

Research on Physical Education Teaching and Students' Ability Training

Zhu Bi

Guangzhou Civil Aviation College, Guangzhou Guangdong, 510403, China

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Abstract: Physical education aims at cultivating qualified students, so it is very important to cultivate students' abilities. In view of the shortcomings in the evaluation of physical education teaching in Colleges and universities, this paper puts forward the concept of lifelong physical education and establishes the evaluation system. In the content of the examination, the emphasis should be placed on students' sports ability. Through various sports activities to find problems, analyze problems, solve problems, tap students' creative potential, develop students' creativity. Research shows that the supervision and management of physical education should be intensified; the investment in physical education should be increased, the curriculum resources should be rationally developed; and the evaluation system and incentive mechanism of relevant capabilities should be established. Only by strengthening the emphasis on this issue can teachers fully play a guiding role and enhance the students' practice and ability. On the basis of cultivating students' ability to cooperate, they will exercise their own organizational skills and improve their overall quality.

1. Introduction

The teaching process of physical education is completed by the cooperation of physical education teachers and students. There are many kinds of interpersonal communication activities in teaching. Teachers and students are in the position of teaching and learning, which inevitably results from the relationship between being taught, organized and organized. They have relations with democracy and coordination, as well as with classmates, individuals and collectives [1]. As far as the school's teaching goal is concerned, it is mainly to cultivate students' practical ability and applied talents. Therefore, staff attach great importance to the cultivation of students' abilities in schools, especially in physical education teaching, which can not only promote students' autonomous learning ability, but also promote students' abilities [2]. Paying attention to the basicity, selectivity and effectiveness and diversity of teaching methods, and focusing on stimulating students' interest in sports are important basis for guiding physical education. It is also a prerequisite for the cultivation of students' ability in physical education. Therefore, teachers' interpretation, understanding and cognition of this standard are particularly important for cultivating students' ability in physical education [3].

In 2014, the relationship between teachers' self-efficacy and students' motivation, atmosphere and satisfaction in physical education teaching was put forward by relevant scholars [4]. Since then, the calibration of evaluation tools and their value in predicting students' academic participation have been studied by relevant scholars [5]. Since 2015, the basic sports skills training of physical education teachers has a great impact on teaching and evaluation practice, which has been put forward by relevant scholars [6]. Facing the challenge of knowledge economy, higher education will be more basic, comprehensive, socialized, networked and internationalized in the future. Therefore, a new breakthrough in educational ideology is very important. In the 21st century, the world resource development center will transfer from material resources development to human resources development, and human resources will become the first resource. The school will track the frontiers of international academic development and become a base for knowledge innovation and high-level creative talent training [7]. There are many internal factors that affect students' ability of independent learning of sports, including the self-efficacy of students' physical education, the setting of physical learning goals, and the self-attribution of students' sports learning results. Let

them go to "think", use their brains, and think while practicing. If they practice, they will understand [8]. Mastering the principles will give rise to the opposite in practice and improve their creativity. "Le" aspect: train students to choose teaching materials and try to arrange interesting and meaningful teaching materials. The understanding of the meaning of the textbook should be treated from the technical study and the emotional experience. The teachers should not stick to the rules, encourage as much as possible, and blame the students less [9]. It can be seen that conducting physical education helps students to establish a scientific world outlook and values, so that when they enter the society, they can become a competitive and knowledgeable talent. It can exert its own value in the tide of social development, and its self-motivation and hard work ability can effectively enhance students' ability to adapt to society [10].

2. Materials and Methods

In most physical education teaching work, teachers often attach importance to professional courses of physical education, ignoring the important role of teaching. That is to say, in the actual teaching work, although the corresponding physical education curriculum will be set up, it is only a simple formal setting. Therefore, the content of students' education is rather stereotyped and lack of novelty. Usually, in the process of setting up physical education curriculum, it is necessary to set up according to students' interests and abilities, and teach students in accordance with their aptitude. In physical education, teachers should divide different physical fitness students into different exercise prescriptions, so that they can all be exercised, let students design their own different learning goals, and through their own efforts to complete their learning goals. In this way, each student has an interest in physical education, the pleasure of success, and the ability to face up to their potential. The factors affecting students' sports ability are shown in Table 1.

Table 1 Factors Influencing Students' Sports Ability

	Differentiation	Factor
The Emotion of Sports Learning	31.78	0.62
Setting up Sports Learning Objectives	29.63	1.23
Self-Cognition of Sports Learning	25.70	0.95
Classroom Management in Physical Education Teaching	26.15	0.86

The goal setting of sports activities under the premise of proper goal orientation is a strategy to encourage students to actively participate in sports activities. The so-called goal setting refers to the specific goals of physical learning and physical exercise to be achieved within a certain period of time according to the students' physical ability and skill level. And the steps, strategies and time arrangements to achieve the goal. Appropriate goal setting can guide students' attention and behavior, stimulate their enterprising spirit, improve their efforts and perseverance, and promote students to adopt effective sports learning and physical exercise strategies to achieve their goals. Physical education activities can enhance students' ability to withstand certain psychological and physiological burdens. Because in physical education, to complete a difficult movement depends not only on the quality of coordination, strength, sensitivity, but also on brains. There must be a strong will to overcome difficulties, to withstand the confidence of setbacks, and to lay the foundation for success. The students' practical ability is not only reflected in the physical education classroom, but also in the teaching of other subjects and in the process of solving practical problems. Therefore, it is crucial to develop students' practical ability.

Sports evaluation is indispensable in sports teaching. Accurate teaching evaluation can diagnose problems in the teaching process, mobilize students' enthusiasm for learning and test teaching results. In the process of cultivating students' ability in physical education teaching, reasonable and multi-dimensional teaching evaluation can give students confidence, stimulate students' interest, and fully mobilize students' enthusiasm for innovation. On the contrary, those students who are weak in physique and sports ability often bear more physical load than others when practicing. Experienced many failures, gradually lost interest and confidence in learning, and has a stronger

sense of frustration than others. Therefore, helping students to build stronger self-confidence in physical education is also an important part of cultivating students' resistance to frustration. Through teaching, not only the students' self-learning ability is cultivated, the students' intelligence is developed, and the students' ability to observe, analyze and solve problems is cultivated. At the same time, teach students how to organize technical teaching and teachers to demonstrate, explain and observe the position of students in the classroom. This also laid a good foundation for their future work as teachers or further studies. The comprehensive structure of physical education assessment and evaluation is shown in Figure 1.

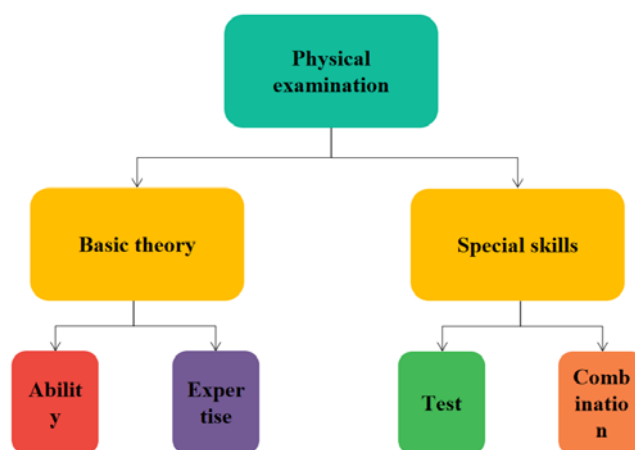


Fig.1. Comprehensive Structure of Physical Education Teaching Assessment and Evaluation

3. Result Analysis and Discussion

Innovation is a way of creating some new, peculiar and socially valuable ideas and goods. Innovation in physical education teaching refers to the creation of problem situations and democratic and relaxed psychological atmosphere in teaching, and the cultivation of students' creative consciousness, ability and spirit. Train students' creative thinking and cultivate students' ability to find, analyze and solve problems through various sports activities. Discover the creative potential of students. Develop students' creativity and develop students' creative learning skills. Focusing on increasing the learning space of students in the classroom, we can effectively develop the motivation of students' learning and motivate students to learn. Teachers are the leaders of teaching activities, and their educational and teaching concepts play a decisive role in teaching activities. Teachers should always regard learning ability as the focus of teaching in teaching, and carefully create problem situations and inspire students' thinking.

When designing the teaching content of physical education, we should design as many teaching contents as possible according to the learning objectives. We should focus on cultivating students' ability to use and create various means of fitness, and join in new track and field projects. In the process of teaching, it is very important to educate the students on the concept of struggling to win. They should face up to the success or failure, be proud of the success or not, be discouraged of the failure, and find the reasons for the gap and failure in the victory. We should correctly handle the failures and setbacks encountered in our study and life, invigorate our spirit and advance bravely to become a strong person forever. Extracurricular sports activities are the expansion and extension of improving the quality of physical education classes. They are to cultivate students' physical ability, stimulate their interest in learning, select sports activities independently and improve their sports skills. Develop a place where you can take part in sports activities. At present, there are many contents in physical education materials, and physical education classes are restricted. Therefore, students should not be fully practiced and improved in participating in extracurricular sports activities. Students can choose their favorite content and methods according to their hobbies, learning foundations, etc. This not only mobilizes the enthusiasm and initiative of students, but also

cultivates students' interest in learning.

In the process of sports learning, every student's psychology, physiology, will and emotion are different. Every student has his own learning ability and needs of self-development and self-improvement. Modern physical education teaching theory pays more and more attention to guiding students' autonomous learning and developing students' cognitive and emotional development. More and more attention is paid to students' responsibility for their own sports learning. Developing students' self-regulated learning in physical education is one of the important means to implement quality education in an all-round way and improve the quality of physical education. Continuously raise awareness. In order to learn to adhere to and learn to give up, the balance of self-pressurization and self-liberation is to cultivate strategies and let students in the process of teamwork. Gradually form a correct view of frustration and a certain degree of anti-frustration. These include understanding and mastering ways to regulate and control emotions, willingness and behavior in physical activity. Not only can stimulate students' interest and curiosity, but also lead students to think. It is worth noting that the ability of the students should be cultivated. The questions raised by the teachers are best not to have fixed answers, but also simple “yes“ and “no“ questions. It should be a question of stimulating students' divergent thinking, so that students can improve their ability while solving problems. The role of cultivating students' self-learning ability in physical education is shown in Figure 2.

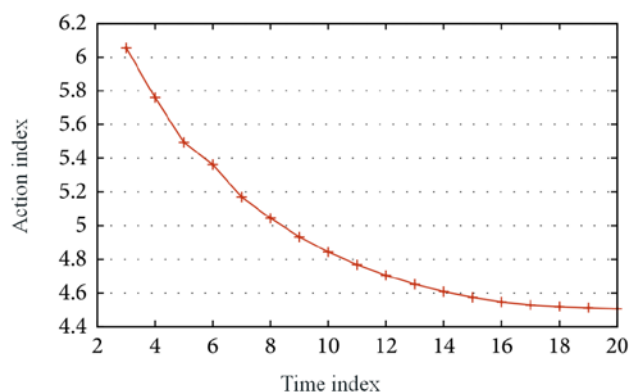


Fig.2. The Role of Developing Students' Self-learning Ability in Physical Education Teaching

4. Conclusion

This paper studies physical education teaching and students' ability training. Physical education provides students with a unique and open learning and activity environment, as well as the opportunity to fully observe, think, operate and practice. This is incomparable to other disciplines in promoting the improvement of students' ability. Physical education teachers in the process of physical education teaching, in addition to enhancing students' basic sports related knowledge, but also pay attention to strengthening students' ability. Physical education teaching should be combined with the development of society and the needs of posts, so as to avoid the phenomenon that students can not adapt after entering society. Through the assessment of physical education teaching, the students' healthy personality will be cultivated and become the main participants in sports. Improving students' sports culture quality and overall quality is the basic concept of constructing a new physical education evaluation system. According to the actual situation of the locality, combined with the current situation of physical education teaching, the current situation of students' learning and the law of student development, change the status quo of using single skills to judge the results. According to the four dimensions of competence-innovation motivation and awareness, ability to acquire knowledge information, innovative thinking ability and innovative practice ability. Establish a scientific evaluation system for training ability in physical education. Enhance the enthusiasm of physical exercise and cultivate students' awareness of lifelong sports.

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