

Discussion on the Application of Sports Games in College Physical Education

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Abstract: In the entire teaching system of the university, physical education has an irreplaceable position. In a certain sense, physical education has a certain relationship with the healthy development of contemporary college students' mind and body. The traditional physical education teaching model has long been unable to meet the contemporary college students' interest in sports learning. It actively integrates into sports games in physical education, enriches the entertainment and teaching of physical education, and also mobilizes students' interest in sports learning. In this paper, the author mainly uses sports games as an entry point to actively explore the practical application of sports games in college physical education.

1. Introduction

Selecting sports games with sports as the core science, combined with sports activities and related skills such as running, high jump and long jump, can be adapted to create more and more physical movements. For sports games in college physical education, we must fully consider the actual physical education and teaching situation of each college when we arrange sports games, and strive to make it a fun, organized and diverse sports activity. . The application of sports games can promote the improvement of the efficiency and quality of university physical education to a certain extent.

Main features of sports games applied in college physical education

Generally speaking, the content of college physical education courses is more selective. However, no matter in which physical education course, sports games are popular among students. Sports games can not only activate the atmosphere of the physical education classroom, but also close the distance between teachers and students, and also cultivate students' team awareness. The application frequency of sports games in college physical education is quite frequent, and its main application characteristics can be roughly reflected in the following aspects:

1.1. Sports games are generally used in the preparation stage

Throughout the college physical education class, sports games are frequently applied in the pre-class preparation stage, and the frequency of sports games appears less frequently in other stages. A university physical education classroom is divided into three phases: the preparation phase, the basic phase and the final phase. Before the class begins, the physical education teachers will lead the students to do some sports games, which means that the students should fully participate in the body parts of the students, so that the students' excitement is high and they can fully participate in the follow-up sports [1]. Sports games such as “crawling fishing”, “discarding” and “ball-handling” often appear in the preparatory stage of college physical education classes. In the basic stage of college physical education, sports must follow the goal of physical education classrooms, often receiving the influence of the progress of the physical education program, and there is not enough time for sports games. In addition, in the final stage, physical education teachers generally do not pay attention to sports games, but only bring students together to summarize this class.

1.2. The problem of the combination of sports games and physical education content

The choice of sports games should be highly integrated with the content of the physical

education classroom so that the quality of the physical education classroom can be improved by the power of sports games. However, in order to be able to further cater to the students' learning psychology, physical education teachers often choose games that are of great interest to students, and do not fully consider whether these games are related to the teaching content of physical education classes. For example, for some students who have just stepped into the university campus, they have not yet quickly integrated into the new campus environment. In this stage of the physical education class, it is necessary to combine highly interesting sports games. For some senior students, sports games should be skillful and help them acquire a richer knowledge of sports. Sports games should complement the content of physical education, so that they can play a powerful role in promoting students' physical education [2].

1.3. The organization of sports games is relatively monotonous

The types of sports games are rich and varied, and the choice of sports games should take into account sports venues, sports equipment and weather conditions. However, in the actual college physical education process, the types of sports games are quite simple. The “sticking plasters”, “screaming a few groups” and “flowering balls” are the most common sports games, and the frequency of occurrence is extremely high. Even in a continuous multi-sports class, a sports game has been applied. Students have a subjectivity in sports games [3]. Physical education teachers should not only transmit physical knowledge and skills to students, but also fully mobilize students' self-participation. Based on this, physical education teachers should be good at developing a variety of sports games, bringing fresh and interesting to students.

2. The Application of Sports Games in College Physical Education

2.1. Applying sports games during the initial preparation phase

Preparing activities through sports games on the premise of physical education, the purpose is to quickly organize students, enhance students' attention, and encourage students to maintain a positive and benign learning attitude to physical learning and sports. Physical education classes often use sports equipment, and physical education teachers can use the opportunity to distribute equipment to lead students to play games. In the game, while the distribution of sports equipment is completed, the enthusiasm of the students is also highly mobilized. In addition, students also need to follow physical education teachers for physical training so that they can effectively break through the lazy inertia of the body, so that they can show their talents in the follow-up sports. In sports teaching, the preparatory activities of special sports are not excluded. This kind of sports is a sports game designed for sports. Sports games can provide powerful support for them.

2.2. Applying sports games in basic sports skills teaching

Be aware that students are the main body of the physical education class. Physical education teachers should encourage and guide students to actively participate in physical education, take the responsibility of actively cooperating with physical education teachers, and complete the study of sports skills at the fastest speed. With the power of sports games, we can create an extremely relaxed and pleasant atmosphere of physical education, alleviate students' resistance to sports, and then open up to accept sports and feel the charm of sports learning. In the teaching of targeted sports skills, physical education teachers need to fully clarify the current physical education learning situation of any student and students, based on this to arrange the game content, to ensure the safety of sports games and the power of physical education.

2.3. Applying sports games in physical fitness exercises

The fundamental purpose of physical education is not only to enable students to master relevant sports knowledge, but also to enhance students' physical health and maintain a healthy and up-to-date attitude towards life. At the time of physical contact, the application of sports games is less, and the tenderness of single-action games is not high enough. It often causes students to get bored and seriously hinders the rapid improvement of the physical quality of students. Sports games

can enhance the fun of physical education, which is undoubtedly, but the amount of physical quality is much more than the amount of physical exercise. If physical education teachers are unable to grasp the amount of physical activity of students, there will be some overloading phenomenon, which will have an adverse impact on students' physical learning and physical health.

2.4. Applying sports games at the end stage

Compared with the sports preparation stage, the basic stage and the quality training stage, the sports stage is relatively calm, mainly to help students quickly return to a stable state. At the end stage, teachers can choose some easy sports games to help students relax their physical and mental well-being, and then invest in the learning and training of other subjects in a better psychological state.

3. The Application Principle of Sports Games in College Physical Education

3.1. Strictly follow the safety principle

Regardless of which sports game you are in, you need to put safety at the forefront. A sports game that does not have security is bound to be a failed game and does not have the meaning of physical education. Compared with other disciplines, this subject of sports needs a lot of sports. Students often experience various activities such as running, beating, chasing and confrontation in sports and games. It is inevitable that slips will occur during the activities. Or the problem of colliding with each other. Physical education teachers should fully consider the risk factors that may occur in sports games, and develop relevant solutions for different risk factors to ensure that students' sports can be carried out smoothly and safely. In daily physical education classrooms, physical education teachers need to constantly instill safety awareness into students, so that students can always hold the spirit of self-protection and can flexibly face the dangers in sports. In addition, in the selection of sports games, physical education teachers must also grasp the amount of physical activity of sports games and observe the students' physical learning emotions. Fundamentally avoiding the impact of physical activity on the physical and mental impact of students, and helping students to drive away negative learning emotions, so that they can devote more energy to each part of the sports game, accumulate more abundant sports knowledge for themselves. Skills to lay the foundation for its firm sports learning.

3.2. Rigorous consideration of scientific principles

In the official start of physical education, physical education teachers should choose sports games reasonably. In addition to the safety of sports games, it is also necessary to take into account the age characteristics and psychological characteristics of students, as well as the number of people participating in a physical education class. And sports equipment, in turn, can guarantee that the physical education activities can achieve the desired results. For the choice of games in physical education, it is necessary to meet the teaching objectives and sports training plans, but also to meet the students' sports learning psychology. In order to further improve students' sports enthusiasm and help students gain more sports knowledge in physical exercise, sports games are not only scientific and reasonable, but also have strict technical specifications. The entertainment component of the game can motivate the students, and the technical specifications in the game can prevent students from making unnecessary mistakes during exercise.

3.3. In line with the principle of education

The application of sports games in the physical education classroom is to have educational significance. Sports games with educational significance can be welcomed by the students. The practical characteristics of physical education teaching are very obvious. In fact, in sports games, the content of physical education and moral education can also be added, so that students can receive more comprehensive development while playing games, forming an unprecedented sense of group and cooperation. When it comes to overcoming the spirit of difficulty and enhancing the emotions with other students, it can also foster a sense of collectivism.

3.4. In line with the principle of fun

The greatest charm of sports games is fun. The purpose of physical education teachers to entrench sports games in physical education activities is to better stimulate students' enthusiasm. In fact, physical education teachers can integrate the right amount into the plot of the competition in sports games. The integration of competition factors can enhance students' morale. Students want to gain considerable results in the competition. The benign competition will enable students to further feel the advantages of teammates and opponents, and then perfectly compensate for their own disadvantages and fully demonstrate their potential. The fun of sports games is the basic point to ensure that college students can easily and freely participate in sports activities. It is enough to effectively activate the psychology of college students and help college students to return to the best state to face unfinished sports games and tasks. In general, novel games are more competitive, so physical education teachers must be good at updating sports games, and choose special games to be added to daily teaching to facilitate the fun of full classrooms.

3.5. In line with the principle of student age

The age characteristics of students are also a factor that physical education teachers need to consider when choosing sports games. As the students grow older, the students' psychology will change more or less, the psychology of college students will become more mature, and mature college students will not be interested in sports games with low difficulty and childishness. Therefore, physical education teachers should choose some comprehensive, skillful and varied game content as a sports game in the physical education class. The novel game is more easily accepted by college students, but the important point that the novel game can be accepted is its security. Therefore, the principle that the sports game meets the age characteristics of the students cannot be separated from the security principle.

3.6. In line with the principles of physical education content

Sports games need to be combined with physical education content, and sports games are used to assist physical education classroom teaching, so that students can master sports theory knowledge and sports action skills in the game. The sports game is to provide services for physical education activities. In sports games, students can feel the joyful learning atmosphere. The subjective initiative of sports learning will also be stimulated by the homeopathy and quickly complete the goal of physical education. For example, in the college sports basketball class, you will be exposed to the study of the dribble position. At this time, the physical education teacher can divide the students into 8 groups, and each group of students must conduct separate game training. Seven of them formed a large circle, and another one stood in the center of the big circle and dribble in place. At this time, the other 7 people should also stand at their respective points to carry the ball in place. After listening to the "clockwise" and "counterclockwise" slogans of the physical education teachers, they will pass the ball in their hands to the other direction. Dribble point. Students who stand at the center of the circle need to grab the edge. If they do not grab the dribble position within the specified time, they can be judged to be the loser. If you can add sports games that meet the principles of teaching content in physical education, it can be described as a double-edged sculpture. It not only completes the work of enhancing students' enthusiasm, but also fundamentally strengthens students' mastery of sports knowledge and skills. There is nothing wrong with physical fitness and sportsmanship.

4. Concluding Remarks

In short, the smooth progress and completion of university physical education teaching activities requires the support of sports games. College physical education has a high demand for the choice of games. Under the psychological and physiological characteristics of college students, it must be safe, interesting, scientific and educational, and also meet the content regulations of the actual physical education program. Taking the new curriculum reform requirements as the educational

background, college physical education needs to adhere to the students' main body status, to improve the students' physical quality as the core, actively apply sports games to mobilize students' enthusiasm for sports learning, and ensure that students can actively participate in sports and show students. Youth and vitality.

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