

## Application of Flipped Classroom in Public Volleyball Teaching in Higher Vocational Colleges

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**Abstract:** Flipped classroom is the result of education adapting to the development of information society and promoting the improvement of education quality. Through the overview of the flipping teaching mode, this paper constructs the higher vocational volleyball flipping teaching mode, including three parts: before class, during class and after class, and puts forward the application strategy of the higher vocational volleyball flipping teaching method: changing the teaching methods of teachers and students, improving teachers' comprehensive ability and cultivating students' learning enthusiasm, so as to promote the higher vocational volleyball teaching reform and improve students' physical health level.

Guoliang Wang, Jianguo Zhan, Junli Wang and other scholars have introduced flip theory into the field of sports and achieved certain results, but the guidance of volleyball education reform in higher vocational colleges is not strong. Volleyball is one of the three major ball events. It plays an important role in students' physical and mental health and growth. However, the traditional teaching methods have some problems, such as large class size, unbalanced volleyball technical level, limited teaching space and so on. In practice, the enthusiasm is not high, the density and intensity are not enough, and the teaching effect is not ideal. Reform is imperative, and the establishment of physical education teaching methods is an important content of physical education teaching reform. Studying the development of physical education curriculum plays a positive role in promoting the reform of physical education in China.

### 1. Overview Of Flipped Classroom

Flipping class is based on the theory of the helm. First, set a learning goal for each stage, which is divided into three stages before class. Second, the reform course consists of information network platform and practical course. Finally, in the classroom, students can learn certain knowledge and skills, effective internalization and practical application. Cultivate students' good learning habits and learning subjectivity. The purpose is to reverse the classroom time and cultivate students' learning ability. Based on group learning, taking the platform as the intermediary, combined with the actual classroom process, it emphasizes the knowledge internalization of multi-mode such as classroom teaching, knowledge learning and skill learning.

### 2. Flipped classroom model of public volleyball in Higher Vocational Colleges

The educational model is the expression of teaching theory and the arrangement of educational practical experience. It is the connection between educational theory and educational practice. The educational model of physical education curriculum has been well reflected in unit teaching, curriculum design and practical teaching with the systematic guidance of thought and theory, and its stable teaching structure and teaching method system. The establishment of the teaching mode of volleyball flipped classroom in higher vocational colleges must be combined with the relevant theories within the scope of physical education teaching mode, and proceed from the actual situation of students and higher vocational volleyball education.

Before class, teachers should formulate educational objectives and prepare educational resources according to the actual situation of students and the characteristics of teaching materials. Teachers

collect and sort out the teaching contents and relevant teaching resources, upload them to the teaching platform, and publish detailed pre class learning requirements. Through the teaching platform, students independently complete the learning of pre class teaching resources, form a preliminary understanding of technology, and find or ask questions on this basis. Teachers summarize the problems existing in students' learning and formulate classroom teaching design in combination with the main difficulties, so as to lay a foundation for improving the quality of classroom teaching.

In class, for the main problems collected before class, teachers explain and demonstrate targeted actions in class to tell students how to correct them in the process of practice. For some individual problems, teachers can use group practice time to solve them one by one, save classroom explanation time, highlight key points and create more time for students to practice activities. Encourage students to practice in class, cultivate good learning enthusiasm and actively master the volleyball skills of this class.

After class, the main task of teachers and students is to make overall plans and improve the quality of teaching. Teachers should sort out the current situation and existing problems of education, record the situation in the teaching plan, and make more adequate preparations for educational resources in the future. Students should also sort out the situation mastered in class, automatically practice relevant volleyball technical movements after class, and carry out volleyball training according to the learned volleyball technical movements, so as to improve their interest in volleyball matches and promote students to actively use volleyball in extracurricular activities.

### **3. Flipped classroom teaching strategy of public volleyball in Higher Vocational Colleges**

#### **3.1 Change the educational concept of teachers and students**

The traditional teaching method is deeply imprinted in the hearts of teachers and students. We have been used to this "cramming" teaching mode. Therefore, teachers and students must change their educational ideas and individualize the teaching model. The process of teaching practice is a whole. Teachers should take every link in the process seriously and reflect students' physique and health through data analysis. Due to the change of classroom form, the key role of teachers in the teaching process is also different from traditional teaching. The teacher has changed from a simple Volleyball Technology professor to a design and participant. His communication with students is also different. At the same time, teachers and students work together to create achievements and strive for policy and financial guarantee.

#### **3.2 Improve teachers' comprehensive ability**

Education reform requires teachers to be very high. They should not only have the consciousness of innovation and the courage of reform, but also constantly improve their comprehensive quality. The flipped classroom education mode needs to be carried out online and offline. Teachers should have certain information-based teaching ability, be able to produce, collect and sort out relevant teaching resources, optimize and integrate them, build and manage the network virtual physical education teaching platform, and provide students with volleyball technology video online learning platform. Moreover, it is a demonstration video directly recorded by high-level athletes on the Internet. The action is standardized and high-quality, which has brought help to the teacher's teaching mode. The students also take the behavior of the two people as an example for comparison.

#### **3.3 Cultivate students' learning enthusiasm**

With the implementation of the flipped classroom teaching mode, the dominant position of students is still unalterable. All teaching activities are to enable students to obtain better learning experience and harvest. Students' learning enthusiasm will also be directly related to the teaching effect. The change of teaching methods puts forward higher requirements for students' autonomous learning ability, and teachers should take intervention measures, Make students interested in learning. Therefore, the time and quality of online learning platform should be linked to the

examination results as the basis for measuring students' learning effect; Teachers should correctly use the online learning platform to compare different learning situations. We should encourage them in time, improve their sense of achievement and pride, and stimulate their enthusiasm for autonomous learning.

#### **4. Conclusion**

Flipped classroom is a new educational concept, educational method and educational model in line with the development of the times. It is the result of the adaptability of information society. The advanced volleyball teaching mode can break the classroom teaching mode, avoid many problems existing in the traditional teaching mode, and has a good educational effect. However, the first mock exam is also an attempt and specific implementation process in the application of public volleyball education in China's higher vocational colleges, and there will also be different problems in our country. Front line teachers will correctly face problems, quickly solve problems, constantly modify volleyball flipped classroom, promote physical education curriculum reform, and effectively improve students' physique and health level.

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