

Analysis of P. E. Teaching Model Based on Information Technology

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Abstract: The application of information technology has changed the traditional teaching methods, so that the more abstract power mode and standard action in physical education teaching can be observed and measured. Based on the development and change of physical education teaching mode under information technology, this paper analyzes the feasibility and advantages of its application.

1. Introduction

The introduction of information technology into physical education teaching is an inevitable way to innovate the educational model in the new era, and it is also an effective measure to gradually integrate the complex physical education courses and improve the physical education methods. Information technology enables students to understand the decomposition of the project more intuitively and master its essentials. How to build an effective platform to improve teaching quality by integrating information technology with physical education, improve the closed mode of teachers arranging sports items and selecting equipment randomly, provide more effective communication and evaluation mode, cultivate students' autonomous learning and increase the interest of courses, this paper discusses [1].

2. Information Technology to Introduce Physical Education

2.1. From Single Closure to Multiple Openness

Traditional physical education teaching is a single closed teaching mode, its knowledge transmission and reception mainly rely on teaching materials, teachers through experience summed up easy to understand the main points of the project and matters needing attention, after the basic action demonstration, students themselves explore; if found problems can ask the teacher, to correct. One-to-many teaching mode, in communication and communication can not be all-sided, teachers teach the main points students can receive how many, is also uneven; in the face of difficulties, students tend to be afraid of difficulties, and then give up learning, so the quality of teaching often can not meet the expectations of teachers.

Through information technology, the difficult movements are broken down one by one, and the learning effect of each student is evaluated and feedback. This teaching mode is more traditional than the traditional teaching mode, which enhances the interaction and understanding between teachers and students [2]. Teachers can check the students' practice at any time and follow up the changes of their physical condition and movement proficiency; from single to diverse, break down the barrier of communication and communication, and the rich teaching content is more novel and interesting, which can improve the enthusiasm of students and make the classroom atmosphere more vivid.

2.2. Develop Students' Interest from Abstract to Concrete

The traditional physical education teaching mainly focuses on exercise, because the teacher can not describe the way of power, sports knowledge comprehensively and systematically, can only help students form muscle memory from practical exercises to master the essentials and exercise themselves through repeated demonstration and guidance exercises; while information technology

can display abstract physical education knowledge through pictures, sounds and videos, supplemented by the teacher's scientific analysis and explanation of relevant knowledge points, which can make students learn and master sports essentials more intuitively; At the same time, students can record the practice situation, such as the wrong way of power, timely detection and correction, improve learning efficiency [3].



Figure 1 Muscle injury due to the deviation of power and movement in sports

Habit originates from interest, and with interest students can get out of class, participate and stick to sports. The combination of information technology and physical education teaching, its biggest advantage lies in arousing students' interest. Sports can not be sustained, often because the introduction is too difficult, too slow results, information technology will solve these two problems perfectly; a variety of rich teaching content, a sports professional knowledge by video decomposition, picture presentation, data analysis and other ways to teach students intuitively; at the same time, in the process of practice, personal information records, action standard detection, power parts correction, to a large extent, reduce the teacher's one-to-many teaching pressure, but also students' movement data can be measured, feel, can be analyzed [4]. Teachers can set learning goals according to the students' personal situation, and students can feel more fun and sense of achievement in the process of completing the goals.

2.3. Information Technology Breaks Through the Difficulties of Traditional Teaching

The advantage of multimedia teaching lies in providing breakthrough points for teachers' teaching, enriching the teaching content while improving the teaching quality, and making students learn more efficiently. The information technology platform records the students' posture and movement mastery, which is beneficial to the postural correction in the later period. After self-observation and analysis and communication, it promotes the students' self-correction ability, cultivates their healthy exercise habits, promotes each other and improves each other.

Limited by the site and facilities conditions, some difficult or unusual sports can only be understood through the teacher's description or usual competition materials, the textbook is only a rough summary of the relevant sports; information technology provides students with a platform to broaden their horizons and expand their knowledge [5]. Through information collection and sorting, diverse and comprehensive sports knowledge can provide them with the opportunity to understand and communicate, and also bring convenience to teachers' teaching.

Sports is not limited to running, long jump, swimming and other basic daily sports or teaching sports, human social development so far, due to geographical climate culture and other reasons have also derived a lot of unique national characteristics of sports; In addition, some sports may carry some safety risks and are abandoned by classroom teaching. In addition to professional knowledge and scientific analysis, information technology has a wide knowledge reserve, which can also popularize the knowledge of relevant sports items for students, understand the risk level of each sport, and be able to correctly assess their physical condition, psychological quality and reduce the

occurrence of accidents in their daily life or future participation in related challenges [6].

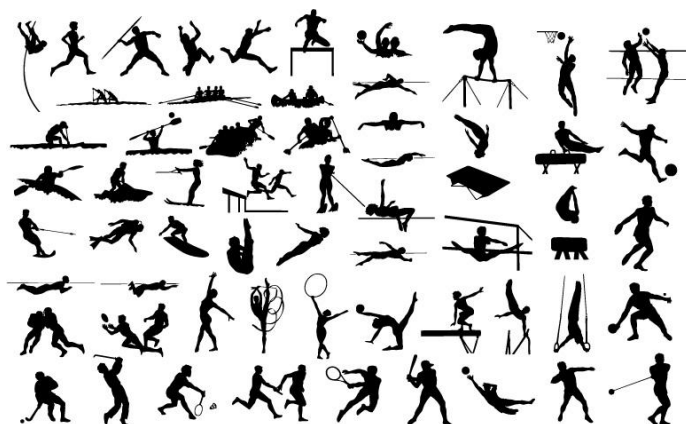


Figure 2 Illustration of various sports postures

2.4. Information Technology Teaching and Learning is Fun and Easy to Popularize Sports Knowledge

Influenced by the rapid development of technology, today's classroom model has introduced advanced information technology, which is different from the previous step-by-step, monotonous and boring. This is in line with the law of integration of technology development into practical application. In this process, the P. E. teaching model based on information technology is an effective attempt to reform the classroom of students. This teaching method is not only to change the teaching methods of teachers, but also to improve the scientific and efficient teaching, but also to show that teaching is fun. And parents pay attention to the progress of children's curriculum, unconsciously received a lot of sports common sense, which has an effective and positive effect on improving the quality of the whole people's sports.

3. Suggestions on Innovation of Physical Education Teaching Mode Using Information Technology

The integration of information technology into physical education teaching mode is a common method in the practical application of information technology. In the construction of information technology platform, in addition to paying attention to the situation of teachers' teaching and students' practice, we should also carry out teaching innovation under good technical conditions.

3.1. Develop Students' Interest in Sports

Different from the traditional physical education teaching is limited by venues and facilities, the establishment of information technology platform should give students full choice, reasonable contrast, scientific evaluation, give play to the conditions of specialty; students' interest in sports often comes from self-confidence, can quickly grasp the advantages of sports and competitive sports can stimulate their interest. Teachers should fully explore the advantages of each student, encourage them to practice more and make progress; they can also combine groups or classes, through integral competition, cultivate students' correct competitive concept and according to the recorded video after class, point out the shortcomings for students and encourage them to make continuous progress.

Diversified sports, to a certain extent, promote students in the process of interest cultivation, self-awareness, more can find confidence in sports, develop habits.

3.2. Exercise Reasonably and Master the Physical Condition of Students

At this stage, many students because of the irregular diet, physical fitness is extremely poor; often unwilling to participate in sports courses, every run on a few steps to cover their stomach shouting unbearable. This aspect is related to the physical quality, on the one hand, it is related to the psychological fear of difficulties, how to improve this situation, teachers need to understand and

master the physical situation of students more carefully, from easy to difficult, step by step. Sports can not "eat into a big fat ", but also because of the individual situation of students; teachers can use information technology to each student's physical condition, past medical history, living habits and other preliminary understanding before class, and then popularize the relevant sports knowledge, do a good job of paying attention to each student, so that they can exercise reasonably and healthily.

In addition to mastering students' physical condition, adequate warm-up preparation is also necessary. In traditional physical education, teachers can only use a set of warm-up exercises to ensure that most serious and standard students can fully stretch before exercise and reduce injuries; and with the help of information technology, teachers should use observation convenience, pay attention to the movement norms of each student, to avoid their due to inadequate warm-up preparation, produce some symptoms of physical discomfort.



Figure 3 Students who are not ready to warm up before exercise

4. Summary

The mode of physical education teaching based on information technology solves the difficulties of physical education teaching, provides a good interactive communication platform for teachers and students, and makes the traditional physical education class change from boring and abstract to rich and interesting; a specific physical education data also provides scientific data assessment for students' sports situation. At the same time, this new teaching method will certainly affect people's existing concept of physical education courses and enhance the audience's interest in physical exercise. In the process of its development, it is necessary to grasp the advantages of technology, constantly improve the information technology platform, innovate the teaching mode, and enhance the information interaction.

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