

# Research on The Physical Education Teaching Mode Oriented with Happy Sports

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**Abstract:** China has always paid attention to education. And along with the development of education reform in recent years, schools have reformed physical education, advocating “health first and sunshine physical education“. In order to strengthen the enjoyment and quality of physical education, students should be regarded as the center and happy sports should be as the orientation. This paper discussed the effective methods to construct happy physical education teaching mode and specific means to promote its long-term development through briefly analyzing its importance and existing problems in current physical education.

## 1. Introduction

Since Chinese education reform has been gradually pushed forward in recent years, traditional physical education teaching mode has also experienced innovation and reform. It fails to follow with the times and lacks diversified teaching methods to increase students' interest in sports learning. The purpose of physical education is to strengthen students' physical quality, which will be badly affected without students' positive participation. Physical education after reform is oriented with “happy sports“ to make physical education teaching mode satisfy modern students' development demands. Students have access to physical education via various teaching methods, which is not only good for students' physical quality but helpful for the realization of physical education teaching objectives.

## 2. Significance of happy sports in physical education teaching mode

### 2.1 Good for students' physical and mental health

Teaching mode of happy sports has completely solved various problems in traditional physical education teaching mode, helping students constantly strengthen their own physical quality in diversified teaching activities. Happy sports is oriented with students, which means that teachers are supposed to treat students as the principal part and help students improve their physical quality and feel the happiness from sports<sup>[1]</sup>. It can be seen that teaching mode of happy sports is of great significance to the diversification of school teaching methods. Compared with traditional mode, happy physical education has made enormous changes in teaching concepts. On the basis of advocating students-oriented, physical education is constantly more diversified to promote students' pursuit for better physical body and mental health. Such mode can totally satisfy with the personalized sports training with modern students and effectively foster their development. On teaching methods, happy physical education increases the diversity of physical teaching contents, and students aim to strengthen their physical quality rather than learn corresponding sports skills. It can constantly boost students' physical and mental health, and make them feel the happiness in physical exercise<sup>[2]</sup>.

### 2.2 Effectively promote physical education reform

The application of happy physical education teaching mode in school physical education has greatly pushed the reform of physical education teaching mode. Under the guidance of happy sports, the diversification of physical education teaching mode can be reached, which makes it

possible to basically improve the efficiency of school physical education and help students learn knowledge and feel happiness in active physical education. Students are only required to master and apply related sports skills in traditional mode, in which teaching mode is too single to arouse students' interest, even students feel disgusted and repulsive. It is bad for the realization of physical education teaching objectives<sup>[3]</sup>. However, the problem has been solved by happy physical education teaching mode which promotes the diversification of physical education teaching methods and students' participation in physical education, makes students master related knowledge in the happy activities, and contributes to the achievement of physical education teaching objectives and improvement of physical education quality.

### **3. Existing problems in current physical education teaching in China**

#### **3.1 Traditional physical education teaching concepts are backward**

Students are just supposed to master related sports skills in traditional teaching, so teachers in most schools just teach students related sports knowledge in physical education. Limited by technology and equipment in some colleges, there is usually the shortage of sports teachers, even one physical education teacher should lead several classes in one class. So students can just rely on teachers' explanation to master related physical knowledge. There is no enough time for teachers and students to communicate with each other in class. As a result, the teaching atmosphere of physical education is so dull that students' enthusiasm and creativity are severely limited<sup>[4]</sup>. In such physical education, students may feel they are doing military training. Although their physical quality can be strengthened, it is still hurtful for their mental development. The training mode basically disobeys the meaning of physical education.

#### **3.2 Physical education teachers feel tired with their work**

According to the related data, more sports teachers feel tired with their work, which is bad for the development of college physical education. The reason is related with their living in the high-pressure environment. They totally lose enthusiasm with work and lack patience with students. Random arrangement of teaching contents results in lower teaching quality and teachers' less sense of achievement. Over time, it will exert a negative impact on both students' and teachers' physical and mental health<sup>[5]</sup>.

#### **3.3 Students lack enough attention to physical education**

Traditional college physical education fail to arouse students' interest in sports. Some students pay no attention to physical education, even thinking that physical education is the free activity time, and they carefully listen to what they are interest in and play in other time. Some students are not fond of physical education even disgusted with physical education or teachers. So they usually ask for leave and never participate in related sports activities organized by teachers, which causes their bad habit of sports exercise. And some students hold the view that study is more important than physical education, so they usually learn other professional knowledge in physical education, badly affecting their mental health development<sup>[6]</sup>.

### **4. How to construct teaching mode of happy sports**

#### **4.1 Regard students as the principal part and increase their learning interest**

Teachers are explicitly required to treat students as the principal part in quality-oriented education, so is in the physical education. Students are always the center to develop teaching and able to experience happiness, learn related knowledge and train interest through diversified teaching methods. They can effectively improve teaching atmosphere, students' attention in class and their physical quality. Happy sports teaching makes students eliminate the disgusted feeling with sports, feel its charm and arouse their interest. Happy learning is beneficial to their physical and mental health<sup>[7]</sup>. In the physical education, teachers are supposed to help students establish confidence and

sense of achievement, as well as care and encourage students. All of these can be very helpful for harmonious relationship between teachers and students.

#### **4.2 Train students' ability of autonomous learning**

Interest is the best teacher, and the motivation of learning is significant to teaching. Colleges are supposed to make efforts to train students' positive learning and participation, and help them build the important meaning of physical education by means of corresponding rewards and punishment system. In addition, students should obtain the training of autonomous learning about physical education and be guided to increase interest and feel happiness in physical exercise.

#### **4.3 Formulate explicit teaching objective and contents**

The foundation of developing physical education is to formulate explicit teaching objectives and contents. When applying happy sports teaching mode, colleges should formulate corresponding teaching plans based on the reality of students, so that every student's interest and hobbies can be satisfied and they can find the happiness in physical education. Related teaching plan cannot be formulated without teaching syllabus. The core should be strengthening students' physical quality and the basis should be their interest in the formulation of related teaching contents. And physical education teaching methods should be constantly increased to guarantee students' physical and mental health.

### **5. How to promote the long-term development of happy sports teaching mode**

Due to the effect of traditional sports teaching mode, students are not aware of happy sports teaching mode, which is not good for its long-term development. However, teachers, as the principal part of conveying knowledge, should constantly publicize related knowledge about happy sports for students, and practice in real physical education. They can take advantage of various interesting games to motivate students' enthusiasm about class and participation. Students can not only learn related knowledge but also strengthen their team awareness and cooperation spirit through interesting games. In addition, colleges should invest more in sports equipments and facilities to basically solve the dull and single teaching mode, and arouse students' interest in teaching contents<sup>[8]</sup>. Besides, students' prejudice with physical education should be eliminated. Some students are not interested in physical education at all, even disgusted and repulsive with it. In the cold or hot days, most students are repulsive to physical education. Therefore, colleges should make students know the significance of physical education, transform various prejudices with sports and positively learn physical education. Only by this way can the long-term development of happy sports teaching mode be effectively guaranteed.

### **6. Conclusion**

Education, to which China has always attached great importance, is essential to national technology and development. Recent years, China has constantly push forward the reform on education and physical teaching mode has also gained corresponding reform. Teaching mode of happy sports has effectively improved college physical education teaching quality and trained more talents adapting to social development. Happy physical education teaching, based on students' interest, transforms the teaching concepts and single teaching methods of traditional education, improves students' attention and participation in class. Students can both learn related knowledge and experience happiness from physical education, which is good for their physical and mental health. Happy sports teaching, a new mode in our physical education reform, basically changes students' viewpoints with physical education, satisfies modern students' related demands with sports learning, train students' autonomous learning ability and make great contributions to Chinese physical education reform.

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