

Research on the Application of Hierarchical Teaching Model in Basketball Teaching

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Abstract: In school education, physical education is a very important part of it, and basketball is a favorite sport of students. Therefore, in physical education teaching, basketball teaching is an important teaching content, which is mainly to exercise students' physical quality and improve students' physical function. But because of the influence of various factors, students' physical fitness and sports ability will be different, which brings great trouble to basketball teaching. With the implementation of the new curriculum reform, the hierarchical teaching method came into being. In the process of basketball teaching, due to the differences in students' physical quality level and motor skill level, students' understanding and mastery of basic basketball theory, basic skills and skills have been different. Aiming at the two major problems faced by traditional basketball teaching, through the comparative analysis of traditional teaching mode and layered teaching method, the effect of layered teaching mode on basketball classroom teaching is proposed. This paper focuses on basketball teaching and briefly analyzes the implementation of the layered teaching model.

1. Introduction

The development of students is the starting point and destination of physical education curriculum. Physical education curriculum has determined the important position of student-centered in the aspects of goal setting, teaching process, curriculum evaluation and development of teaching resources [1]. Therefore, in the teaching, we must emphasize the idea of taking students as the main body, we must respect individual differences, adapt to local conditions, and implement them according to people. That is to say, while facing all students, pay attention to each individual student and respect individual differences [2]. However, in the past teaching and activities, students are often passive learning, it is difficult to meet the learning needs of students at different levels, so that students are always difficult to experience the joy of success and psychological satisfaction when learning [3]. Stratified teaching solves the contradiction between “not enough to eat” and “not enough to eat” of middle school students in teaching, enables students of different levels to maintain the enthusiasm of learning at different levels, and aims to arouse students' subjective consciousness, so that each student can truly become the master of classroom learning and meet students' needs and emotional experience [4]. In college basketball teaching, stratified teaching mode is adopted, that is, when it is acknowledged that there are obvious differences among students in gender, basketball foundation, physical factors, etc., basketball teachers carry out stratified teaching and learning for these actual differences among students, so as to achieve teaching results at different levels [5]. The research and implementation of stratified teaching has a long history. Confucius, the founder of the great Chinese pedagogy, put forward the idea of “teaching students according to their aptitude”.

Under the guidance of “lifelong sports”, “national fitness”, “recreational sports” and “National Guidelines for Physical Education in Colleges and Universities”, the hierarchical teaching mode of physical education is based on quality education, which is conducive to the formation of a good classroom atmosphere based on students' individual differences, aiming at the individual differences existing in the basis of students' physical quality and sports expertise. On the other hand, the teaching mode of physical education is based on improving students' physical health and mental health [6]. Basketball is one of the most favorite sports for students in Colleges and universities. It

has a long history to develop basketball in Colleges and universities and set it as an optional course of physical education in Colleges and universities [7]. However, due to the differences in the curriculum settings of different senior high schools and the physical quality of students, the level of basketball in students is uneven. Therefore, it is necessary to develop a layered education model in basketball physical education [8]. The stratified teaching method combines students from different starting points with basketball teaching practice, respects individual differences of students, and adopts different levels of teaching, such as gender, technical and tactical conditions, physical conditions and sports skill levels, to distinguish between different categories of students. Treating and teaching students in accordance with their aptitude has improved the harmonious development of students' physical and mental well-being [9]. The exploration of the specific application of hierarchical teaching in college basketball teaching has important reference value for the realization of college basketball curriculum reform [10].

2. Materials and Methods

Traditional physical education teaching methods and methods are consistent in front of every student, which ignores the spirit of students' active learning and fails to consider the differences between individual students in special skills and physical qualities. The hierarchical teaching mode emphasizes individualized and individualized teaching, so it provides a good foundation and prerequisite for the formation and development of students' individual motor skills, and makes their cognitive process from simple to profound, from the initial mastery of motor skills to the final consolidation and improvement. An important meaning in basketball teaching is totality, that is, for all students, so that every student has the basic basketball knowledge, basic skills and basic skills. Hierarchical teaching is to design different levels of teaching objectives according to the requirements of syllabus and textbooks for different types of students' acceptance ability in the teaching class, and put forward different levels of students' learning requirements for teaching objectives, give different levels of guidance, and carry out different levels of testing. So that all kinds of students choose different learning speed, difficulty of practice and different levels of knowledge and information at their respective starting points, so that each student can learn something, learn something, fully reflect the overall characteristics of quality education. In basketball class, the implementation of hierarchical teaching, not a model, a standard, emphasis on different textbooks, targeted organization of students to carry out a series of teaching activities, so that different students' sports interests, hobbies, expertise and gender differences are fully developed.

The so-called layered teaching is a kind of teaching form that adapts the teaching to students' learning according to different students' cognitive ability and mastery ability. Respect the individual differences of students and develop with the goal of student development. Before the stratified teaching method has been introduced into the basketball teaching class, the teacher teaching method is often a one-size-fits-all approach. It does not consider the individual differences of students and adopts a general approach to teaching. This makes it easy to ignore the individual differences of students and disrespect. The objective law of things, the basic principles of teaching. Through questionnaire survey, it is found that after the students' basketball teaching stratified group teaching method, students' interest in learning, learning confidence, skill mastery and basketball teaching effect have been significantly improved. (Table 1) The tiered approach to teaching has changed the "one size fits all" approach of all students in the past. Pay attention to student difference, teach students according to their aptitude. It through different levels of teaching content, teaching goal, teaching methods, teaching requirements to a greater extent arouse the enthusiasm of students learning, inspire students' learning enthusiasm, to higher goals, so as to mobilize the enthusiasm of all students, enhance students' self-confidence, improve all students to participate in the basketball sport motivation; From a larger range of students to ensure the effectiveness of learning to ensure the effectiveness of education. In order to achieve good results in teaching, it is necessary to make full use of various educational resources. The difference between students is an educational resource that can be developed and utilized. In the teaching process, efforts should be made to make

students at all levels show their advantages, make up for each other and help each other to form a cooperative learning atmosphere.

Table 1 Statistics of results of comparative survey before and after stratified teaching

Student status	Increase%	Same%	Reduce%
Students' interest in learning	77.6	15.8	6.6
Students' mastery of skills	81.3	13.6	5.1
Students' competitive Passion	80.4	15.1	4.5

3. Results

In the traditional teaching process, the teacher ACTS as the main body in the teaching process, and the students only passively listen to the knowledge points told by the teacher, which greatly weakens the active learning of the students. In the process of teaching, the teacher in order to complete their own teaching tasks, without considering their own design teaching content is in line with the development of students, some teachers of the teaching content is relatively simple, some basketball basic skills strong students easily done, but it is difficult for some students have no contact with the basketball to complete tasks. In the long run, students with solid basketball foundation will feel no challenge, lose interest in learning basketball, and become bored with basketball teaching. For those students who have no contact with basketball, these tasks will be very difficult, and they will have a fear of basketball learning, and then lose the enthusiasm of basketball learning. Stratified teaching method mainly focuses on individual differences and adopts different teaching strategies for students according to their physical quality, acceptance ability, physical function and other factors. Basketball is also a sport that needs targeted training according to all aspects of athletes' qualities. For example, if athletes have strong explosive power and good coordination, but poor basketball skills and physical endurance, then coaches will focus on training their basketball skills and endurance. If the player's basketball skills are strong, but his explosive power is not good enough, then the coach will focus on training the player's explosive power. Therefore, the use of layered teaching model in basketball teaching conforms to the development law of basketball. See Figure 1. In the teaching activities of physical education, they will have their own ideas and judgments about the content design of physical education and the classroom teaching forms used in different sports. Figure 2 illustrates the role of layered teaching model in basketball teaching.

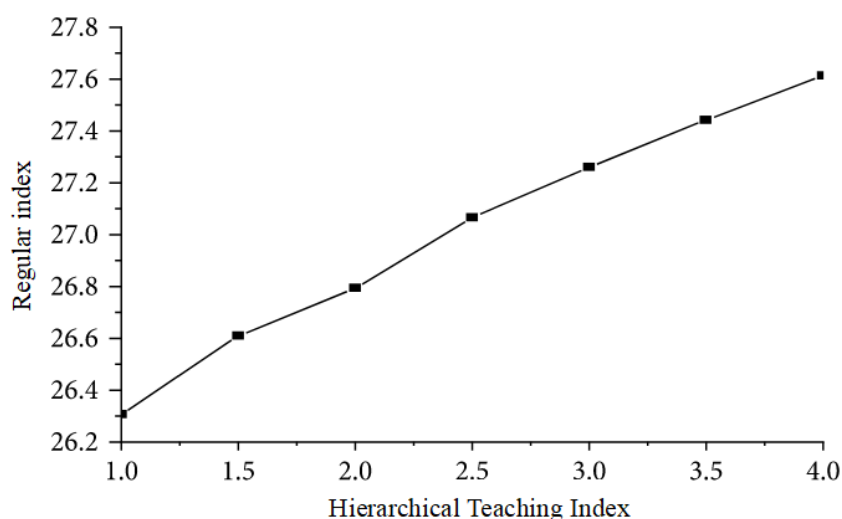


Fig.1. Application of hierarchical teaching model

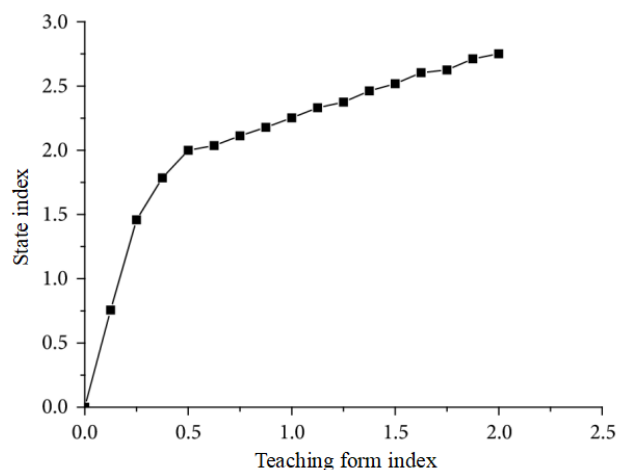


Fig.2. The present situation of layered Basketball Teaching

In basketball teaching, the teacher should design the teaching content based on the student's learning situation, so that the teaching content that he has developed can conform to the development of the students. Generally speaking, students have certain differences, and the differences are mainly reflected in the following aspects: First, physical fitness, second, motor skills, third, knowledge level, fourth, hobbies. Therefore, in the process of basketball teaching, the teacher should stratify according to the qualities of the students, and then formulate the corresponding teaching content according to the level of division. For example, for those students with good basketball level, the teacher should carry out comprehensive intensive training for them, and it is necessary to increase the difficulty of teaching content. For those students who have not been exposed to basketball, or those whose basketball base is weak, the teacher should train from the student's basketball base, first let them master the technical movements of basketball. Hierarchical teaching enables each student to acquire the knowledge and skills they can acquire through their efforts, to work at different levels, to give them different goals, to increase their enthusiasm by completing one goal after another that they can achieve, so that they can better understand the charm of basketball, at the same time, the overall physical quality of students has been improved as a whole. Compared with the limitations of the unified goal, the students who have poor basketball skills can better mobilize their learning enthusiasm, make them learn better, and avoid conflicting psychology by changing their goals.

4. Conclusion

In the basketball teaching, the method of layered teaching is adopted to meet the teaching requirements of the new curriculum reform on the one hand and the development needs of the students on the other hand. Therefore, when conducting physical education, physical education teachers must pay attention to the development of students' individuality. It is necessary to know the characteristics of each student in the class so that they can better use the layered teaching method. Only in accordance with different levels of students can develop different teaching content. The combination of physical education and teaching materials combines students' interest in basketball, stimulates students' interest in basketball, and enables students' self-motivation to improve their teaching effect and athletic ability. In a word, using the layered teaching method in the basketball teaching, not only effectively meet the requirements of the teaching of new curriculum reform in China, and has realized the teachers play a dominant for use, the effect of students as main body, will the teaching idea of "human-oriented" fully display, not only improve the quality and efficiency of the basketball teaching, but also greatly enhanced the basketball teaching quality, promote the sound and rapid development of the students.

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