

Research on Physical Education of Individualized Development of Chinese Students

Zhiyan Liu^{1*}, Hongbo Li²

¹School of Education, Universiti Putra Malaysia, Selangor, 999004, Malaysia

²College of Physical Education and Health, Linyi University, Linyi, Shandong, 276000, China

*Corresponding Author

Keywords: Optimization, Personality development, Physical education

Abstract: With the continuous deepening of the “new curriculum reform” in education, the physical education community has paid more attention to the development of students' personalities, and has gradually deepened the optimization of physical education teaching models. Then, in the process of physical education promoting the development of students' personalities, how to create a high-quality physical education teaching model requires innovation in the personalized development of physical education in physical education, and only a high-quality physical education level can enhance students' comprehensive physical quality, to achieve the development of student sports personality. This article is based on the physical education model to discuss the development of students' personalities, hoping to promote the development of students' personalities in sports.

1. Introduction

Under the environment of quality physical education, it is very important to realize students' physical fitness and improve students' comprehensive sports skills. China has launched the strategy of “powerful nation”, which requires the integration of all kinds of sports comprehensive talents, but each student has its own unique sports advantages. Therefore, it is the general trend for sports comprehensive talents to have “personalization”. Only such students only in this way can they make breakthroughs in the field of sports they are good at and contribute to the development of the country. Therefore, physical education teachers should break the inherent thinking in teaching, actively reform and optimize innovation in physical education, and actively explore the physical education teaching model in line with the new situation and new goals, so as to provide more favorable conditions for the development of students' personality.

2. Research background of personalized sports development

The “Outline of the” Healthy China 2030 “Plan” (hereinafter referred to as the “Outline”) issued and implemented by the Party Central Committee and the State Council pointed out: National health is a strategic theme for building a healthy China, and health is an inevitable requirement for promoting the comprehensive development of people. The basic conditions for economic and social development are an important symbol of national prosperity and national prosperity, as well as the common pursuit and aspiration of the broad masses of the people. As a strategic theme of national development, the “Outline” further emphasizes the strengthening of school health education, taking health education as an important content of quality education, and incorporating health education into the national education system. The establishment of physical education courses in colleges and universities in China always adheres to the original intention of “enhancing physical fitness, improving health and improving physical quality”, and puts the improvement of physical quality and physical and mental health of college students in the primary position of college physical education. Sports literacy occupies an important position and index weight in the comprehensive quality evaluation index system of college students. There are four levels: political ideological

quality, scientific and cultural professional quality, physical and mental health quality, and practical innovation ability quality. Among them, each level is further refined into first-level and second-level index systems. The first-level indicators set at the physical and mental health quality index layer include: physical fitness and psychological quality; the second-level indicators are: physical health status, physical adaptability, physical exercise habits, physical activity ability, sports morality, sports knowledge literacy, social communication ability. With social adaptability, it fully shows the importance of sports literacy in the evaluation of college students' comprehensive quality. It can be seen that sports literacy is an important part of the comprehensive quality of college students. The essence of sports literacy means that under the guidance of school sports, college students can improve their physical fitness, sports skills and psychological tolerance through sports, overcome difficulties, challenge themselves, enhance their potential, pursue higher goals, and thus gain a personality. perfect. Sports literacy includes sports knowledge, sports awareness, sports morals, sports behavior, sports skills, sports personality and other elements. There is a systematic connection between the elements of sports literacy. The development of sports literacy is closely related to the degree of youth devoted to sports and the ideological quality, social morality, physical fitness and skills of sports players. Two aspects of physical exercise are irreplaceable and completed by other education methods. The cause of optimizing physical education research

Research on optimizing physical education comes from the 1980s. At that time, China implemented physical education reform nationwide and promoted the full development of sports. Since then, the quality of physical education in China has been significantly improved, and optimization and innovation have been made in the content, methods, methods and guiding ideology of physical education. However, while reforms are taking place, some insurmountable obstacles have gradually emerged in physical education. The disconnection between theory and practice has become the most problematic problem for physical education teachers. Many physical education researchers have no theory but it is difficult to practice. There is no systematic theoretical knowledge as a guide. In order to make the theory and practice teaching regulate each other, it is necessary to establish correct sports teaching guiding ideology. Therefore, optimizing sports teaching has become the key research object of the sports education community. Recognized by scientific researchers and physical education teachers.

3. Sports teaching model based on the development of students' personality

In physical education, schools can analyze according to students' needs, equipment and school venues, etc. Students can participate in systematic theoretical learning and action essential guidance in sports subjects according to their own sports. However, according to the individual differences, students have their own advantages in sports, and their acceptance is also very different. Sports teachers need to use different teaching models to guide them, thereby promoting the development of students' personalities in sports learning.

4. Factors restricting the development of students' personality in traditional physical education

At present, physical education teachers in various schools can actively respond to the call for quality education, and most of them can be “student-oriented”. However, they still generalize students in teaching and study sports subjects in a unified way. They rarely consider the acceptance of physical education by all students. Degree, can not really promote the development of student personality. For example, in physical education, some physical education teachers think that “personal development” will limit the ability of students to show in other aspects, and it is not possible to display physical education in a balanced manner in the society. Another example is that some physical education teachers can carry out teaching in promoting the development of students' personalities. However, it is not possible to be specific to physical education activities, and it is difficult for physical education teachers to teach according to their aptitude in the teaching process. In addition, so far, some schools have a vague understanding of the promotion of student

personality development. They have not clarified the important role of student personality development in student sports learning. Student personality teaching is implemented.

The most important thing for students to achieve personal development in physical education is to optimize the teaching of physical education teachers, not to stifle the personalities of physical development of students, and to provide students with certain incentives during the personal development stage, so that students can form personalized development concepts And development goals, giving students a sense of direction in sports development. However, at present, many schools only require students to quickly master the skills of using sports subjects, but the practice skills of sports skills require time and training intensity. It is difficult for students to persevere in the process of sports practice. This teaching mode has largely killed students Will not meet the individual needs of students. In addition, most physical education teachers generally adopt a unified model for teaching, not all students are interested, and some students even have the phenomenon of “escaping class”.In physical education, physical education teachers’ teaching projects involve a wide range. Each project also requires students to digest and absorb to be able to complete sports actions better. Each student’s adept space is different, so it needs perfect personalization The space meets the individualized needs of students in sports. However, there are relatively many physical education teachers in many schools, and there are many teaching classes. If you want to meet the individual space of each student, then the teaching goals are difficult to complete, which will affect the teaching performance to a certain extent. In addition, the teaching progress of physical education teachers is formulated one by one according to the learning standards of the class hours, which meets the requirements of quality education. Limitation, can only learn step by step according to the teaching content of the physical education teacher, can not be optimized and innovative.To promote the personality development of students in physical education, it can not be completed only by in-class teaching. It also needs to rely on the form of combining with extra-curricular. Better show. However, many schools lack effective extracurricular teaching and rarely go out of school. Even sports competitions are mostly conducted on campus, and teaching activities are greatly limited. In addition, although many students have a unique love for certain sports subjects, many parents believe that sports will consume a lot of children's learning time, restrict children's sports activities, resulting in students not being able to have more exposure to sports outside the school. Greatly restricts the personality development of students.

5. Strategies to optimize physical education and promote the development of students' personality

Physical education teachers should participate in students' physical learning in physical education. The development of students' personality is unquestionable, and physical education teachers should play a larger role in it. Therefore, in order to strengthen the construction of school sports resources and optimize the allocation of sports teaching resources, we should increase investment in manpower, material resources, financial resources and other aspects. Through improving sports activities, students should be actively involved in physical education, forming high-quality physical education courses, making Teachers promote students' personality development through more optimized scientific methods. At the same time, physical education teachers arrange students to do physical exercises as much as possible to improve students' own comprehensive quality.

Physical education teachers should encourage students' physical exercise, and increase the “appreciation education” for students. Students can increase their interest in physical education in the motivation of teachers. At the same time, physical education teachers should encourage students to actively participate in the construction of physical education and have a better understanding of physical theory and physical practice. Physical education teachers can better teach students' personality development by inspiring them, and teaching plans are easier to implement. Physical education teachers can add more interesting teaching content and reduce competitive teaching content. Students can also express their own ideas through physical education. Physical education

teachers should listen carefully and express their opinions scientifically and reasonably to motivate students correctly.

In physical education, the teaching speed of teachers is relatively fast, coupled with fewer physical education courses in schools. Over time, it is difficult for students to develop their personalities in physical education. Therefore, teachers should give students enough space for personality development. For example, teachers can let students learn more about “prescribed actions” in teaching, and add more “optional actions” to allow students to have more free development of personality space. In addition, teachers can establish a more scientific and reasonable assessment and evaluation mechanism for students, so that students can have more and better personality development space and increase students' enthusiasm for learning sports.

Physical education can't just be classroom teaching, and extracurricular physical education is also indispensable. Only in this way can students have a better space for personality development. Sports teachers can lead students out of school as much as possible, participate in some training and competitions in society, so that students can get more contact with society in sports learning, and sports teachers should actively guide them to participate in more intense physical exercises outside the school. At the same time, physical education teachers should communicate and communicate more with parents of students to make parents realize that physical education is also a basic skill essential for students to enter the society and increase the time for extracurricular sports.

6. Conclusion

The development of society needs high-quality talents Quality education is an inevitable choice for China's education development in the new period The only way to enter the strategy of rejuvenating the country through science and education. Universities must conform to the development trend of the times Potential, attach importance to the cultivation of comprehensive high-quality talents, pay attention to college students' sports The formation and improvement of literacy. College physical education must attach importance to the transmission of sports skills Teach, guide students to strengthen their bodies, and build a strong body, but also fully Pay attention to the potential function of physical education knowledge teaching, and promote students' ideological quality Quality, cultural literacy and social adaptability. Promoting the development of students' sports personality requires high-quality sports teaching resources as a guide, attaches great importance to student personality development, implements effective incentives, reserves space for personality development, and combines teaching experience inside and outside the classroom. Explore to truly achieve the basic starting point of promoting the personality development of students, and lay a solid foundation for the comprehensive and multi-faceted quality development of students.

References

- [1] Jiandong Zhou. Sports and knowledge -- an investigation based on the knowledge theory of sports education [J]. Journal of sport, 2017, (2):1-7.
- [2] Wei Gao. Analysis on basic knowledge of education in sports [J]. Contemporary sports technology, 2012, (4):95-99.
- [3] Yongchun Tang. How to increase the value orientation of sports education [J]. Modern education science (higher education research), 2003, (6):89-90.
- [4] Rongbing Yin. Basic education school physical education curriculum content selection and value orientation evolution and appeal [J]. Journal of wuhan sports university, 2017, (2):81-85.
- [5] Yanfei Chen. The enlightenment of sports education model to school PE curriculum reform [J]. Journal of Physical Education 2005(3):92-94.

[6] WenMeng, HaiyanLI, Feasibility study on the implementation of sports education model in college physical education curriculum -- a case study of tennis teaching reform in nanjing institute of engineering [J]. Journal of Sports Adult Education, 2011,27(05):84-85.