Research on the Strategy of Promoting the Effectiveness of Physical Education Classroom Teaching Based on Students' Subject

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Abstract: With the development of society, schools are increasingly demanding quality education. Physical education is an important factor affecting students' physical and mental health. Therefore, physical education classroom teaching must pay attention to the improvement of students' related abilities. How to stimulate students' interest in sports and improve the effectiveness of physical education classroom teaching is one of the problems in the current physical education classroom. Based on this, this paper first summarizes the problems existing in physical education classroom teaching, and discusses the methods to improve the effectiveness of physical education classroom teaching, in order to provide theoretical basis for later research.

1. Research background
1.1 Literature review

Under the background of the new curriculum reform, physical education classroom teaching has received more and more attention, and the education sector has put forward higher requirements for its teaching quality (Zhang, 2018). With the development of physical education, physical education mainly focuses on students and cultivates students' interest. The focus of teaching is on improving students' physical quality and student personality development. However, as far as the current situation is concerned, the traditional classroom teaching mode is still used, and there is a certain distance from the new curriculum reform requirements (Zhou, 2018). At this stage, quality education has received more and more attention, and students' physical and mental health and moral education have also received a certain degree of attention. As an important means to promote students' physical and mental health, physical education curriculum should actively make course content in line with social development and promote the development of students' physical and mental health (Fan et al., 2013). Innovative physical education teaching content and methods can effectively stimulate students' interest in sports learning, and can effectively improve teaching quality and efficiency. The important basis for establishing the effectiveness of physical education classroom teaching objectives is the characteristics of physical and mental development and physical changes of students (Liu, 2013). However, in the practice teaching of physical education classroom, some teachers turn physical education classroom into a “game class”, focusing only on the main body of students, ignoring the skill teaching of students, and not paying enough attention to students' physical and mental health, sports skills and social adaptation. This leads to interesting classroom teaching, but the quality of teaching is low. There are many problems in the effectiveness of physical education classroom teaching, such as being misunderstood and misunderstood. The main problems lie in the inconsistency between teaching form and teaching method, the ambiguity of teaching objectives and so on. If we want to change this situation, we need to improve the teaching consciousness of physical education teachers (Jiang, 2014). Only by taking the development of students as the teaching objective to promote the development of students, and introducing life into physical education classroom, can the effectiveness of physical education classroom teaching be brought into full play.

1.2 Purpose of research

Since the establishment of China, the school physical education curriculum in China has been
reformed seven times. The curriculum reform of physical education should take curriculum implementation as the core link. With the implementation of the reform of physical education curriculum, physical education workers are paying close attention to what students should learn, how to learn and how to learn in physical education curriculum. Although some scholars have begun to use the effectiveness of the classroom to evaluate the effectiveness of physical education classroom teaching, but at present the theoretical basis of this aspect is still in the stage of lack, which to some extent will lead to deviations in physical education teaching practice. Therefore, it is very necessary to understand the theoretical problems and practical ideas in physical education classroom teaching. Although there are many studies on the effectiveness of teaching in other courses, there is a lack of relevant research in physical education teaching. Therefore, theoretical research on the effectiveness of physical education classroom can lay a theoretical foundation for future related research.

2. Existing problems in physical education classroom teaching

2.1 The school does not know much about the reform of physical education classroom teaching

Under the influence of traditional physical education classrooms, schools are still using traditional assessment methods to assess student sports performance. For example, the use of long jump, sprint, long-distance running and other forms to assess sports performance. Because some physical education teachers do not have a deep understanding of physical education reform, physical education teachers have not given enough attention to teaching reform. The measures taken for the reform of physical education are also limited to the reform of educational methods and teaching processes (Ma, 2015). Physical education teachers are not aware of the importance of the final teaching evaluation reform. Although physical education teachers continue to innovate teaching methods in order to improve their physical education performance, their effects are not significant due to the influence of assessment methods. The students believe that all efforts in the physical education classroom can not affect the final assessment results, so most students have a slack mentality, do not study physical education, and gradually lose interest in physical education curriculum, which is not conducive to the development of physical education. Therefore, in order to improve the effectiveness of physical education classroom teaching, physical education teachers must have a correct understanding of physical education reform, and constantly improve their self-cultivation according to the reform of physical education, formulate effective and reasonable education and teaching programs, and fully respect the subjective status of students.

2.2 Physical education classroom content is out of touch with real life

Physical education reform advocates physical education teachers to use teaching materials to guide students in sports skills and sports knowledge. However, in the specific implementation, physical education teachers are too immersed in the content of the textbooks, and are limited to the content of the textbooks in the process of physical education classrooms, which makes students out of touch with real life (Wang, 2013). However, this situation can not reflect the life of physical education classroom teaching, and it also leads to the disconnection between physical education classroom content and students' actual life. In the process of physical education classroom teaching, the content of physical education teaching can't resonate with the emotional needs of students' sports, which directly leads to the inefficiency of physical education classroom teaching. The main reason for this situation is that physical education teachers cannot effectively combine the actual life with the content of the teaching materials, which directly leads to the separation of the content of the physical education classroom from the content of life. The content of physical education classroom is out of touch with real life. This is largely unable to arouse students' interest in learning sports. The sloppy state of students will also affect the quality of teachers' teaching, and their teaching quality will be greatly reduced.
2.3 Physical education teaching methods and teaching methods lack effectiveness

In the traditional physical education classroom teaching mode, the physical education teacher as
the leader, organizer to lead the classroom teaching. However, with the implementation of the new
curriculum reform, physical education teachers are no longer the leader of the physical education
classroom. In physical education classroom teaching, it has become a new teaching method that
students learn independently and cooperate with each other. This teaching method mainly focuses
on students' autonomous learning, supplemented by the guidance of physical education teachers.
However, in the specific practice process, physical education teachers pay too much attention to
form, ignoring the innovation and reform of teaching methods. However, this formal teaching
method can't effectively stimulate students' ability and interest in autonomous learning. Students
only learn mechanically under the guidance of physical education teachers, and will not study
independently, which leads to the ineffectiveness of physical education classroom teaching can't be
improved (Zhang, 2014). Although in the reform of physical education teaching, emphasis should
be placed on students as the main body of teaching, but in real life, physical education teachers are
still in the dominant position in the classroom, and do not highlight the status of students as the
main body. Therefore, this leads to the restriction of students' autonomous learning ability, which
can't achieve personalized development.

3. Strategies to improve the effectiveness of physical education classroom teaching based on
student subject

3.1 Innovative teaching methods

Teaching design plays a vital role in improving the effectiveness of physical education classroom
teaching. The smooth development of physical education classroom depends on the quality of
teaching design. Based on this, physical education teachers need to make sufficient preparations for
teaching before carrying out physical education classes, and make an overall plan for the classroom
to ensure that the course can be carried out smoothly and achieve the best teaching effect. Firstly,
physical education teachers need to have a full analysis and understanding of their own teaching
content, including theoretical knowledge and practical skills, to ensure that they can effectively
combine theory with practice in classroom teaching to award students. Secondly, physical education
teachers should meet the requirements of the new curriculum reform when designing the curriculum,
take students as the main body to carry out practical teaching, and set up correct teaching objectives.
Finally, physical education teachers can design the teaching content from the practical point of view.
Physical education teachers can adjust the teaching content according to the current situation of
students' physical and mental development. It can also combine innovative sports knowledge with
curriculum content to stimulate students' interest in sports learning.

3.2 Reforming the teaching method of physical education

The important support of PE classroom teaching is the teaching method. Only with perfect and
systematic teaching methods and strategies can the classroom teaching effect be maximized. Under
the new curriculum reform standard, the physical education teacher must carry on the thorough
innovation and the reform to the physical education teaching method. Reform does not adapt to the
development of the times and students' development of teaching content and methods, with a new
type of teaching methods in line with the development of the times, so that physical education
teaching regain vitality. Physical education teachers need to have a clear orientation of educational
objectives. Only by fully understanding the innovative aims of teaching methods can they
implement educational objectives in the reform of practical teaching methods. Physical education
teachers need to focus on students as the main body in innovating teaching methods. To stimulate
students' interest in learning and strengthen their sense of participation in learning is the main
objective. At the same time, in promoting teaching activities, we should guide students to strengthen
their fitness, and guide students to establish lifelong sports awareness, so as to achieve the goal of
promoting the development of students' comprehensive quality. With a clear education orientation,
physical education teachers can innovate teaching methods based on students' actual situation and improve the effectiveness of physical education teaching, at the same time, they can integrate their own teaching style and improve teaching flexibility.

3.3 Strengthen the combination of sports and games

In the process of physical education teaching, physical education teachers can combine courses with games to teach, which can effectively stimulate students' interest in learning, so that students can take the initiative to learn. Only by making students interested in the curriculum, can students actively cooperate with physical education teachers to complete the corresponding sports projects and improve the efficiency of physical education classroom. Compared with other courses, physical education curriculum is more dynamic. Other courses are only one-sided explanations by teachers, and students are passively accepted. To some extent, it restricts students' playful nature. But sports games can arouse students' interest in playing again and ensure their physical and mental health. When students have a strong interest in physical education classes, they will actively complete the tasks and objectives assigned by physical education teachers and challenge themselves enthusiastically. When a student achieves a goal or breaks through himself, he or she will feel proud, which is conducive to developing a good habit of challenging himself or herself. Therefore, the introduction of games into physical education classroom not only helps to enhance students' interest in learning, but also helps students to learn in the future.

3.4 Creating a good atmosphere of physical education classroom

The formation of a good physical education classroom requires not only the joint efforts of teachers and students, but also the support of a good external environment. Student learning in a very interesting and good classroom environment can effectively improve the effectiveness of physical education classroom teaching. Specifically, it can be divided into the following two aspects. First, build a harmonious teacher-student relationship. Only a harmonious relationship between teachers and students can build a harmonious classroom atmosphere. If there is a gap between teachers and students, students will not actively communicate with teachers, which is not conducive to the development of sports classes. Therefore, physical education teachers need to change their teaching ideas, fully understand and respect students, carry out teaching activities from the actual situation of students, gradually pull into the relationship between teachers and students, and enhance the effectiveness of classroom teaching in the close relationship between teachers and students. Secondly, stimulate students' interest in participating in sports activities. Interest is indispensable in creating a good atmosphere for sports learning. Only when students have a strong interest in physical education, can they actively integrate into teaching activities, quickly integrate theory with practice, and enhance the effectiveness of teaching.

4. Conclusion

Under the background of the new curriculum reform, improving the effectiveness of physical education classroom teaching has become the current goal of all physical education teachers. Based on this, physical education teachers must change their traditional teaching concepts, actively explore new teaching methods that meet the needs of the development of the times, and improve the effectiveness of classroom teaching. On the premise of constantly improving their comprehensive literacy, we should reform and innovate the teaching methods with students as the main body, meet the needs of students' sports development, create a good learning atmosphere, and renew the vitality of sports classroom teaching.

References


