms of the implementation environment, teachers guide students to make full use of their home or living environment to create exercise conditions, and teachers customise differentiated exercise plans for students to solve the problem of limited space and facilities for sports network teaching.

#### ***4.3 Enrich network teaching evaluation and enhance learners' enthusiasm***

Open network courses are mainly evaluated by network participation, and the evaluation of learners' attendance, homework, discussion and interaction can fully mobilize learners' enthusiasm. Therefore, Schools use modern network technology and network platforms to manage all aspects of physical education teaching. For example, in physical education, the physical quality of each learner is different, and the final results of the exercise will be different. Teachers use mobile phones and their applications to record the learners' learning time, learning times, learning interactions, exercise effects, etc.. The objective evaluation of learners' independent learning allows learners to experience the joy of scores for each completed task, which greatly stimulates learners' participation and enhances the effect of physical

exercise.

#### ***4.4 Strengthen health education and establish curriculum stress mechanism***

The physical education program shoulders the important responsibility of health education. For diseases that threaten students' health, school sports should strengthen health and epidemic prevention knowledge propaganda, carry out in-depth study for respiratory infectious diseases, enhance students' awareness of prevention, improve students' campus learning and living habits, and strengthen physical exercise. At the same time, Schools have set up WeChat public numbers on health knowledge to disseminate easy-to-understand health knowledge, and built interactive platforms for physical exercise on a classroom basis to create a favourable atmosphere for extracurricular physical exercise. In terms of teaching and learning, a stress management mechanism for preventing and controlling infectious diseases is being built, for example, online knowledge transfer is being carried out using network technology and mobile terminals, so that prevention and reminders of different seasons and diseases can be made in advance, and students can be helped to develop good preventive habits.

### **5. Conclusion**

School sports shoulder the important responsibility of improving students' physical quality, it is the guide of family sports and community sports, the breakthrough of realizing the fitness of all people, and the cradle of cultivating the concept of lifelong sports. There are still many uncertainties in the post-epidemic period, and school sports network teaching is the forerunner of school sports teaching reform. In the face of the problems arising from school sports network teaching, mobilizing students' enthusiasm is the key to achieving good results in network teaching. Therefore, teachers should give full consideration to students' points of interest when designing sports network courses, combine modern technical means, and give full play to the advantages of Internet resources, so as to make students move from boring physical exercise to happy sports, truly realize the value and advantages of school sports network teaching, and promote the continuous improvement of students' physical quality.

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