

Research on the Theory and Practice of Physical Education Teaching Method under Innovative Education Concept

Ba Teer

Hohhot Vocational College, Department of Physical Education, 010058, Hohhot, Inner Mongolia Autonomous Region, China

bater.xx@163.com

Keywords: Innovative Educational Idea, Physical Education Teaching Method, Physical Education Teaching Practice.

Abstract: Under the innovative educational idea, teachers need to make changes to the teaching method of physical education teaching, and constantly update the mode of physical education teaching. Physical education teaching needs to continuously improve students' physical and psychological quality and realize students' all-round development under the modern education system. This article will combine the concrete physical education teaching example, discusses under the innovation education idea carries on the physical education teaching the effective method.

1. Innovative Inquiry on Improving Students' Physical Quality in Physical Education Teaching

Physical education needs to carry out the concept of innovative education, teachers need to combine the characteristics of physical education subject in the existing teaching model and teaching methods to make changes. Physical education needs to pay attention to the all-round development of students, this paper will proceed from the two aspects of students' physical and psychological quality, and further elaborate the teaching theory and teaching method of carrying out physical education teaching practice under the background of innovative educational concept.

1.1. The Necessity of Paying Attention to Students' Physical Fitness in the Practice of Physical Education

One of the teaching objectives of physical education practice is to improve students' physical quality and let students have healthy physique. The practice of physical education can make students have a clearer understanding of their physical conditions, and also let students know how to exercise correctly. Improving students' physical quality is the key to opening students' healthy life and the premise of students' other activities. In the practice of physical education teaching, teachers need to pay more attention to the students' physical quality and have a certain understanding of the physical conditions of each student.

1.2. Practical Methods for Improving Students' Physical Quality in Physical Education Teaching

Reasonable arrangement of physical education teaching time can ensure the effectiveness of physical education teaching, and can improve students' physical quality to a greater extent. Reasonable arrangement of physical education teaching time is reflected in two aspects. First, teachers need to make reasonable arrangements for physical education teaching throughout the semester according to the syllabus. Teachers need to pay attention to the relationship between teaching contents when arranging the contents of physical education teaching. For example, before teaching football activities, teachers need to guide students to do good stretching training of leg muscles in advance, so that students can have more understanding and preparation for football, so as to avoid the danger in the teaching process of football activities as far as possible (see figure 1). Second, teachers need to make reasonable arrangements for the distribution of teaching contents in the classroom. In the physical education curriculum, the teaching content arranged by teachers

needs to mobilize students' sports system as much as possible[1]In the course of physical education, teachers should not only pay attention to the training of students' leg muscles and back muscles, but also pay attention to the training of students' muscles in various parts. Teachers need to take into account the sports muscles needed by students when arranging physical activities. Before the physical education activities are carried out, teachers need to lead the students to warm up so that their bodies can adapt to sports activities more quickly. After the end of sports, teachers also need to guide students in muscle relaxation training.



Figure 1 Football

Enriching the theoretical knowledge related to physical education means that teachers and students need to carry out theoretical lessons while carrying out physical exercise. Expanding the theoretical knowledge related to sports includes two aspects, one is to understand the students' physical condition. To have a more comprehensive and detailed understanding of students' physical structure, teachers need to learn about motor anatomy, exercise physiology and so on (Fig .2). At the same time, teachers also need to have a certain understanding of the students' physical condition. The physical condition of each student is different, and the teacher needs to make a reasonable training plan according to the characteristics of the students. Teachers also need to know some first aid knowledge related to sports, so that teachers can be more comfortable to deal with some unexpected situations, such as sprain of ankle and muscle in sports, and so on. Second, the understanding of the basic knowledge of sports. Teachers and students need to know some relevant knowledge of sports, for example, teachers should organize students to teach basketball, teachers can add some professional knowledge related to basketball to students, so that students can have a more comprehensive understanding of the game of basketball[2].

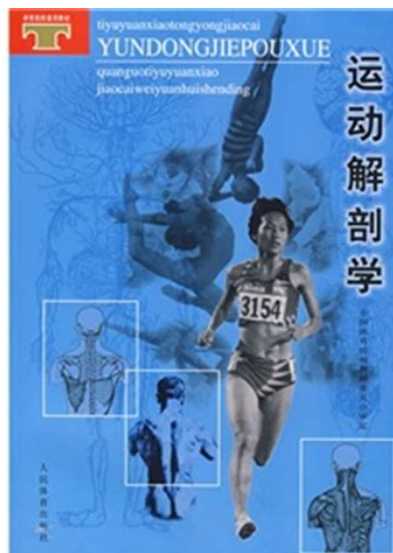


Figure 2 Sports Anatomy, a general teaching material for physical education institutions

2. Innovative Inquiry on Improving Students' Psychological Quality in Physical Education Teaching

2.1. The Necessity of Paying Attention to Students' Psychological Quality in the Practice of Physical Education

Under the background of innovating the concept of education, physical education teachers should pay attention not only to the physical quality of students, but also to the psychological quality of students in the process of carrying out physical education teaching activities. Paying attention to the cultivation of students' psychological quality in physical education teaching activities is an innovation of traditional physical education teaching concept and a change of traditional physical education teaching methods. The concept of physical education in the new era focuses on the all-round development of students' body and mind, and teachers pay more attention to students' personality education[3]In the practice of physical education, paying attention to students' psychological quality can cultivate students' personality identity and help students build up self-confidence.

2.2. Practical Measures on Improving Students' Psychological Quality in Physical Education Teaching

Developing game teaching can provide a platform for students to communicate with each other, and can effectively enhance students' participation. Sports game refers to the combination of sports activities and the way of games, so that students can exercise while playing games (figure 3). There are many ways of sports games, teachers can choose effective games according to the teaching content. Figure 3 shows the name of the game activity called trust back fall, this game can not only exercise students' physical function, but also exercise the degree of trust and tacit understanding between students and students. Developing game teaching is an important way to improve students' psychological quality. Game teaching creates a relaxed and good learning environment for students. In this learning atmosphere, students present a very relaxed state. In addition, game teaching has higher requirements for students' tacit understanding, trust and teamwork ability, and can cultivate students' team organization ability and cooperation ability between students and students through game teaching. Game teaching can also help students resolve some minor contradictions and mistakes, and provide students with more opportunities for communication. Game teaching is very helpful to improve students' psychological quality[4].



Figure 3 Students playing sports games

The mode of getting along with students and teachers should be mutual respect and mutual understanding. From the perspective of teachers, teachers need to set up a "people-oriented" view of students and devote themselves to promoting the all-round development of students. Teachers need to be separated from the traditional teaching concept and get along with students with an equal

attitude. Teachers need to deeply understand the main position of students in educational activities, respect students' ideas, and communicate with students properly. In the process of physical education teaching, teachers need to have a certain grasp of students' psychological state. Teachers are teaching team sports activities, such as aerobics. In the physical education teaching of aerobics, teachers need to correct the students' prejudice against this activity of aerobics. In the group of students, boys will think that aerobics is the exclusive activity of girls, so they are unwilling to participate in the team of aerobics. Teachers need to help students correct this wrong idea in time and eliminate students' wrong understanding of sports activities. Teachers should guide students to look at all sports activities with an equal attitude, and at the same time, teachers themselves need to have a correct understanding of all sports activities. Similarly, for example, basketball, javelin and a series of sports activities, many girls are unwilling to participate, think that their physical fitness is not enough. Teachers also need to help them overcome their feelings of disapproval and let students take the initiative to participate in every sports activity. Teachers need to make different analysis of different students' psychology and correct students' wrong cognition of something from the bottom of their hearts. From the perspective of students, students also need to respect the work of teachers, respect the pay of teachers. Students need to maintain a positive attitude towards learning and dare to question teachers' work[5]The relationship between teachers and students should also be mutually supervised. Both teachers and students need to have their own ideas, and only by communicating with each other can they progress together. Students in the face of problems do not understand, can rest assured to communicate with teachers, teachers as their friends. Teachers and students need to make changes, both need to actively contact the other side, to understand the other side of the state of life and psychological state, with an inclusive and understanding mentality to get along. Changing the relationship between students and teachers is also an innovative measure to the teacher-student relationship under the traditional teaching mode, which is a negation of the wrong teaching concept. Teachers and students need to get along equally, students and students need to help each other, schools need to provide teachers and students with an equal and peaceful learning environment, so that students can grow up healthily in school.

3. Concluding Remarks

In a word, under the background of innovating educational idea, physical education teaching activities need to pay attention to the cultivation of students' physical quality and psychological quality at the same time. In improving students' physical quality, teachers need to arrange the time of physical education teaching reasonably, so that students' physical education curriculum arrangement is more scientific. At the same time, both teachers and students need to supplement the knowledge related to physical education activities, so that students and teachers have a deeper understanding and understanding of physical education. In the aspect of improving students' psychological quality, teachers can carry out physical education teaching in the way of game teaching, so that students can carry out physical exercise in a relaxed and pleasant environment, and promote the communication between students and students. In addition, teachers and students also need to change the relationship between them, teachers and students should respect each other, mutual recognition, in a state of harmony with teachers and friends.

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