# Discussion on the Application Effect of Informatization in Physical Education Teaching

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**Abstract:** In the era of information and science and technology, great changes have taken place in the teaching mode and content of our country. Many teachers have begun to change the traditional teaching mode actively based on the substantive needs of the times for talent cultivation. It also breaks through the teaching content effectively, in order to get rid of the shackles of traditional exam-oriented education and guarantee students to achieve healthy growth and development in a more relaxed and free atmosphere. Under such a realistic background, the application of information technology in educational practice has received much attention. It is undeniable that the application of information technology can promote the steady improvement of the level of teaching informatization, and teachers can also break through the time in the process of teaching practice and space limitations, five students more opportunities to learn and grow independently, to ensure that students can truly realize their personal status, and achieve benign growth and development. This paper takes physical education as the starting point, and deeply analyzes and interprets informatization in various subjects.

## 1. Introduction

As an important part of the education system, physical education plays a key role and value in improving students' physical quality. With the continuous implementation of quality education, sports, fine arts, music and other disciplines are playing an increasingly important role in education [1]. Some teachers begin to base themselves on the reality and essential requirements of language teaching, adopt creative teaching strategies and means, and construct efficient classroom through the steady improvement of teaching quality and level, so as to realize the optimal allocation and utilization of teaching resources. Among them, the combination of information technology and physical education conforms to the implementation requirements of quality education, which can mobilize students' enthusiasm for participation and better reflect the close connection between talent training strategy and the needs of the times [2]. In addition, with the continuous improvement of China's hardware technology level, many schools have actively purchased a number of advanced teaching equipment and information technology to provide more technical support for the normal development of teaching practice activities. On the other hand, the application of new technologies can improve the quality of teaching, but it directly impacts the traditional teaching mode. For physical education, it is necessary to start from the interest of students before using information technology. Cultivate students' good logical thinking ability, let students develop behavioral habits of active learning, master the application skills and essence of sports knowledge [3].

## 2. Relevant Provisions of the State on Information Technology Education

In the process of implementing quality education and promoting the new curriculum reform, the concept of information technology education has achieved rapid development, and the National Education Department has continuously promoted the further implementation of the education curriculum reform in the light of the current practical conditions of education reform. Among them, the new curriculum standard has put forward a specific definition and explanation. Teachers need to pay attention to the rational application of information technology in teaching practice, actively reflect the role and value of information technology application, in order to change the traditional teaching mode and teaching strategy. In the use of information technology, teachers need to

strengthen interaction with students, reflect the advantages of information technology, and provide students with more modern learning tools and learning environment. Local governments and education departments also need to increase cooperation, provide solid financial support for the school's various educational work, continuously narrow the gap between rural and urban areas, and better promote social education equity.

## 3. Analysis of the Application of Information Technology in Physical Education at Home and Abroad

### 3.1 Application of Information Technology in Physical Education in Foreign Countries

Nowadays, with the increasing trend of globalization, communication between our country and other countries is more and more frequent. When combining information technology with physical education teaching practice, our country actively draws lessons from the excellent practices and experiences of other countries. The United States began to use information technology to promote the development of teaching practice activities at the earliest stage. It breaks through the shackles and shortcomings of the traditional teaching mode in strict accordance with the principle of using information technology. Among them, the integration of computer and teaching involves more complex links, while the price of computer is more expensive, and it is difficult to achieve effective popularization. With the acceleration of the process of human civilization, the United States has begun to implement a wide range of modern technology applications, and has accumulated rich teaching experience in the process of practical application. It is not difficult to find out by combining relevant practice survey reports. As early as 2000, the United States has realized the widespread application of information technology in teaching, with a penetration rate of 95%, and at the same time able to achieve effective practice in different disciplines, which is particularly evident in physical education. More than 60% of students believe that the application of information technology can better reflect the core requirements of teaching, and many students are also under the guidance of teachers. In the process of extracurricular learning activities, we actively use information technology to collect relevant subject materials, give full play to the role and value of the network teaching system, and build a good teacher-student interaction.

### 3.2 Analysis of the Application of Information Technology in Physical Education in China

In order to narrow the gap between our country and other countries, our country has actively practiced information-based sports teaching practice activities. Through the rational application of information technology to make up for the shortcomings of traditional physical education teaching practice. First of all, our country directly replaces the traditional teaching practice with electronic education. Electronic education can attract students' attention and mobilize their enthusiasm for participation in the first time. Teachers can combine students' interests in the process of using PPT to edit lecture notes, reflecting the hierarchical requirements of teaching. In addition, compared with other disciplines, physical education is more practical, and it puts forward certain requirements for students' logical thinking ability. In explaining some basic sports knowledge, teachers also use audio-visual technology to play pictures and audio videos. Explain the decomposition action, let the students have a macroscopic understanding of sports learning in the process of self-perception, thus improving the individual's comprehensive physical quality.

When combining multimedia technology with the development of the school itself, China actively constructs a perfect information technology application framework and creates a good educational environment in accordance with the actual conditions of the society. It includes network computer classroom, multimedia classroom and library. Teachers combine the enthusiasm of students'participation in classroom teaching, through the rational use of multimedia information technology to implement teaching practice, such as in volleyball teaching, teachers use network technology and information technology to decompose volleyball-related actions. For example, cushion, pass, move and spike, this student-centered teaching form can deepen students' impression, improve students' logical thinking ability and sports practice level. Secondly, teachers need to understand the talent training program, pay attention to the inherent logical connection between

information technology and physical education, understand the development needs of technical talents in the era, and cultivate more technical creative talents as teaching purposes and teaching principles. Carry out targeted physical education activities to ensure that students can master basic theoretical knowledge and improve their personal information technology expertise and level in the process of sports learning practice. It should be noted that the economic development of different regions is different, and the ability of physical education is quite different. For rural areas in China, the quality of physical education is not optimistic. Physical education teachers directly use information technology to implement three-stage teaching. First, the simple action explanation is the theme, and then the students are guided to participate in different independent trainings. Finally, in the process of teacher-student interaction and teacher-student mutual evaluation, the real realization of strengths and weaknesses and long-term gains is directly increased. Differences in physical education between rural and urban areas.

## 4. Countermeasure and Application Effect of Informatization in Physical Education Teaching

### 4.1 Developing Students' Interest in Learning by Using Information Technology

From the above analysis, it is not difficult to find that the application of information technology in physical education is particularly critical. Firstly, teachers can use information technology teaching strategies and means to cultivate students' good interest in learning, in which the early demonstration teaching is particularly critical. Traditional P.E. teaching takes demonstration teaching as the main body directly. The real teaching content and teaching system are dull and tedious, which restricts students' individualized growth and development, and leads to students losing their interest in P.E. learning. In contrast, information-based teaching technology can link demonstration teaching with the application of other information technology means and stimulate students' learning enthusiasm. To promote the normal development of multimedia teaching practice activities, teachers need to pay close attention to the close connection between pictures, audio, video and the main body of teaching. For example, in the process of physical education teaching, teachers can combine the realistic requirements of volleyball and ball movement teaching. Link text display, action drill and video and audio playback, and take the information-based teaching mode as the main body, and record the relevant actions first. Then the clip is decomposed into different detail segments, and the simple text description is used to make up for the shortcomings of the students in the physical exercise exercise, so that the students have an in-depth feeling of the body's weight shift during the whole exercise, so as to exercise in the later stage. Coordinated operation of limbs.

### 4.2 Effectively overcome the limitations of teachers' own conditions

Although quality education in our country clearly emphasizes that teachers are the main body in the process of teaching practice. In teaching practice, teachers need to pay attention to the reasonable adjustment and optimization of different teaching activities, and grasp the core requirements of physical education, but the limitations of physical education teachers themselves are more obvious. If we can make full use of multimedia in combination with this actual situation, we can effectively remedy our own shortcomings and deficiencies in the process of teaching practice. For example, when explaining volleyball knowledge, students lack certain enthusiasm for participation. The teacher's personal teaching power is very limited. If you can use information technology to guide students reasonably. Then, while mobilizing students to participate in enthusiasm, it can better reduce teachers' teaching pressure and teaching burden, and promote the steady improvement of teaching quality and level. The teacher only needs to do adequate preparation work in the early stage, and adjust the enthusiasm and physical quality of the students according to their participation in sports to ensure that their chosen teaching strategies and teaching methods can meet the individualized growth and development requirements of the students, and better reflect The essence of hierarchical teaching.

### 4.3 Assessment of Students by Information Technology

In the process of physical education teaching practice, assessment is particularly critical. This link can strengthen the interaction between teachers and students, and ensure that teachers have a macro and comprehensive understanding of students' comprehensive physical exercise. In time, we should grasp the shortcomings of students in the practice of independent learning, so as to adjust the teaching practice activities in the later period accordingly. Before implementing the teaching work, teachers need to use information technology to build a complete student information system and input the basic information into the system. In order to complete the simple machine test and understand the data of the students' physical function, this can provide more reliable basis for the later teaching practice activities.

## 4.4 Focus on Resource Sharing and Strengthen the Interaction between Teachers and Students

The interaction between teachers and students is of great significance to the promotion of teaching quality and level. In the process of teaching practice, teachers need to stand on the students' point of view and give the initiative of classroom to students so as to build a perfect teaching network system for reference. Continuously optimize the use and sharing of teaching content, to ensure that students under the guidance of teachers can timely understand the relevant knowledge and information, while being able to actively communicate and interact with teachers. This kind of teaching form can better embody the students' principal position, provide more opportunities for students to study independently, give full play to students' subjective initiative, and realize the sTable improvement of students' comprehensive practical ability and level. Teachers need to pay attention to the effective expansion of the first and second classes, make full use of network information technology, pay attention to the construction of Sports Forum websites, so that students can actively use different websites in the process of hard learning to learn the basic theoretical knowledge and master the skills of physical exercise.In the process of independent learning and practical research, we will achieve a steady improvement of individual comprehensive sports literacy and seize the core requirements of different physical exercise. Finally, teachers can also fully play the role of universal knowledge in the process of interacting with students. Through the establishment of different community forms to communicate with students in a timely manner, discover the shortcomings of students in the process of independent practice, so as to provide timely guidance to students to ensure the correct direction of student learning. In order to better get rid of the embarrassment of traditional exam-oriented education, realize the optimal utilization and sharing of teaching resources and learning resources.

## 5. Conclusion

In the process of physical education teaching practice, the application of information technology is particularly critical. Teachers need to combine the actual conditions of the use of information technology.Integrate theoretical analysis and practical research into the whole physical education and teaching activities, and constantly innovate traditional teaching strategies and teaching methods to achieve a steady improvement in teaching quality and level.

## References

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