

An Analysis of the Value Orientation of Sports Games in School Physical Education

Zhaoyu Cheng

Jilin Electronic Information Vocational and Technical College, Jilin, Jilin, 132021, China

email: 39290265@qq.com

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Abstract: With the development of education, physical education has developed in depth. In order to improve students' physical ability, teachers need to change the concept of physical education, innovate methods of physical education, and constantly enrich the connotation of physical games, so that students can experience and perceive more physical knowledge during physical games, and shape their physical and mental qualities. This article briefly analyzes and discusses the value positioning of sports games in school physical education, hoping that it will be helpful to physical education teachers.

1. Overview of Sports Games

1.1. The Concept of Sports Games

From a certain point of view, sports games are the teaching methods for new students in the context of the new curriculum reform. The use of sports games breaks the shackles of traditional sports teaching models and truly improves the substantial effectiveness of sports teaching. Sports games can not only enable students to consolidate the sports knowledge they have learned, but also help students stimulate and raise sports awareness. With the continuous deepening of physical education, physical education teachers attach importance to the use of game teaching methods to cultivate students' sports thinking quality and develop students' sports quality. While continuously enriching the connotation of sports games, students will gain access to games with entertainment nature. The dual development of body and mind and body. For a long time, physical education has not been recognized by society. But with the development of education, the national education department has put the idea of "sports shaping people" on the work agenda. Especially in 2000, the state proposed to take "health first" as the purpose of physical education teaching, and constantly develop students' ability in all aspects, so that physical education can be further entered into schools. By calling on physical education teachers to incorporate appropriate game teaching methods in physical education, continuously integrate education and teaching resources, and continuously enrich the students' sports vision, so that students can gain more initiative, consciousness, and enthusiasm in their studies to the maximum extent possible. Cultivate students' sports spirit and achieve the purpose of lifelong sports. In addition, compared with traditional sports teaching, the new game teaching mode can not only stimulate students' sports interest, but also enhance the friendship between teachers and students [1]. It can enable students to recognize sports content and experience sports actions in actual learning, thereby enabling sports. Become an important means for students to relax, relieve fatigue, and improve social networking. As everyone knows, if you want to obtain a more healthy physical and mental quality, you must inevitably need physical exercise. Students are in an important period of physical growth and an important stage of improving their thinking. The use of sports games to gradually guide students to learn sports can rapidly improve students' ability in all aspects, and has great educational value and promotion effect on students' growth and development. Therefore, physical education teachers must change their teaching concepts and continuously innovate physical education teaching methods. By incorporating more games into physical education, students are constantly positioned to help them achieve deeper physical learning [2].

1.2. Educational Value of Sports Games

When it comes to the connotation of sports games, we must start with its educational value. Generally speaking, according to the function of physical education, it can be known that physical education plays an important educational role in students' ideological and moral character, learning ability and social quality. In terms of ideology and morality, the use of sports game methods can not only help students develop discipline and respect the behavioral habits of teachers, but also stimulate students' sports consciousness and enable students to find a sense of honor, achievement, and self-confidence in sports competition. So that students can combine their intelligence and physical strength to gradually improve their overall quality. After a long period of physical education teaching, students' ideology and morality can be tempered in teamwork learning, and ideological and morality can be gradually enriched over time. In terms of learning ability, the use of sports games has greatly enhanced the scope of students' interests. In traditional physical education teaching, because the teaching methods are too single and the teaching ideas are too narrow, it is difficult for students to raise interest in studying physical education. However, using the game teaching method, students' interests become more extensive and their consciousness becomes more advanced. By conducting deep-level physical education in accordance with the teacher's arrangements, students' intelligence and physical strength have been greatly improved. From a certain point of view, physical strength can affect intelligence, and intelligence can counteract physical strength. By increasing the intensity of physical exercise, students can improve muscle and bone performance and keep their bodies and minds in a good state. Under this state of control, students will learn new knowledge easily, and remember things will be simple, which will greatly reduce the learning pressure of students and improve their learning ability. In terms of social qualities, physical education has created opportunities for students to recognize and become familiar with each other [3]. In the process of team learning, students develop the habit of interdependence and learning. By relying on various game tasks, students are encouraged to exchange emotions, cultivate student friendships, enable students to develop a good mentality, and master better social skills, thereby comprehensively improving students' social and personal abilities.

1.3. Basic Functions of Sports Games

In addition to its educational value, the sports game method also reflects basic functions such as fitness, fitness, and entertainment. In terms of fitness, the game teaching method mainly reflects the role of mobilizing students' sports enthusiasm, activating students' physical functions, and improving students' sports capabilities. First of all, relying on the game method, students can find learning interests and continuously exercise their bones and muscles in sports games, thereby improving their physical fitness and gaining a healthier body. According to relevant investigations, students who exercise regularly have increasingly improved physical fitness and are able to effectively fight the cold virus. After strengthening physical exercise, students will have fewer colds, their brain thinking skills will be improved, and they will become more proactive in their daily learning. Secondly, relying on sports games, some lazy students began to become diligent. By getting a lot of physical exercise, their physical coordination ability is improved, and learning and life become more efficient [4]. Thirdly, relying on sports games, students' psychological quality has improved. For example, some students are prone to negative emotions after being criticized by teachers. But after physical exercise, students can forget the teacher's criticism and study hard again in a full state. Other students are affected by family factors and are not interested in studying. After physical exercise, they are more likely to form a self-regulating mechanism and continuously improve their resistance to stress, thereby better adapting to daily learning. Finally, relying on sports games, students can gain enthusiasm for learning and develop the quality of disappointment and pride. By tapping the inherent entertainment of sports, students' interests are more easily stimulated, and they are full of confidence and enthusiasm for learning [5].

2. The Value of Sports Games in Physical Education

2.1. The Particularity of Sports Games, Giving Play to the Role of Physical Education

To some extent, rooting sports games in physical education is a conventional method of physical education. The purpose is to bring into play the effectiveness of game teaching methods and improve the results of physical education. Because the sports game method occupies an important position in physical education, it was quickly recognized and promoted by physical education teachers. In traditional physical education teaching, physical education knowledge is too rigid and the teaching method is too singular. It is easy for students to lose their interest and patience in learning, so they cannot use their interests to drive their physical education. Based on this, teachers need to incorporate game teaching methods in physical education to give full play to the effectiveness of physical education. First of all, teachers should use "game activities" as a teaching method to continuously elevate the classroom teaching atmosphere and promote students to study sports knowledge in a relaxed and happy learning environment. Because sports is a knowledge subject with strong practicality, learning sports requires a lot of practice. Teachers should focus on improving students' sports awareness. By guiding students to complete sports game tasks, students are encouraged to go deeper into sports content. Second, teachers should take "improving students' physical fitness" as the teaching purpose. By leading students to deepen sports games, and constantly tapping students' sports and game talents, they can inspire students' sports thinking to the maximum and ignite students' sports interests, so that students can play in school, play in middle school, and comprehensively improve their sports abilities. Thirdly, teachers should attach importance to enriching sports connotation. Rely on sports games to help students understand sports tactics, so that students can fully develop sports intelligence in team sports, and gradually improve the level of sports. Finally, teachers should use sports games to enrich students' horizons. By creating an appropriate communication environment for students and infiltrating some social knowledge, it helps students make friends with a good attitude, thereby promoting students to share learning experiences and results and improve the level of cooperation.

2.2. Affect Teaching Value Orientation and Strengthen the Inner Spirit of Physical Education

Incorporating sports games into physical education will not only affect the value orientation of teaching, but also improve the effectiveness of physical education and deepen the spirit of physical education. In order to improve students' physical ability and physical quality, teachers need to increase the use of sports games and continuously improve the teaching effect. First of all, teachers should actively change their teaching concepts, constantly introduce new ideas, and improve the functionality of physical education. By giving full play to the value of game teaching, students are gradually guided to learn physical education, so that students can master sports skills while developing sports game literacy. Secondly, teachers should pay attention to the fitness value of sports games. By giving elements of ideology and morality in physical education teaching, the emotions between teachers and students are continuously enhanced, so as to promote students to abide by the rules, so that students develop the moral character of respecting teachers. Through the refinement of the content of sports games, the ability of students to participate in games and perceive games is continuously improved, thereby fundamentally motivating students' sports feelings. Thirdly, teachers should follow the teaching spirit of "educating people first" and continuously strengthen the sports spirit of students so that students can continuously shape their outlook on life, world and values in sports games, so as to gradually develop the quality of students in all aspects And ability. Finally, teachers should attach importance to innovative sports game methods and constantly highlight the flexibility of teaching. By leading students to experience games, students can feel the happiness brought by sports in the process of practicing sports, thereby fundamentally reducing the distance between students and sports, and achieving the purpose of lifelong sports for students. As a sports technology discipline, sports can not only mobilize students' sports thinking, but also promote students' thinking problems. After a long period of physical exercise, students can achieve self-breakthrough in sports games and find self-worth in physical

education.

2.3. Enhance Social and Self-Worth, and Achieve a Breakthrough in Sports Utility

From a certain level, sports connotation contains two aspects of social value and self-worth. In terms of social value, sports show a strong social function. People can find a deeper resonance in thought in sports. By completing a sports event together, people's emotions and friendship can be sublimated in a short time. With the rapid development of society and economy, people's requirements for spiritual life have become higher and higher. Under the ideological trend of "National Sports", sports will definitely become an important factor affecting people's ideological and moral and behavioral awareness. Based on this, teachers should, from a long-term perspective, continuously cultivate students' sports spirit, make students become "sports ambassadors", and promote social sports progress. In order to give play to the social function of physical education, teachers should rely on game teaching methods, deepen the content of physical education, maximize students' sports cells, and enable students to face physical education, study physical theories and practice sports. In terms of self-worth, sports play an important shaping role. A person's spiritual quality is directly related to his sports consciousness. People with good sports awareness often like sports. In their free time, they will perform various physical exercises to obtain a determined will to play sports. Such people often have calm heads and keen thinking when dealing with things, and they can handle things better. The school is not only a frontier for students to learn about science and culture, but also a major battlefield for students to recognize and understand society. In order to enhance students' self-worth and promote their healthy growth and development, teachers need to rely on sports games to gradually realize the effectiveness of physical education and break through bottlenecks in physical education.

2.4. Changing Traditional Teaching Concepts and Promoting Physical Education Teaching Results

Simply put, changing the teaching concept is the only way to develop teaching. In order to improve students' physical ability, teachers need to rely on sports games to continuously promote the results of physical education, so that students can learn more about physical education. First of all, teachers need to stimulate students' sports feelings and develop students' competitive consciousness in physical education. By combining sports games and competitive consciousness, students can realize their sense of honor and find self-confidence, so as to exercise their physical fitness and enhance their physique, they can also improve their sports abilities. Secondly, teachers should strengthen sports ideological education in sports games, so as to fundamentally divert students' thinking and improve their physical functions. For example, teachers can give students quantitative and qualitative sports content according to the requirements of physical education, so that students can learn sports knowledge from shallow to deep. Third, teachers should carry out corresponding physical education to students according to their learning ability and physical fitness, so that students can better understand sports games. Thirdly, teachers should adhere to the value orientation of "self-shaping", conduct regular physical education for students, and help students form and deepen their outlook on sports, so as to meet the individual needs of students, and constantly improve the learning character and ideology of students. Finally, teachers should obey the history of sports development, adhere to the teaching principle of "sports supremacy", lead students to experience physical exercise and appreciate the spirit of sports, so that students can improve their physical and mental qualities and exercise their ideology and will in daily physical exercises.

3. Conclusion

In short, the use of sports game methods in physical education teaching can help stimulate students' sports interest and awareness, and help to cultivate students' sports spirit, so that students can love physical exercise from the heart, so as to fully realize "lifelong" The goal of physical education.

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