

The Optimized Path of Sports Dance Teaching Based on Traditional Culture

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Abstract: Sports dance has many forms of expression, and each kind of sports dance has its history of development. In the process of teaching sports dance, it is necessary to infiltrate traditional culture and carry out in-depth teaching of sports dance on the basis of traditional culture. This article will combine the concrete sports dance teaching example, discusses the effective way to carry on the sports dance teaching on the basis of the traditional culture infiltration.

1. Introduce the Development History of Sports Dance

Sports dance is a branch of physical education teaching, which combines art with physical education teaching. Sports dance not only allows students to exercise, but also ensures the shape of students. Sports dance has certain requirements for students' physical flexibility, through the study of sports dance, students can have excellent physical ability. The penetration of traditional culture in the teaching of sports dance can make students have a deeper and unique understanding of the subject of sports dance, at the same time, it can also enhance students' cultural self-cultivation. In the following, I will specifically introduce the traditional culture based sports dance teaching optimization approach.

Each subject has its own development history, and the subject of sports dance is no exception. There are many types of sports dance, among which the more common is a variety of forms of aerobics (see figure 1: aerobics training). There are other forms of performance in sports dance, which I will give in the following examples. Teachers need to introduce the development history of sports dance and the development history of each kind of sports dance to students when teaching sports dance. Sports dance is a relatively integrated subject, its development history is comprehensive. This paper introduces the development history of sports dance in order to improve the students' cultural self-cultivation, let students have a deeper understanding of sports dance, do not regard sports dance as a one-sided way of sports.



Figure 1 Aerobics training

As an example, teachers can introduce the development history of aerobics to students from the following aspects.

1.1. Classification of Aerobics.

Teachers can start from many different angles when introducing the classification of aerobics. If it is classified according to the sports equipment needed for aerobics, it can be divided into barbell type aerobics, no equipment aerobics and so on. If it is classified according to the sports venues needed for aerobics, it can be divided into ice aerobics, indoor aerobics and so on. Teachers can understand the relevant knowledge in detail and make their own understanding in introducing to students. It also needs to be emphasized that teachers must have a unique understanding of the relevant content and must pay attention to their own expression. Many teachers in the introduction of traditional culture, the data collected directly to the students to read, regardless of whether students can understand. Teachers are not retellers of knowledge, but help students to understand knowledge.

1.2. Introduce the Changes of Aerobics to Students According to the Timeline

According to the time line to introduce the development history of aerobics can let students have a more intuitive understanding, but also can let students feel how aerobics developed into the present appearance. Just as a plant grows through a process of germination, flowering, and fruiting, so does the development of aerobics. Teachers can introduce to students what the initial form of aerobics is? When is aerobics widely disseminated and accepted and learned by most people? When teaching this part, teachers can show it by telling stories. Not only that, teachers can also choose to let students explore by themselves, let students collect information related to aerobics, and give the initiative of the classroom to students. This can not only stimulate students' initiative in learning, but also effectively cultivate students' expression ability and students' self-confidence.

1.3. Introduction to Aerobics Competition

Sports dance, like other sports, is included in the scope of sports competition (Figure 2: Aerobics competition scene). A lot of sports events will have aerobics competition this item, teachers can popularize the relevant knowledge to students. Specifically, teachers can introduce students to the content of aerobics competition, as well as aerobics competition rules and so on. If conditions permit, teachers can also conduct classroom practice and hold a small range of aerobics competitions. Competition can effectively arouse the enthusiasm of students, can increase the attention of students to aerobics. In addition, if the introduction of this part of the content by the practical teaching method can deepen the students' impression of this part of the content.



Figure 2 2018 14th Sports Fitness Festival aerobics competition

1.4. Introduce the Practical Application of Aerobics

Aerobics is a sports dance that is suitable for a wide range of people, no matter what age a person is in, there is a form of aerobics suitable for this age stage. The practical use of aerobics is very extensive, it permeates the life of each of us. For the elderly, they use aerobics to strengthen their body, but considering the physical quality of the elderly, their aerobics movements are

relatively simple, without damaging the body of the elderly to carry out reasonable physical exercise. For young people, they can shape body by aerobics. Their calisthenics are more difficult, many calisthenics are more complex. Aerobics can be said to be a national sport, everyone can participate. Teachers can use the method of questioning when explaining this part. Teachers can ask a question: please list the application of aerobics in real life. This can arouse students' thinking, but also make students pay more attention to the combination of practice and theory.

2. Emphasizing the Cultural Spirit of Sports Dance

The emphasis on the cultural spirit of the subject of sports dance is also a aspect of infiltrating traditional culture into physical education teaching, which requires teachers to carry out the concrete practice of sports dance teaching. Teachers can make appropriate expansion when emphasizing the cultural spirit of sports dance discipline. When introducing the cultural spirit of the subject of sports dance to students, teachers can introduce the spirit of sports to students at the same time. The emphasis on the cultural spirit of the subject of sports dance can not only be said, but also need to be carried out in specific actions.

2.1. The Cultural Spirit of Sport and Dance is a Spirit of Persistence

Everything needs to be done through the strength of persistence, only enthusiasm and motivation is not enough. Persistence means never giving up and self-discipline. Many students in the study of sports dance, with a "three-day fishing, two-day net drying" attitude. The teacher will keep the students practicing every day after the PE course is over. But many students leave it behind at the end of the course until the next P.D. class begins. Although people can lie, the body and effectiveness can not lie (Figure 3: Comparison before and after exercise). Teachers need to emphasize this persistence spirit all the time in the process of teaching, and need to guide students to carry out the spirit of persistence into practical actions.



Figure 3 Comparison before and after movement

2.2. The Cultural Spirit of Sports Dance is a Healthy Spirit

The subject of sports dance can improve students' skills and let students have a healthy body. A healthy body can bring a lot of benefits to a person, all say "the body is the capital of revolution ", this sentence is not without reason. When you have a healthy body, you will have a healthy immune system at the same time, and your immunity will be stronger than those who do not exercise. Many people do not pay attention to physical exercise at all, at a young age when the phenomenon of high blood pressure, hyperlipidemia, hyperglycemia, these will become a threat to life. Keeping a healthy body allows one to do other work without distraction. Teachers need to instill this spirit in students in the process of teaching, so that students are responsible for their own body and their own life. When students have a deep understanding of the cultural spirit of sports dance, students will have more unique views on the traditional culture of sports dance. The emphasis on the cultural spirit of sports dance can help students to better understand the traditional culture of sports dance,

and can change students' behavior ideologically.

3. Play an Exemplary Role in Leading Sports and Dance Disciplines

In each subject, there are some more prominent people. These people they are the best in this discipline, they can play a good lead role. Teachers need to have a correct understanding of the word "leader" when they play the role of example of the best in sports dance. According to the object of comparison, the best represents not only those who have made great achievements in this field, such as: sports stars, etc., but also those who have performed well in a class. Teachers can not ignore the power of example in the process of teaching. A good example can provide unlimited motivation for a person, can be a person to go beyond the goal. Under the guidance of the role of role models, students will have a deeper interest in the subject of sports dance, will take the initiative to understand and understand this subject. Therefore, giving full play to the exemplary role of the outstanding sports dance discipline can enable students to take the initiative to understand the sports culture related to the sports dance discipline, and can effectively stimulate students' initiative in learning. If students can actively explore and discover these knowledge, they can ensure the effectiveness of traditional culture penetrating into sports dance.

In a word, in the teaching of sports dance on the basis of traditional culture, teachers need to introduce the history of development related to sports dance to students, so that students can have a deeper understanding and understanding of this subject. At the same time, teachers also need to emphasize the cultural spirit of the subject of sports dance, and infiltrate the cultural spirit into the behavior of students. Finally, teachers need to play the role of example of the best in the subject of sports dance, and constantly stimulate students' interest in learning and learning motivation.

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