

## **The Role of Happy Pe Classes in School Physical Education**

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**Abstract:** Happy PE classes refer to that in the process of physical education teaching, teachers need to take students as the center, properly guide students to participate in sports, let them feel the fun of sports, cultivate students' interests and hobbies, and help them establish the sports spirit of lifelong sports. In the teaching mode of happy physical education, teachers should pay attention to the cultivation of students' autonomy and innovation consciousness, encourage students to actively carry out exploration activities, jointly improve their level of sports competition with teachers while absorbing teaching knowledge, promote the improvement of students' physical quality, professional skills and other aspects of quality, improve teaching efficiency, and meet the education requirements under the new curriculum reform.

### **1. Introduction**

In the traditional physical education teaching, due to the poor physical quality and low level of sports skills, students do not like physical education courses, and their participation is not high, and teachers' teaching plan is difficult to promote smoothly. In view of this situation, teachers adopt the happy teaching mode, with the help of the inherent fun in sports, construct the curriculum, choose appropriate teaching methods, pay attention to teaching students according to their aptitude, set different development goals at different stages to stimulate students' sports motivation, so as to let them actively participate in sports class, carry out happy sports learning and improve professional skills under the guidance of teachers, and the teaching task of moral education is imperceptibly completed at the same time.

### **2. The Role of Happy Pe in School Physical Education**

#### **2.1 Stimulate Students' Interest in Participation and Improve Teaching Efficiency**

Happy PE pays attention to students' dominant position in physical education class, and requires teachers to design teaching plans according to the development characteristics of students, so as to cultivate students' autonomy and innovation consciousness. Combined with this teaching content, teachers carry out a variety of activities, such as questionnaires, to master students' psychological needs and interests, and then carry out more interesting physical education teaching to stimulate students' interest in participation and meet the students' ideal physical education class. In the class, students can freely play and learn, or complete interaction with teachers, master professional skills, improve teaching efficiency of this class.

#### **2.2 Pay Attention to Teaching Students According to Their Aptitude and Improve Their Comprehensive Quality**

The essence of happy PE is to guide students to feel sports fun, establish interest, and then consciously and actively study and exercise. Teachers abandon the traditional teaching mode and introduce happy education in the class. Taking students as the center and students' development as the guidance, teachers promote the implementation of stratified teaching according to students'

aptitude. Teachers can take care of students on different learning levels, tap their sports potential, guide students to master their own strengths, actively carry out their learning, feel the fun in sports, improve students' physical quality and professional skills while exercising, help students develop the habit of autonomous learning, and promote the improvement of students' comprehensive quality.

### **2.3 Cultivate Students' Sports Spirit of Lifelong Sports**

Happy PE is a teaching mode that integrates game, technology and so on. Teachers apply it to physical education teaching, select teaching methods based on students' interests and hobbies, plan teaching contents and processes, appropriately guide and encourage students according to their development level, so that students can complete their sports goals step by step. Looking back on the past, students can find that their ability has been improved, and the changes are great. Students realize the importance of physical exercise and establish the spirit of lifelong sports with the help of teachers.

### **2.4 Conducive to Completing Moral Education Imperceptibly**

In the physical education class teaching, teachers will carry on the teaching through many kinds of modes, such as single person training, group cooperation study and so on. In the teaching process, teachers will assign study tasks, request the students to complete the tasks through the individual or group diligently. In this process, students can exercise their endurance, cultivate their sense of teamwork and collective honor. After a period of exercise, students have a series of excellent qualities such as sports competition and sports exercise. Physical education teachers imperceptibly complete the cultivation of students' moral education.

## **3. The Specific Application of Happy Pe in School Physical Education**

### **3.1 Choose Teaching Mode According to Students' Level**

Happy education pays attention to the main position of students. Teachers should design the teaching plan of class with students as the center in the implementation of happy education in physical education class. Teachers can make preparations in advance, ask students about their feelings and ideas about a certain sports project, and do a good job of questionnaire work, so that teachers can master the specific situation of class students, then choose appropriate teaching methods combined with students' development level, interests and hobbies, orderly introduce happy education, give play to the advantages of happy education, and improve teaching efficiency.

For example, in the development of volleyball teaching, teachers can make a questionnaire, including understanding of volleyball, the degree of interest, the degree of mastering skills, the idea of the course content and so on. Using the network platform to send to students is easy to count the final questionnaire survey results. The results show that more than half of the students in the class are very interested in volleyball learning, about 70% of the students do not master the basic skills of volleyball, and 40% of them think that their physical quality is poor. In terms of teaching content, some students suggest that they can organize competition after they have mastered the basic skills. Some students proposed to carry out group cooperative learning mode. Teachers can adopt some suggestions from students, reasonably plan the teaching content, and provide students with broader and free learning space. In the process of volleyball teaching, cooperative learning mode reflects the essence of happy education. The students can be divided into different groups and the head of the group leads the students to learn the basic skills of volleyball taught by the teacher, and then carries out many activities, such as tossing, two-way passing, three-way passing, etc., in order to activate the course atmosphere and stimulate students' interest in participation. In the group, some members with fast absorption speed and rapid improvement of basic skills can be responsible for guiding other group members, driving the overall level of the group and achieving the contact goal of

teachers' arrangement. Through cooperative learning, students realize the importance of team, establish a sense of teamwork, and pay attention to collective sense of honor.

### **3.2 Introduce Game Teaching to Activate Class Atmosphere**

Happy education is mainly integrated teaching of skills and games. When carrying out sports teaching, teachers should pay attention to the introduction of game activities, enrich class teaching content with the help of interesting and flexible game activities, activate the class atmosphere and improve students' participation. In the games, teachers infiltrate sports knowledge and skills to eliminate students' psychological resistance to physical exercise. For example, in the development of football teaching, most of the boys and a small number of girls in the class have a certain interest in football learning, but most of the girls do not understand the football rules, and football needs to run a lot, so their enthusiasm is not high. In view of this situation, the teacher can teach from the basic introduction, divide the students into several groups, let each group form a circle, make everyone pass football to each other without touching the ball with hands in the game. When the teacher's whistle is over, the player who reaches the ball needs to show a program. With the help of this game, students' passing skills can be cultivated and some rules of football can be mastered, so as to lead them into the class efficiently. After a period of teaching, the teacher can divide the students into male group and female group, carry out competition activities respectively, test the students' mastery of football rules and basic skills, and adjust the teaching scheme according to the problems in the competition. Regularly developing small competition games makes the whole class more colorful to achieve the effectiveness of teaching.

### **3.3 Carry out Target Teaching and Stimulate Sports Motivation**

It is purposeful for students to learn sports skills. Teachers can use this purpose to set learning objectives, leave students a certain amount of time, require students to complete the learning tasks within the specified time, stimulate students' sports motivation, guide students to enter the exercise of sports projects independently, and achieve their own phased goals step by step. Every time students exceed themselves, they can get experience of success and a desire to challenge next goal.

For example, in physical education class, teachers need to measure the students' 800m / 1000m performance, but most students' performance is not good. In view of this situation, in the daily physical education teaching, teachers can take some time to train students, divide the 800m / 1000 into several stages. The students with poor ability can practice from 100m first, and set the time of 100m, 200m, 400m and other different stages according to the time of long-distance running. The students are required to practice freely, record their own results, and test before the end of class. Through a period of guidance and exercise, qualified students in the first stage can enter the second stage. Using this goal teaching can stimulate students' desire to challenge. Some students will run in the evening or morning, so that physical exercise can achieve good results. After training, students can not only improve their running performance, but also temper their will and guide them to success step by step.

## **4. Conclusion**

In a word, happy education is helpful to reform and improve the existing teaching mode, promote the reform and innovation of physical education teaching, pay attention to students' subjective status and subjective consciousness. Teachers should respect students' individual development, adopt different guidance methods according to students' different development levels, select teaching contents in combination with students' interests and hobbies and cultivate students' sports hobby, introduce game teaching, improve class participation, improve students' professional skills in games. After a period of training, students are deeply affected by happy PE and establish the spirit of lifelong sports. They can cooperate with teachers to carry out teaching activities in class, smoothly promote the implementation of teaching plans, and improve class teaching efficiency.

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