

Research on the Structure, Types and Selection Strategies of Physical Education Teaching Mode

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Abstract: as a Way to Solve Teaching Problems, Physical Education Teaching Mode is of Great Value to the Reform of Teaching Practice. with the in-Depth Reform of Physical Education Teaching, the Theoretical and Practical Research on Physical Education Teaching Mode is Very Active and Diversified Physical Education Teaching Modes Are Presented. the Key to Implement the New Curriculum Standard is Whether the Selection of Physical Education Teaching Mode in Colleges and Universities is Scientific and Reasonable. Due to the Influence of Traditional College Physical Education Teaching Mode and Various Ideologies, a Strong Value Conflict Has Formed in the Current College Physical Education Construction. with the in-Depth Reform of Physical Education Teaching, the Theoretical and Practical Research on Physical Education Teaching Mode is Very Active and Diversified Physical Education Teaching Modes Are Presented. the Correct Choice of a Better Physical Education Teaching Mode, and Further in-Depth Study and Improvement of the Theory of Physical Education Teaching Are the Problems That Must Be Solved Before Us. This Paper Discusses the Promotion of Physical Education to the Construction of Campus Culture, and Analyzes the Structure, Types and Selection Strategies of Physical Education Teaching Mode.

1. Introduction

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Physical Education Teaching Mode is to Achieve Teaching Objectives and Complete Teaching Tasks. Teachers Adopt Different Teaching Measures, Procedures, Methods, Skills and Control Methods According to Actual Teaching Situations in Physical Education Teaching Activities. the Teaching Mode is Established in a Specific Environment Based on Teaching Ideas and Teaching Theories, and is a Planning Procedure Set for Teaching Activities in Order to Complete the Scheduled Teaching Tasks. the Reason for the Diversification of Physical Education Teaching Modes is Due to the Different Guiding Ideology, Teaching Objectives, Emphasis of Objectives and Teaching Conditions. Modern Physical Education Requires Students to Be Able to Develop in All Aspects Including Technology, Ability, Knowledge and Personality. However, Any Teaching Method Will Have Its Inherent Nature, So There Will Be Emphasis. in the Past, Although We Have Achieved Some Results in the Discussion of the Physical Education Teaching Mode, Some Aspects Still Failed to Reach a Consensus [3]. Schools Should Attach Importance to the Construction of Campus Culture and Realize the Promoting Effect of Cultural Development on the Development of Students. Good Campus Culture Has Become a Spiritual Force to Enrich Students' Cultural Life, Standardize Students' Moral Behavior and Establish Harmonious Interpersonal Relationships [4].

As One of the Important Teaching Contents in Schools, Physical Education Has Been Paid More and More Attention by Parents and Teachers. How to Perfect the Physical Education Teaching Mode and Improve the Teaching Quality Has Become the Focus of Physical Education Teaching Points. in a Specific Teaching Environment, Set a Good Teaching Goal in Advance and Complete the Teaching Task. the Special Teaching Program Consists of a Suitable Teaching Method System and a Very Stable Teaching Process Structure. the Enthusiasm of the Students for Practice Has Not

Been Well Improved and the Effectiveness of Classroom Teaching is Not High. Teachers Are Teachers and Students Are Passive Recipients. Stratified Teaching in College Physical Education Module Measures Students' Learning Benefits by Observing and Recording Students' Learning Process and Results in a Specific Period of Time. Generally Speaking, the Physical Education Teaching Mode is a Whole. No Matter How Much Changes Have Taken Place in the Physical Education Teaching Mode, It Should Serve the Overall Teaching Goal after Realizing Its Respective Functions from Various Angles and Positions. This Article Will Focus on the Analysis of the Classification and Selection of Physical Education Teaching Modes, and Put Forward Guiding Strategies in Order to Provide Help for Improving the Quality of Physical Education Teaching in Our Country.

2. The Concept and Significance of Physical Education Teaching Mode

Physical education teaching mode is defined as a teaching procedure that embodies a certain teaching idea. It includes a relatively stable teaching process structure and a corresponding teaching method system. It is mainly reflected in the design and implementation of teaching units and courses. On the whole, the diversified physical education teaching modes caused by different physical education teaching objectives, guiding ideology, teaching conditions and teaching objectives belong to the whole. Each teaching stage has a strong purpose, and each teaching stage can feel the regulation of the goal to the exploring behavior. The spirit of seeking truth from facts, fairness and justice can be cultivated through sports competitions. The reason for the diversification of physical education teaching modes is due to the different guiding ideology, teaching objectives, emphasis of objectives and teaching conditions. In the process of classifying physical education teaching models, those immature models should be omitted. Diverse forms of sports competitions should be started to stimulate the competitive consciousness and spirit of the majority of students. In the fine teaching content, the syllabus specifies the class hours of each project to ensure the completion of the unit teaching tasks of each sports project.

With the standardization of running schools, students and teachers will have relatively ample spare time. How to arrange them to do physical exercise and extracurricular physical training in the limited campus has become one of the important contents of the school's daily work arrangements. At different stages, different guiding ideology of physical education has been put forward, which has promoted great changes in the theory of physical education in colleges and universities. As shown in Table 2, the sum is the survey and statistics on the degree to which the physical education teaching in colleges and universities has achieved the educational objective of physical education.

Table 1 Survey of The Achievement of Educational Goals

Degree of realization	Complete realization	Partial realization	Not implemented
Number of people	85	80	31
Proportion (%)	43.4	40.8	15.8

This competitive nature needs to be followed when the current college physical education teaching activities are carried out. In order to attract outstanding students to school, colleges and universities have continuously improved the conditions for running schools. In sports teaching, sports facilities are its material basis, providing sufficient space and convenient conditions for students' sports activities. Under the guidance of certain teaching ideas, we must carefully select the contents of teaching materials. Influenced by diversified teaching ideas, the selection of teaching contents can reflect the characteristics of complexity and diversity. Sports is a competitive activity, in which students can cultivate a sense of cooperation, which is also an important manifestation of students' mental health. In the course of the competition, students can show their mental outlook and sports accomplishment, which is an effective demonstration of the comprehensive teaching quality in colleges and universities. Under the correct guidance of PE teachers, college students take groups as units. Combining the module with the course objectives and the characteristics of the group, select the contents related to the group and make use of the knowledge gained. Through scientific physical education and various physical activities, students can be helped to establish

correct values, outlook on life and world outlook. When classifying, we should not only take care of the objectives of various physical education teaching modes, but also take into account the overall objectives of physical education teaching.

3. Strategies for Selecting Physical Education Teaching Models

Students can enhance the comprehensive working ability of nervous system and promote physical and mental development in physical exercise. This has laid a solid foundation for the construction of campus culture. Sports and health focus on satisfying students' needs and paying attention to their emotional experience, so as to promote the all-round development of talent growth. From the effect point of view, learning skills and mastering sports skills are effective. Cultivating lifelong sports awareness and habits is a long-term effect, while physical and mental health is a hidden effect. The main function of the connotation of spirit is to inspire people's will and spirit with advanced fighting spirit. With the intensification of social competition, society needs high-quality comprehensive talents, especially the ideological and moral quality as the primary condition to measure talents. Through sports teaching and sports activities, students' sports consciousness can be effectively cultivated, which can not only enhance their physical health, but also promote their mental health. For a long time, China has always put economic construction in the first place, and ideological and political education has always been in a disadvantageous position.

Behind any kind of physical education teaching strategy, there are certain teaching ideas to support it. In the process of making and implementing physical education teaching strategies, teachers with different teaching ideas will have corresponding teaching strategies. An important goal of physical education is to promote students' physical and mental health and guide students to form correct living and learning habits. Generally speaking, the physical education teaching mode is a whole. No matter how much changes have taken place in the physical education teaching mode, it should serve the overall teaching goal after realizing its respective functions from various angles and positions. Value orientation belongs to superstructure and is a value concept that tends to practice continuously in the process of dynamic development. This kind of value concept is the presupposition of behavior, which is worth doing and which is not worth doing in practice. If the physical education teaching mode is carried out step by step as in the planned economy era, the physical education teaching will not only fail to meet the needs of the current development. Systematic ideological and political education enables the educated to form noble moral sentiments and good mental outlook, and finally completes the historical mission of shaping outstanding talents with all-round and harmonious development.

4. Conclusions

Although there is no strict distinction between the advantages and disadvantages of physical education teaching models, there are grounds and grounds for their existence due to different conditions. As far as the reform trend of physical education is concerned, the traditional physical training teaching mode will be gradually eliminated. Physical education teaching mode is the core of the whole physical education teaching system, and is the key to complete the physical education teaching goal, implement the physical education teaching thought and teach the physical education teaching content. As a physical education teacher, it should be clear that any physical education teaching mode has its limitations and specific functions and characteristics. In the teaching process, the selection and use of physical education teaching mode must proceed from reality, and the best teaching mode must be selected according to its own teaching object, teaching conditions, teaching objectives and other factors. Teaching tasks are presented in the form of projects, and students are usually in difficult situations because they do not have the necessary sports skills. In the practice of physical education teaching, students' sports skills training and personality development should be comprehensively considered, coordinated use should be made, and physical education teaching methods should be reasonably selected. So as to cultivate students' interest in sports knowledge and sports, improve their physical and mental health, and truly realize all-round quality education.

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