

Research on the reform and innovation of Physical Education Curriculum under the background of network + education

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Keywords: Internet+Education, Physical Education Curriculum Reform, Development, Research

Abstract: Internet+ has become the golden development period of information technology at present, and the application of various industries has gradually been popularized, and it is also a new opportunity and challenge for various industries. Internet+ has brought convenience to people's life, but also brought reform and innovation to the development of education industry.

1. Introduction

With the continuous development of science and technology and economy, the use of the Internet is becoming more and more popular, which not only promotes the economic development, but also has a profound significance and impact on education. The concept of national fitness has gradually become popular, and the physical education curriculum has become an indispensable and important subject in quality education.

2. Current Development of Physical Education Teaching Model

Physical education, as a major subject in the current quality education, has gradually been concerned by students, teachers, parents and so on, so the reform it is facing has attracted extensive attention. In the traditional physical education teaching mode, there are three main aspects of basic knowledge education, technical training and skill training, among which basic teaching is the premise and guarantee of carrying out physical education, but many teachers and students will have some misunderstanding about it, and it is influenced by objective factors [1]. In the general physical education teaching process, sports training is the main one, in other aspects, schools do not pay enough attention to it. And in the traditional physical education teaching process, the classroom will basically be dominated by teachers, students only cooperate with the teacher to complete the teaching, which has formed a great constraint on the improvement of students' ability. In addition, the physical education infrastructure of many schools is relatively backward, which limits the practical activities of students in the physical education classroom.

3. The Advantages of Internet+ and Physical Education

3.1. Strengthen Communication and Communication between Teachers and Students

One of the most important features of the Internet age is that it can break through the limitation of practice and space, and under the fusion of Internet and physical education, it can better close the distance between students and teachers, and create more smooth communication channels for teachers and students. Fully interact in the physical education process. The advantages and characteristics of networking can better promote the development of the relationship between teachers and students, help students to better understand the intention of teachers, so that they can better cooperate with the teaching of teachers, and teachers can also better understand the actual needs of students. Teachers can constantly adjust the teaching according to the actual situation to meet the requirements of students, so as to better carry out innovative physical education and

teaching activities, but also can effectively feel the students' learning feedback in sports activities, so that teachers can better grasp the teaching process [2].

3.2. Better Building Learning Space

Students have already had a feeling of boredom about the singleness and dullness of the traditional physical education mode, and in such a teaching mode, there is a great lack of students' subjectivity, which leads to a lot of physical education teaching will be more perfunctory in the actual teaching. The internet, with its rich information advantages, makes sports information and resources flow and expand infinitely, which not only has a good auxiliary effect on students' individualized development, but also can better integrate physical education into students' life, thus directly improve the effect of physical education teaching. Because in the traditional physical education teaching process, the physical education this discipline is not high in the education, causes many schools not to attach great importance to the physical education teaching, causes many students to think that the physical education teaching is not the necessary subject, often neglects in the actual study [3]. As shown in the following figure, you can create a wider and more personalized learning space for students through Internet teaching. For example: figure 1, the following is through the network teaching to achieve indoor physical education teaching scene.



Figure 1 Internet Teaching can achieve wider learning channels and spaces

3.3. Sharing of Educational and Teaching Resources

There are a lot of sports data and information resources in the Internet database, and it covers all kinds of sports information, which not only makes it convenient for students to watch anytime and anywhere, but also enables students to receive sports news in real time and learn the latest sports information [4]. Physical education can also have more Internet resources, in this case, it can better provide a clearer and clearer reform direction for the innovation of physical education and teaching, and provide a stronger and powerful impetus for the improvement of physical education teaching mode.

4. Innovative Development Measures for Physical Education under Internet Plus

4.1. Improvement of Physical Education Equipment

Although physical education has been available in ancient times, it is only in the modern society that the rapid development. Due to the continuous development and reform of physical education in recent years, the state should increase the proportion of investment in physical education, and all colleges and universities should introduce Internet sports teaching equipment for students to use and study. In the process of physical education teaching, we must not ignore the promotion and help role of the Internet to students' physical education teaching, and we should vigorously promote the development of physical education informatization [5]. At the same time, through the help of the Internet and multimedia, more timely development of distance physical education, some township physical education can also achieve effective coverage. Through the integration of Internet and indoor physical education, we can better carry out the activities of special class exercises, make full use of the music and melody provided by the Internet, and provide students with a more advanced physical education learning environment, so that students can actively melt the physical education

teaching classroom. Basic sports facilities that schools should have at present, such as Figure 2, the following sports equipment is the most basic physical education materials facilities.



Figure.2 School sports infrastructure equipment

4.2. Enhanced Funding

First of all, in the sports organization activity teaching, all have the purpose task, the organization principle, the rule request, needs to learn to master the corresponding movement technique, surmounts all kinds of difficulties, this is the basic factor which constitutes the sports environment. In order to realize the innovation and reform of physical education more efficiently in the development of Internet, it is necessary for the relevant government to increase the investment in the construction of the campus sports infrastructure of modern teaching reasonably, to plan and arrange the effective financing, to optimize the current physical education environment and to increase the investment in the school sports infrastructure [6]. Schools can attract investment and attract enterprises to participate in the construction and investment of the school's stadiums and facilities. Schools should also provide free physical education for students, but pay for outsiders. At the same time, the state and the government should give full support to the reform of physical education in schools, encourage schools to attract investment, and give policy assistance and support to investment enterprises, so as to promote the development of physical education teaching for a more long time.

4.3. Improving Communication between Teachers and Students

It is necessary to establish a good communication channel between teachers and students because the training of good physical environment is not only the most important factor in physical education, but also the key to the success of physical education teaching. In the process of physical education and teaching, we should constantly optimize the interpersonal relationship of physical education teaching, and strengthen the interaction and communication between students and teachers. Because physical education is different from one-like subject education, the more frequent communication between students and teachers, the more helpful it is to cultivate the degree of cooperation between students and teachers. Therefore, at the beginning of physical education teaching, it is necessary to strengthen the communication and communication between students and teachers, let students understand the teaching intention of teachers, and let teachers better understand students'inner thoughts. Communication between teachers and students can promote the better development of students'physical and mental health, as shown in figure 3, teachers use themselves to flaunt and lead students to carry out gymnastics.



Figure 3 Communication between teachers and students to promote students' better growth

4.4. Promoting online Sports Resource Sharing

Because there are abundant databases and social resources information storage in the Internet age, physical education itself is also an important subject that can drive the development of various undertakings in the country. Therefore, physical education should constantly enrich the reserve of network resources and information, integrate the effective resources of the network society into the content of physical education teaching, ensure the forefront of physical education teaching information, on this basis can better integrate and share physical education teaching resources, can better improve the level and quality of physical education teaching, can provide a strong network resources reserve and support for the cause of physical education.

5. Conclusion

To sum up, under the background of the development of the Internet+ era, the reform of the new mode of physical education in our country is already an inevitable development trend, which must be carried out in combination with the mode of Internet development, and the purpose and premise of the reform should be based on the ability to enhance the students'all-round development. Strengthening the importance of physical education, enhancing the status of physical education in education and teaching, but also the rational integration of the Internet and multimedia to fully stimulate the enthusiasm of teachers and students in teaching and learning, can be better reflected in the advantages and values of the Internet, so as to better serve the cause of contemporary physical education, so that the physical quality of students has a more obvious improvement.

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