

Analysis on Problems and Countermeasures of the Teaching of Physical Education with the Purpose of Cultivating Core literacy

Ren Jie

Rizhao Polytechnic, Rizhao, Shandong, China

Keywords: core literacy; teaching of physical education; teaching problem; countermeasures

Abstract: At present, with continuous development of the time and increasing improvement of living level of Chinese, talent quality required for the development of socialism is higher and higher. However, there are still some problems in education system of China and quality of cultivated talents is not comprehensive. Therefore, it is required to change education method and concept to cultivate core literacy of students to ensure students conform to development requirement of the age. This Paper analyzes problems in the teaching of physical education, put forward constructive suggestions under such background so as to cultivate core literacy of students by the teaching of physical education.

1. Introduction

After entering the 21st century, there is great improvement in science technology worldwide, so as the Internet technology and informationalization technology and there is great change in education concept with the development of the age. In some developed areas in economy, cultivation objective to students has transformed from cultivating professional talents to cultivating core literacy. It is better for students to communicate with others and adapt to the society and make contribution to development of the society by cultivating their core literacy. In China, relevant regulations on core literacy cultivation of students have been issued to reform teaching system and so as to improve cultivation of professional skills of students and comprehensive development of physical and mental quality in practical teaching process. National guiding proposals pay much attention to cultivation of core literacy of students and point out that we should take core literacy cultivation as cultivation objective of education and put forward requirements for further teaching reform. Therefore, we shall aim at cultivating core literacy of students for future reform on education and teaching reform and make education reform better serve students and development of the society and help students grow truly and make contribution for development of China.

2. Connotation of core literacy

Concept of “core literacy” was firstly put forward by the developed western countries. Developing level of western developed countries is more advanced than that of China. They gradually recognized that talents cultivated by education system cannot meet requirements of the development of the society in the process of development, so they propose to cultivate core literacy of teenagers comprehensively, to promote joint development of physical and psychological health and professional knowledge, so that teenagers can develop comprehensively. With the purpose, education system of western countries is reformed to cultivate core literacy of students and make talents more adapt to requirements of society development. Education reform of western countries have provided experience for us and at the same time, it is necessary for us to reform teaching system and teaching method according to current situation of China, so that education will match with development of the society.

“Core literacy” is important guarantee for individuals to obtain personal development and realize social value and it is necessary for individuals to learn and make continuous progress in society with favorable physical literacy, cultural literacy, scientific literacy and personal relationship. In addition, core literacy as inner quality of a person, can be changed with time and education and can

influence people around us silently. In China, if one wants to develop well, he should learn to communicate with others with skillful professional ability and favorable physical and psychological health. Some domestic scholars hold that core literacy is closely related to life skills, professional skills, cultural knowledge and creative thinking, etc.[1] Under influence of such thinking, China has carried out education reform aiming at core literacy, which not only cultivates core literacy on students cultivation, but also pays attention to student individuals and makes them develop comprehensively and cultivates them into comprehensive talents with favorable cultural quality, physical and psychological quality, professional skills and quality, social communication quality and makes them develop well individually and realizes their social value at the same time of realizing individual value.

3. Problems in teaching of physical education

As a general class, the teaching of physical education is not emphasized no matter in compulsory education stage or higher education stage and with the development of the age, current teaching of physical education cannot adapt to development of the age and proposal of core literacy cultivation makes reform of physical education very urgent and there are some problems in the teaching of physical education:

3.1 Too traditional teaching form

Science technology and informatization technology of current society develop contentiously; however, application in the teaching of physical education is few and physical class teachers usually teach some simple theoretical knowledge and then let students put theory into practice and learn in physical activities of classes. However, because teaching form is too simple and traditional and learning of students to theories cannot meet practical requirements and it is hard to ensure standard professional movements of students in physical activities and at the same time, it has increased risk of students in physical activities, which is very unfavorable to normal proceeding of physical activities. At the same time, under the background of information age, students are accessible to more several of information more quickly and there are so many temptations, so that teaching form of the teaching of physical education, which fails attract attention of students fully and decreases teaching effect ^[2]. Therefore, in the age of rapid development of informatization and the Internet technology, traditional teaching of physical education cannot adapt to requirements of the development of the age.

3.2 Teacher-oriented classes with relatively low initiative of students

In traditional teaching mode, no matter for cultural class teaching or the teaching of physical education, teaching mode is that teachers master class and teach and explain knowledge and students are receivers to receive and have a command of knowledge taught by teachers. Although such classes, of which teacher are positive can ensure completion of teaching schedule and objective effectively, the lack of attention to difference of students and inspiration to learning motivation leads to unfavorable teaching effect, which is unfavorable to the objective of core literacy cultivation. As teachers for the teaching of physical education, they explain more physical activities that they are good at, but ignore contents that they are not skillful; in addition, hobbies of students are various, so they cannot fully know different physical class areas and decide physical activities they like, which has greatly decreased learning initiative of students ^[3]. Besides, the teaching of physical education, of which teachers are positive has identified that class quality is more related to teaching level of teachers. If teaching level of teachers is not qualified and teaching means and methods are traditional, effect of the teaching of physical education will be unfavorable and it is hard to cultivate physical quality of students effectively. Therefore, as implementation people of the teaching of physical education, it is necessary for teachers to transform their thinking and thinking of students and carry out teaching of physical education by taking students as core and realize value cultivation of students for the teaching of physical class and realize comprehensive development of students.

3.3 Single evaluation system of the teaching of physical education

In evaluation to teaching effect of teachers in current teaching of physical education, it is mainly evaluated from physical scores in classes of teachers, so that physical class teachers pay much attention to training of physical activities required for assessment in teaching and students can only be trained for few limited physical activities in the process and they cannot be trained comprehensively. These problems are all caused by too single evaluation system. Evaluation system to traditional physical class teaching has demerits, which evaluates understanding of students to class contents, but less evaluates personal quality of students and effect of physical activities after class. However, evaluation to teaching activities of teachers is based on scores of students, but ignores process of teaching. Therefore, we should change single teaching and evaluation system and examine and evaluate comprehensively to students and teachers from process and results. Only by this way, can we examine core literacy of students and find out problems and adjust teaching direction and method promptly.

4. Reform methods of teaching of physical education aiming at core literacy cultivation

4.1 Transformation of concept of students and teachers

In previous teaching and education, teachers control autonomy of class and students play the role of accepting knowledge in class. Therefore, roles of teachers and students are too single, which leads to unfavorable teaching effect and students cannot exert subjective initiative into full play and complete learning of physical classes. Therefore, it is necessary for us to transform concept of teachers and students and promote effect of teaching of physical education, which requires training other qualities of students^[4]. Therefore, teachers shall complete transformation to their teaching concept and train students comprehensively with the purpose with cultivating core literacy of students, so that students can not only obtain relevant theoretical knowledge of physical class, but also improve their own thinking quality. At the same time, we should inspire subjective initiative of students and design classes of teaching of physical education and attract interest of students to class content and transform from receiving knowledge to learning knowledge actively. It may be strange to teachers and students under traditional mode, but we shall transform from origin to improve effect of the teaching of physical education and change concept of students and teachers to complete training to core literacy of students.

4.2 Construction of reasonable evaluation system of the teaching of physical education

It is not only required to evaluate teaching of teachers, but also evaluate training of students on core literacy to construct new evaluation system of the teaching of physical education. Therefore, we should transform current teaching evaluation system, so that evaluation can reflect effect of teaching more fairly and reasonably. Evaluation to teachers shall be carried out from teaching effect of teachers and answering to questions of students in communication with students in teaching process; evaluation to students shall be implemented from preparation before classes, performance in classes and practice effect after class. Construction of reasonable evaluation system is favorable to more comprehensive evaluation to teachers and students and understanding to merits and demerits of teachers and students in teaching process, so that they can learn from merits of others to offset the demerits and realize comprehensive development and cultivate core literacy of students^[5].

In addition, evaluation to students shall not be carried out not only according to physical activities and participation degree, but also to morality performance in physical activities and communication with students and evaluation to students shall be carried out according to objective of cultivating core literacy.

4.3 Implementation of the teaching of physical education focused on students

With the purpose of cultivating core literacy of students, we should understand that students are basis of teaching activities; therefore, we should carry out the teaching of physical education by

focusing on students to improve literacy of students. We shall design classes creatively by informationalization means and shall increase some interesting activities to inspire interest of students based on teaching and so that students will be more willing to learn relevant knowledge.

5. Conclusion

Teaching objective of cultivating core literacy for students in China requires that we shall reform current teaching classes of physical education to adapt to the requirements of the age. At present, there are lots of problems in current teaching of physical education: too single and behindhand teaching means, too large thinking differences of teachers and students and unreasonable evaluation system, etc. Therefore, it is necessary to change concept of students and teachers to construct reasonable and comprehensive teaching evaluation system and carry out teaching activities by focusing on students.

References

- [1] Chang Shanshan, Li Jiaqing. System Construction for Core Literacy with Deepening of Class Reform [J]. Class ·Teaching Materials ·Teaching Methods, 2015, (35).
- [2] Zhang Hua. Analysis on Connotation of Core Literacy [J]. Outlook of Global Education, 2016, (4).
- [3] Lin Chongde. Research on Development of Core Literacy of Students in 21st [M]. Beijing: Beijing Normal University Publishing Group, 2016.
- [4] Wang Meiqing, Liu Zhihong. Research on Evaluation Concept and Classification of the Teaching of Physical Education [J]. The Innovation of Science and Technology of China, 2012, (32).
- [5] Xia Xuemei. School Class Construction Based on Core Literacy: Living Example of Level Partition and Intervention [J]. Class ·Teaching Materials ·Teaching Methods, 2013, (7).