Innovation of Physical Education Curriculum Reform Based on Internet Plus Education

Fuyang He
Xichang University, Xichang, Sichuan, 615000, China
hfy3388@163.com

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Abstract: With the rapid development of the Internet age, the "Internet+" is more and more closely related to our daily life, and now the Internet has played a vital role in the physical education in colleges and universities. This paper expounds the time connotation of "Internet+" and the significance of physical education curriculum reform and innovation under Internet+ education, and puts forward constructive strategies for sports curriculum reform and innovation under the background of Internet.

1. Introduction
With the continuous development of network technology, the Internet has become an indispensable part of public life, and the era of 5G has come, which means that our life is a step closer to the Internet. The development of the network is constantly beyond, but also for people's life development to provide convenient conditions. From the beginning of KFC take-out, to today's streets Didi, Meituan, all rely on the Internet. Today, the Internet is a great success in the field of education, providing students with another important way to acquire knowledge other than school. The concept of PowerPoint began to emerge in the classroom, listing the syllabus to help students understand the important and difficult points in the textbook more intuitively. The combination of internet education and traditional education has formed a new "internet +" teaching mode, which has been continuously introduced into the teacher's classroom, and the rapid development of frequency.

2. The Significance of the Reform and Innovation of Physical Education under Internet Plus Education
Based on the background of the internet, our country strongly advocates the reform of educational curriculum. Nowadays, most schools use multimedia teaching to enrich classroom knowledge by using network technology. At the same time, the form of online curriculum has emerged, such as: test bug app, micro-class and Mu class. But compared with most courses, the innovation reform of PE has not developed considerably. Therefore, following the needs of the public, with the help of the Internet, it is necessary to vigorously advocate the reform and innovation of physical education curriculum, make full use of the role of new media technology in curriculum reform, and greatly improve the learning efficiency of physical education class[1].

The reform and innovation of physical education curriculum should not only start from the concept of education, but also pay attention to the method of education, and actively guide teachers and students to invest in teaching innovation. In PE class, teachers need to train students in different levels, adopt different methods for different degrees of students, communicate with students, formulate a set of reasonable training programs, constantly develop students'thinking, let students learn to learn independently, and lead the development direction of learning. Students need to put forward their own opinions in the process of training, feedback to teachers, from the innovative consciousness, thinking ability, innovative ability to improve themselves in all directions. After the end of the course with teachers, students more exchanges, summing up experience, found...
deficiencies, actively respond to the call for curriculum reform and innovation, strive to be active learners. In the process of teaching skills, PE teachers should adopt the combination of traditional teaching mode and "Internet+" method to create a new teaching mode on the basis of properly retaining the excellent part of traditional teaching.

3. Implementing the Innovation Strategy of Physical Education Curriculum Reform under the Background of "Internet Plus"

3.1. Changing Traditional Teaching Concepts

Traditional physical education teaching is partial to theorization, most of the time in class, teachers are talking about skills, the theory of large space, and then give students a simple demonstration, let students imitate the practice themselves. The long-term use of this method, students to slowly wear away the passion for physical education, even let some students appear antipathy phenomenon, it is difficult to arouse the enthusiasm of students. And this kind of inherent teaching mode also loses the power of self-innovation in the study, but constantly imitates the teacher's omni-directional movement, has lost the self-practice ability which should have in the physical education class.

In the background of the Internet, the information teaching method can arouse the students' pleasure in the first time, and the skill movement in the physical education class can be made by using the Internet technology, which cannot only reduce the pressure of the teachers, but also help the students to master the sports skills in a short time.

The most important point in the development of network technology is to build another bridge of communication between people, QQ, WeChat has become the main way of mass long-distance communication, such as (figure 1)(figure 2)(figure 3) can see that most of people's real-time communication has shifted to the Internet, students can use the communication platform to communicate with teachers 24 hours a day. It is also an important way to study the physical education course after class. Through the active speech, the suggestion and the experience summary of the teachers and students in the group, the author discusses the difficulties and key points in the study, and tries to study the physical education course with more suitable methods.[2].

Teachers can retain the basic part of the traditional concept, retain its essence, through the network communication platform, the skills in the physical education course in advance to share with the students, let the students preview the movements in advance, in order to achieve better results in class, in the students'simple movements before class spot check, after class to leave enough time for students to show their training results.

![Figure 1 WeChat](image-url)
3.2. Teaching Students According to Their Aptitude

"Teaching students according to their aptitude" is the most important learning method in pedagogy, especially in the traditional physical education class, the traditional physical education class mostly adopts one kind of training method-group training, after the physical education teacher has demonstrated all the level skill, takes all the students to train together, in the class excessive number, the teacher is very difficult to take care of each student, sometimes will appear the student lazy phenomenon.

With the progress of the Internet, big data analysis provides convenience for physical education courses. Through big data analysis, teachers can monitor the training situation of each student in real time, and can clearly grasp the data test analysis of all students in each action. For example, in football class, every football player has different roles, different abilities and different physical qualities, so it needs big data to analyze the characteristics of each athlete and make different training plans for each football sport.
Teachers can group students in class, class students into A and B groups, let the two groups of students form a competitive relationship, appropriate competition can stimulate students' enthusiasm for learning, and use big data for overall evaluation, such as (figure 4), the use of column chart can intuitively see the overall situation of the training of the two groups of students.

Students can also be stratified level training, divided into three levels of primary, intermediate, advanced, different stages of the formulation of different training plans, the most simple primary level, junior students to a certain extent can enter the intermediate level, and so on, step by step. This method can be trained according to the characteristics of each person, so as to grasp the overall training rhythm, reduce the burden of teachers, so that the training of students to achieve refinement, to ensure that each student can get targeted training.

3.3. Make Full Use of Internet Technology to Strengthen Students' autonomous Learning

In learning, autonomous learning is the key. Especially for physical education class, without personal experience, cannot achieve good results. P.E. teachers in the course of teaching, because of the limited time, so the number and number of actions can be displayed relatively small, cannot meet the needs of students. And as the saying goes: "the master leads the door, the practice depends on the individual." Especially for PE class, this sentence is very applicable. The teacher will teach the movement after the later most important student's autonomous practice, until the movement mastery. In the course of the course, it is very difficult for students to memorize every action and make sure they don't forget the action, so the technology of the Internet plays a vital role. The instructor can record a complete set of cheerleading, present it in a video format, and post it on the information platform for students to view. As shown in Figure 5, the video can fully demonstrate the movements of the teachers, and the teacher's collective position also provides the members of the group with the dance movements they need. In order to improve students' skills in all aspects, teachers can make corresponding learning plans and actively strengthen students' autonomous learning ability.

![Figure 5 La la exercise recording](image)

3.4. Increase Investment Costs and Introduce Advanced Teaching Equipment

In order to ensure the healthy development of physical education courses, we need the support of all aspects of technology, while the funds are the basis, the digital physical education teaching of "Internet "+, the most important thing is the advanced equipment, whether it is big data analysis or the communication and communication of daily training need advanced equipment support. In particular, big data analysis, this is a more advanced technique for physical education curriculum, it can be more accurate analysis of students' physique and learning ability, this technology needs to be invested in schools to purchase, if necessary, can be approved to the Ministry of Education, and strive for more high-efficiency technical products to promote the creation of a new physical education curriculum in the context of the Internet to make a new Internet teaching model possible[3].

4. Conclusion

Although the Internet age is developing at the speed of light, the true comprehensive Internet
physical education has not yet been put into practice, which requires the joint efforts of schools, teachers and students. With the help of schools and teachers, improve students' ability in all aspects and make students become participants or even pioneers in the course. Using the Internet information platform, we should strengthen the interactive communication between teachers and students, stimulate students' interest in learning and autonomous learning ability, improve students' comprehensive quality in an all-round way, and train high-level, high-quality and high-quality sports talents for the country.

References

