

Study on the Value and Implementation Strategy of Flipping Classroom Introducing into Physical Education Teaching

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Keywords: Physical Education Classroom, Flipping Classroom, Teaching Value.

Abstract: With the promotion of quality education, in order to promote the all-round development of students' moral, intellectual, physical, physical and labor, some schools have strengthened the construction of physical education classroom, and promoted the improvement of students' physical quality and sports level. For PE teachers, we should use new teaching mode and teaching method to exercise students well. In order to respect students' autonomy and their main position in the classroom, most teachers have carried out the teaching mode of flipping classroom, so that students can learn independently and autonomously, so that each student can raise interest and enthusiasm in PE classroom learning, so as to ensure the orderly conduct of PE classroom.

1. Meaning of Flipped Classroom Teaching Model

It is very important to integrate the flipping classroom teaching mode into the physical education classroom, so teachers must pay more attention to the flipping classroom so as to improve the effectiveness of classroom teaching. Teachers should deeply analyze the meaning and characteristics of flipping classroom, and then fully understand the shortcomings existing in the traditional physical education classroom, so as to ensure that the flipping classroom teaching mode can play its due value and effect in the physical education classroom.

Table 1 Ideas for flipping classroom teaching model

| | Before class | Classes | After school |
|----------|---------------------------------|---------------------------|--------------------------------|
| Teachers | Provision of learning resources | Organizational management | Optimizing teaching programmes |
| Students | Knowledge learning | Knowledge internalization | Knowledge consolidation |

Flipping classroom is a new teaching mode in the current era, which mainly refers to teachers in the process of classroom teaching to reverse the arrangement of time inside and outside the class, and respect the main position of students. The teacher needs to let the students learn the knowledge content of the class independently before the beginning of the class, and then in the formal teaching class, the teacher should let the students communicate and communicate with the teacher one-to-one about the problems they encounter in the process of learning. In the flipping classroom teaching mode, students' main position and personality development are mainly respected, so that students can learn knowledge content more actively. Before the beginning of the class, students should watch the video content recorded by the teacher for in-depth study and thinking, and combine their own learning basis to understand this part of the knowledge content in the formal classroom. Teachers should allow students to combine their own experience in the learning process and problems encountered in-depth discussion and analysis. Students can deepen their impression of this part of the knowledge, thus completing the whole learning process[1]Therefore, in the current physical education classroom, teachers should carry out targeted teaching according to the meaning and characteristics of the flipped classroom, so as to continuously improve the effect of classroom teaching.

2. An Analysis of the Value of Introducing Physical Education into Flip Classroom

Table 2 Difference between flipped classroom and traditional classroom

| | Before class | Classes | After school |
|-----------------------|--------------------|------------------|---------------------------|
| Flip the classroom | Learning knowledge | Answer Questions | Consolidation of learning |
| Traditional classroom | Preview | Attendance | Review |

2.1. Comprehensive Integration of Elements in Physical Education

In the traditional physical education classroom, most teachers use the traditional and single teaching method and teaching mode to exercise the students' physical quality, but the flexibility of the physical education classroom itself is relatively strong. Effective integration of all elements of classroom teaching and classroom teaching resources fully respects the main position of students[2]In the flipping classroom teaching mode, a series of changes have taken place in the mechanism and purpose of classroom teaching, thus creating favorable conditions for the development of the new physical education classroom. In the flipping classroom teaching mode, we can integrate all the teaching elements in an all-round way, and then combine the present situation of classroom teaching to carry out targeted teaching to students, and constantly improve the effect of classroom teaching.

2.2. Help to Carry Out Quality Education Scientifically and Rationally

In the current era, with the continuous promotion of quality education, teachers must effectively improve and innovate their traditional classroom teaching mode and methods, so as to adapt to the direction of quality education and meet the requirements of quality education. In the current physical education classroom, teachers should adhere to the principle of teaching students according to their aptitude to cultivate students' physical fitness[3]Teachers can upload some teaching videos to the campus network so that students can choose videos to study and practice according to their own situation and the most interesting sports, and teachers can also communicate and communicate with students online in this network platform, so that students can communicate the problems encountered in the process of autonomous learning with teachers in an all-round way, teachers can also grasp the learning situation of students dynamically, and make effective evaluation of the learning situation of students, so that each student can recognize their own shortcomings in the learning process, And students can choose their most interesting content in the network platform to practice, in the invisible also highlighted the principle of physical education classroom teaching according to their aptitude.

2.3. Help to Improve Students' Physical Skills

In the traditional physical education classroom, because the teacher always uses the single teaching method to make the student's physical education skill can not master skillfully, the student can not convert the knowledge learned in the classroom into the inner physical education quality, many physical education classroom effects can not be highlighted.

3. Application of Flipping Classroom in Physical Education Teaching

3.1. Diversified Evaluation

After the teachers introduce the flipping classroom in the physical education classroom, it is necessary to perfect and innovate the traditional classroom evaluation system, and make appropriate changes to the evaluation method and the evaluation subject. In the process of classroom teaching, teachers can let students learn physical education skills in groups, and according to the learning situation of group members, according to the appropriate proportion into the total results of students, it is necessary to carry out a comprehensive evaluation of the effect of flipping classroom and the students' learning situation, not only to assess the students' mastery of physical education

knowledge in all directions, but also to make a comprehensive understanding of the students' mastery of physical education skills. At the same time, teachers can also integrate students' online learning performance and knowledge and skills evaluation into the student evaluation system, which can not only improve the fairness and fairness of evaluation, but also help students to pay more attention to the flipping classroom learning model and ensure the orderly conduct of classroom teaching.

3.2. Construction of Virtual Platforms

In the flipping classroom teaching mode, teachers are mainly required to let students learn independently by video, and teachers also have to communicate and guide students effectively in the virtual network platform. Therefore, teachers should build a perfect virtual platform to provide students with perfect learning platform when using the flipping classroom teaching mode in physical education classroom. In addition, in the flipping classroom teaching mode, teachers should also supervise the students' learning situation and learning process effectively. In the process of teaching, teachers can monitor and follow up in real time according to the learning situation of different students, and make a comprehensive understanding of the problems encountered by students in the process of learning, so that the following teaching work can be changed appropriately. At the same time, teachers can also give appropriate encouragement to students according to the results of supervision and tracking, and constantly improve students' self-confidence in learning. In addition, in the virtual platform, teachers can upload the teaching content to the network in the form of slides or videos, through short and clear video, so that each student can strengthen the grasp of sports skills, teachers should let students in the process of watching the imitation of sports skills, and master the relevant action essentials. After the students watch the video, the teacher should summarize and summarize the problems encountered by the students in the process of learning, and then explain the common problems produced by the students in a unified way. At the same time, in order to reduce the waste of unnecessary time, the teacher can also let the students solve the problems in groups, improve the students' learning efficiency and break the limitation of time and space. In the flipping classroom teaching mode, teachers should constantly improve their teaching level and comprehensive quality, set up modern teaching concept, change from the leading position of traditional teaching classroom to the guidance of students' physical education practice, give full play to the teaching advantages and teaching function of flipping classroom, so that each student can master more physical education skills by flipping classroom, and ensure the orderly conduct of physical education classroom.

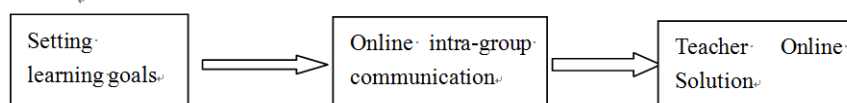


Figure 1 Virtual platform group teaching ideas

4. Conclusion

With the continuous development of information technology in our country, teachers should give full play to the teaching advantages of information technology to respect students' main position in physical education classroom. In the physical education classroom, the teacher should introduce the flipping classroom teaching mode appropriately to let the student carry on the independent study and the practice. It is worth noting that in the flipping classroom, the teacher should avoid the classroom becoming a mere formality.

References

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