

Research on the reform and innovation of physical education curriculum based on Network + education

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Abstract: This paper analyzes the innovation of physical education curriculum reform under internet + education, introduces the new requirement of college physical education curriculum in internet age, discusses the practice and exploration of the innovation of physical education curriculum reform under internet + education, and hopes to play some reference role for relevant educators.

1. Introduction

With the continuous reform of education in China, the reform of physical education curriculum in colleges and universities has become the primary task of physical education. China's Internet technology has been constantly updated and improved, and has been widely used in various fields, but there are some problems in the traditional physical education teaching in our country, has been unable to adapt to the development requirements of the new era. Therefore, in the Internet era, the reform of physical education curriculum in colleges and universities also put forward higher requirements, should promote the information construction of physical education teaching, realize the reform of teaching practice, and construct a diversified new teaching mode, so as to keep pace with the times and better meet the development requirements of the times. Through the application of Internet + education mode, we can re-examine the reform of physical education curriculum in colleges and universities, and innovate the teaching mode of physical education curriculum in colleges and universities to improve the quality of teaching[1].

2. The New Demand of the "Internet +" Age for Physical Education Courses in Colleges and Universities

2.1. Setting Up Effective Teaching Situations

The teaching situation has a very important influence on the quality of physical education teaching, and both the traditional teaching situation and the teaching method in the Internet era are related to the teaching of teachers and students. However, how to innovate the teaching mode effectively and how to improve the teaching efficiency is a problem that the relevant educators constantly think about. In the traditional teaching mode, teachers are often constrained by the teaching materials, and students can only passively study, and the contents and resources learned are also derived from the relevant book materials. But in the Internet era, the amount of information explodes, teachers can better integrate teaching resources through network channels, thus creating a more scientific and reasonable teaching situation for students. The teaching of physical education course should include both theory and practice, so teachers should consider the teaching situation comprehensively, so that the progress of theory and practice course teaching can be combined effectively, and meet the relevant requirements of the Internet era, innovate the teaching situation of physical education course, and improve the teaching effect[2].

2.2. Integration of Effective Teaching Resources

In the background of the internet age, the network information is very developed, so it also

brings a lot of teaching resources to teachers, teachers need to be able to effectively integrate and comb many pieces of knowledge, and then integrate it into the specific teaching process to explain more comprehensive knowledge content to students. The teaching content should pay attention to the effective combination of the theory and practice of physical education curriculum in colleges and universities. Because the information quantity of Internet + is large and very detailed, it can provide teachers with abundant teaching resources and improve teachers'teaching level. In the specific teaching process, teachers should first of all effectively integrate the massive teaching resources, through the input of physical education courses and other key words, and then collate and classify the relevant content, combined with the specific teaching plan and teaching progress to carry out the specific application of teaching resources.

2.3. Building an Effective Teaching Model

Teachers in colleges and universities can create effective teaching situations, and there are abundant teaching resources, then we should innovate the teaching mode next. The simplification of teaching mode brings some pressure to teachers, and it also has a certain influence on students'learning. Long-term single-style teaching will make students feel boring and boring, and then lead to lower classroom efficiency. In the Internet age, it not only provides more knowledge theory for physical education teaching, but also has a very rich and diverse teaching methods. such as multimedia, micro-class, flipping classroom and other teaching modes. Teachers should combine the traditional teaching mode with the new teaching method effectively, so as to give full play to the advantages of the two, learn from each other's weaknesses, and better carry out the physical education for the students[3].

3. The Practice and Exploration of "Internet Plus" Promoting the Reform and Innovation of Physical Education Courses

3.1. " Internet Plus "Helps Expand Physical Education Curriculum Resources and Share Teaching Curriculum Resources

It is the duty of a teacher to preach and teach, whether at any stage or in any subject. But in the traditional teaching mode, only rely on the teacher one person one book to carry out the teaching activity, the student's knowledge source is relatively few. And with the continuous development of the times, all walks of life have also made some progress, so the reform of physical education curriculum and Internet technology can effectively combine to bring more teaching resources for physical education curriculum. Internet technology has a certain openness, it is not built behind closed doors, it has both systematic and decentralized characteristics. The system mainly means that Internet technology can cover the whole education process, while the characteristic of dispersion mainly refers to the application of Internet technology to carry out teaching activities in any place involving the network. According to this characteristic of Internet technology, it also creates a huge advantage for physical education teaching, that is, resource sharing. Before the Internet age, colleges and universities organized communication with each other, the purpose of which was to be able to share resources, learn from each other, improve each other and make common progress. And under the application of Internet technology, it can improve the efficiency of resource sharing between schools, and the process is very convenient, can better innovate the skills teaching of physical education courses.



Figure 1 Skills teaching

3.2. Promote the Autonomy and Interactivity of Students' learning in the Classroom by Combining the Diversified Curriculum Models

In the background of the Internet era, multimedia belongs to a standard hardware equipment of classroom teaching, which can improve the teaching effect better. In addition, the relevant micro-class, flipping classroom and other teaching models also have a great impact on the teaching of physical education. In this process, how to better mobilize the autonomy and interaction of students is the focus of education workers to carry out teaching research. Physical education course teaching includes the theory teaching and the technical teaching and so on, but for the theory teaching, because the sports students are lively and active, therefore often has the desire to the skill practice study, but to the meditation study theory knowledge will feel very boring, therefore cannot enhance the teaching effect effectively. For this, teachers can better innovate the classroom teaching mode by applying Internet technology, so as to cultivate students'interest in learning, arouse students'enthusiasm, enable students to study independently, strengthen the interaction with teachers in their spare time, better grasp the relevant knowledge theory of sports, and lay their own knowledge base.



Figure 2 Relevant knowledge theory

3.3. Give Students Space to Choose Independently and Promote Their Personality Development

From ancient times to today, from abroad to home, some vigorous students are unwilling to be controlled by others. Therefore, in the process of physical education, the strict discipline of teachers will restrict students'freedom. The main body of education and teaching is students, and teachers should play a leading role, so in the specific teaching process, teachers should also adhere to the concept of student-oriented to carry out teaching activities, and fully consider the students'interest in learning, after all, interest is a person's best teacher. And in the Internet age, to people's life and study also brought a lot of convenience, for the school education is the same. Teachers can apply Internet technology to communicate and interact with students through online and offline platforms. Because PE courses have many projects, it is impossible for students to learn the relevant theories and skills in a limited time, so teachers can leave specific problems to students and make their own choices, which cannot only reduce the pressure on teachers, but also improve students'autonomous learning ability and promote students'personality development.[4].



Figure 3 Physical education courses

3.4. Enhance the Practicality of Physical Education Curriculum and Promote the Close Integration of Theory and Practice of Physical Education Curriculum

Educational reform plays an important role in the development of physical education and teaching. Nowadays, with the development of society, people pay more attention to the cultivation of applied talents. Under the great development trend of society, the reform of physical education curriculum should keep pace with the times, conform to the trend of development of the times, so as to cultivate more applied sports talents needed by today's society. For physical education, both theory and practice are indispensable and important content, and both need guidance and teaching simultaneously. However, in the traditional teaching mode, some teachers have the phenomenon of emphasizing theory and partial practice, which leads to the phenomenon that students' theory and practice are not in harmony. In the background of the Internet age, the reform of physical education curriculum should create a diversified classroom teaching mode, so as to realize the balance between theory and practice teaching. Students can supplement the relevant theoretical knowledge of physical education teaching, and better carry out practical activities, so as to improve their own sports quality in an all-round way and promote the all-round development of students.

4. Conclusion

To sum up, under the background of internet+ era, the physical education course teaching in colleges and universities has also been positively influenced, so we should better enrich the teaching resources, innovate the teaching mode and optimize the teaching process through the application of network technology, so as to improve some disadvantages existing in the traditional teaching mode. Colleges and universities should actively explore the diversified physical education teaching mode, and strengthen the training of physical education teachers to improve teachers' information teaching literacy. In addition, colleges and universities should innovate teaching methods according to the actual situation and main characteristics of college students in the new era, so as to better train outstanding sports talents with the characteristics of the times and specialties.

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