

Research on the innovation and reform of physical education in Higher Vocational Education

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Abstract: traditional physical education focuses on improving students' physical quality, which is not conducive to the overall development of students. According to the characteristics of the times, we must choose the teaching materials flexibly and promote the development of students' physical and mental education.

In recent years, with the deepening of curriculum reform, the role and responsibility of physical education teachers in physical education have changed. Compared with the past, the curriculum reform has made great changes in the task and requirements of physical education teaching. Therefore, physical education reform should pay attention to the reform of the original teaching structure, so that the comprehensive quality of students can be improved to the maximum.

1. Problems to be considered in physical education reform

There are obvious differences in the size of the school and the economic development in different regions. First of all, local schools should consider the economic foundation, cultural conditions and technological development level of China and the country. Secondly, according to the actual situation of the school, we should consider the comprehensive quality of teachers, the optimization of teaching environment, the basis of students, the choice of teaching materials and other factors related to the reform of physical education, which will directly affect the development of physical education reform.

2. The path of school physical education reform

2.1. Strengthen the construction of teachers and improve their comprehensive ability

In the process of PE teaching, PE teachers hold the direction of education. The thought and ability of PE teachers directly affect the quality and effect of PE teaching. Therefore, physical education teachers must strengthen their own requirements and constantly improve their comprehensive quality. They should not only have good teaching style and high moral standards, but also have a high sense of responsibility. PE teachers should take good care of students and fully understand their sports level and personality. In addition, according to the physical and mental development characteristics of students, physical education teachers guide students to learn organized and purposeful sports and sports knowledge, so that students' physical quality can be reasonably and effectively exercised, so as to effectively improve their sports level.

2.2. Scientific selection of teaching materials to meet the actual needs

At present, most schools use the unified teaching materials, which is easy to deviate from the actual situation of students, and does not conform to the actual situation of teachers, learning conditions, humanities and infrastructure. Therefore, the reform of physical education should start with the actual situation and update and reform the current physical education teaching materials, so as to make the physical education teaching materials consistent with the actual situation and have flexibility and openness. Different teaching materials should be selected according to the actual situation of the local school. For example, traditional sports, local mass sports and so on. Different

schools in the same area can carry out different sports activities with their own characteristics, so as to promote the development of physical education teaching activities with the advantage of sports in the whole school. This can enhance students' sports ability, and on this basis, effectively improve the level of students' sports skills, and ultimately through the cultivation of students' interest and habits, to achieve the goal of lifelong physical exercise.

2.3. Increase investment in infrastructure construction to meet sports needs

Schools should invest the necessary resources and build perfect sports teaching facilities, so as to effectively improve the quality of sports teaching, enhance students' physique and ensure students' health. In the process of facilities construction, according to the actual needs of your sports activities and physical education, we should design sports venues scientifically and reasonably, and make full use of the transformed natural resources. At the same time, the construction of sports facilities should be based on the national equipment catalogue, adhere to the principle of gradual progress, and formulate the corresponding sports facilities construction and improvement plan. In addition, we should make full use of the existing venues and sports facilities and give full play to their multi-functional functions.

2.4. Innovate the concept of education and pay attention to all-round development

In the process of curriculum reform, we should make clear the main contents of students' learning, namely, sports cognition, sports skills, exercise methods, consciousness quality and social adaptability. It is different from the previous practice of only paying attention to students' physical development and neglecting their psychological development and social adaptability. In the process of curriculum reform, the concept of "health first" has changed. In this case, teachers should fully understand and flexibly grasp the teaching materials, dig out interesting and effective contents and forms, fully stimulate students' interest, and effectively cultivate and improve students' innovative consciousness and practical ability.

2.5. Improve teaching process and highlight students' subjectivity

In the process of physical education teaching, physical education teachers should fully understand students' knowledge level, psychological characteristics, learning habits and acceptance ability. Teachers' teaching ideas should be adapted to the actual situation of students in order to effectively improve the teaching effect. Physical education teaching can not only consider a single factor, but also comprehensively consider the students' physiology, psychology, interest and other factors. Then, on the basis of ensuring teaching objectives, scientific and reasonable flexible use of teaching materials and improve teaching methods, so that teachers and students can coordinate with each other, so that physical education teaching is more flexible and the process is more scientific and reasonable. Physical education teachers should carefully plan every teaching link, pay attention to guide students to complete every link, so as to effectively exercise students' physique. In addition, teachers can make full use of multimedia technology, through video and pictures to show students the charm of sports, reveal the scientific principle of physical fitness.

2.6. Optimize teaching content and activate classroom atmosphere

In the process of developing PE teaching, PE teachers should fully grasp and flexibly use the teaching contents. On the one hand, teaching should not be too complicated, on the other hand, teaching should not be too dull. If we go to these two extremes, it is difficult to arouse students' interest and negative emotions. Therefore, the teaching methods adopted by physical education teachers in physical education should have certain novelty, so that sports knowledge can be imparted to students in a way that students are interested in, so that students can first happily accept the knowledge related to learning, so as to achieve the expected teaching and learning objectives. Therefore, teachers can simplify teaching properly, make the teaching content more acceptable to students, and thus more actively cooperate with teachers' teaching. In addition, physical education teachers should adopt flexible teaching methods according to the teaching content, so that students have different feelings in the learning process. For example, the flexible use of competitions, games

and other ways, fully mobilize the enthusiasm of students in the classroom, so that students benefit physically and mentally, improve learning efficiency. In addition, we can also integrate interesting sports activities into the teaching process, create an active learning and exercise atmosphere, and stimulate students' interest.

3. Conclusion

The reform and development of physical education must be combined with the actual situation and meet the needs of the times. Sports workers should have keen observation, constantly improve their comprehensive ability, timely discover the changes of surrounding education related conditions, and carry out targeted innovation and reform of education. In addition, the stable development of sports work is inseparable from the policy and economic support of the relevant departments. Only by working together, can we ensure the scientific and reasonable sustainable development of sports education.

References

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