

The Integration and Penetration of Ideological and Political Teaching in College Physical Education Classroom Teaching

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Abstract: In physical education teaching in colleges and universities, education teaching is an important direction of reform of physical education in colleges and universities, plus the country issued new teaching policy over the years, students in the process of mastering knowledge, improve their comprehensive qualities, therefore, teachers in colleges and universities sports teaching, should listen to the teacher according to student's physical quality and state, using a variety of infiltration education teaching, encourage students under the guidance of teachers, in order to improve their comprehensive quality. This paper mainly analyzes the integration and penetration of ideological and political teaching in college physical education classroom teaching.

1. Introduction

Ideological and political teaching is an educational concept put forward in the field of higher education in China in recent years. Its purpose is to guide teachers to actively combine the teaching content in education and teaching, and integrate the teaching content with course ideological and political thinking through a scientific teaching model, so as to promote students' comprehensive quality in the process of learning. Therefore, in the process of physical education classroom teaching in colleges and universities, teachers should keep up with the pace of the development of The Times, combine with the current situation of students' physical education learning, choose a reasonable way of teaching to infiltrate the relevant content of ideological and political teaching, so that students can enhance their own comprehensive quality of physical education under the guidance of teachers.

2. The Significance of Ideological and Political Teaching in College Physical Education

2.1 Cultivate Students' Collective Sense of Honor

Former teacher in the process of sports teaching in colleges and universities, usually show students the corresponding movement, ensure that after they have mastered the corresponding behavioral essentials, lets the student repeated training, although such teaching methods can ensure the sports teaching go smoothly, but students in training, will learn to focus on the action of mastery and volume, has neglected the cultivation of the collective sense of honor. When teachers integrate ideological and political teaching in college physical education teaching, students can enhance their collective sense of honor in the process of competition and competition, correct their training attitude, and improve the quality of students' physical education classroom learning.

2.2 Enhance Students' Cooperation Ability

In the past, the students' physical training was mainly carried out by individuals, and they paid little attention to the training progress of other students and lacked the sense of cooperation. However, after the new curriculum reform teaching policy issued by the state in recent years, students are required to have certain cooperation ability in physical training. Therefore, when teachers infiltrate ideological and political teaching in physical education, they constantly cultivate their cooperation ability through group training.

2.3 Strengthen the Students' Willpower

Nowadays the social competitiveness is bigger, many college students in the study stage, has produced serious employment anxiety. In addition, students' academic tasks are heavy, which is easy to lead to some students' corresponding psychological problems, thus bringing adverse effects on their own learning. Therefore, the infiltration of ideological and political teaching in college physical education teaching can exercise their willpower to a certain extent, cultivate students' spirit of bearing hardships and standing hard work, and encourage students to gradually form a healthy psychology in the training, and face various pressures with correct values.

3. The Integration and Infiltration Strategy of Ideological and Political Teaching in College Physical Education Classroom Teaching

3.1 Cultivate Students' Sense of Cooperation through Group Training

When teachers integrate ideological and political teaching in college physical education classroom teaching, they can cultivate students' cooperative consciousness and enhance their comprehensive quality of physical education through group training. However, the physical fitness of each student is different, which leads to different reactions of students with different physical fitness when they face the same training task. Therefore, the teacher in the process of grouping, the class of students can be classified into physical quality is better and physical quality in general two types, and then the two types and orderly organization together to ensure that each group has physical qualities a good student, also have students of average physical quality, so that they in the process of team training, can by reference to the surrounding the training status of the classmate, adjust their own training rhythm, orderly develop their cooperative consciousness. For example, when talking about badminton, the teacher should not explain the corresponding movements to the students at first. Instead, after the class starts, the students in each group can have free cooperative training and encourage them to analyze their own problems in the training process. In order to improve the pertinence of badminton teaching content, teachers can go to different groups during their training and record their body movements and cooperation. After the students finish the training, the teacher can ask them the problems in the training, so that the class students can fully express their doubts in the process of answering. When the students finish answering, the teacher can systematically explain the corresponding movement essentials and cooperation skills to the students in combination with the teaching content of this lesson, so as to encourage the students to improve their understanding of badminton under the guidance of the teacher. To ensure that the students master the corresponding body movements, the teacher can let each team play to co-operate in the classroom by turns, such not only can let them in the process of display, cultivate team spirit of cooperation, also can let students in the process of watching other group, the comparative analysis problems of its own, which in the full cooperation to play badminton, to continuously improve and perfect, improve the quality of their classroom learning.

3.2 Enhance Students' Collective Sense of Honor by Means of Interesting Competitions

In the course of teaching physical education in colleges and universities, teachers can systematically sort out the teaching contents in the textbooks in advance, analyze which teaching contents are suitable for interesting competitions, and then give orderly guidance according to the training situation of the students under their guidance, so as to encourage them to improve their collective sense of honor in the process of competitions. For example, when it comes to sprinting, teachers can let students freely choose the partners who want to have a partner. After they choose, they will distribute a rope to each student and ask them to tie their shins to the shins of the classmates next to them. Then they will set the distance of sprinting and let the students have fun competition. When the teacher blows the whistle at the same time, the need to press the stopwatch, record the students' sprint time, according to the length of time to rank. If some camps in the course of sprint, appeared to fall, you will need to return to the starting point to begin anew, so in order to reach the destination smoothly, they will be before the sprint, to discuss the corresponding slogans

and rhythm, in the process of sprint to the pace of flank classmate size and running rhythm, strengthen their collective sense of honor. After the students' sprinting competition is over, the teacher should encourage the team that ranks the first in time and let them share their sprinting strategies in class, so as to encourage other students to expand their learning thinking in the process of listening, so that they can constantly adjust the way of competition in the following competitions. Need to emphasize here is that each class has poor physical quality of students, they even actively in sprint performance, influence the result of the collective will still happen, this time the teacher can according to the competition situation of each faction, layered comments, for good students physical quality, can give them the right running action and regularity, encourage students in the process of listening, to raise their cognition of sprint; For students with average physical quality, teachers can praise them according to their performance, so that students can enhance their self-confidence in the appreciation of teachers, so that they can participate in the following physical education learning with a positive attitude, and stimulate their enthusiasm for training.

3.3 Adopt the Way of Role Exchange between Teachers and Students to Improve Students' Comprehensive Quality of Sports

In the past, in the physical education teaching in colleges and universities, the teachers basically explain the corresponding body movements to the students, and let the students train with the teachers' movements. In the training, the students learn according to the rhythm of the teachers' lectures, and the student-centered teaching policy is not implemented. In order to permeate ideological and political education into physical education teaching in colleges and universities, teachers can adopt the way of role exchange between teachers and students, so that students can explain the corresponding action norms in class as teachers, train their ability of language organization and classroom response, and improve students' comprehensive quality of physical education. For example, when talking about football, the teacher can first divide the students in the class into different teams according to their student numbers and leave them some time for discussion, during which the students can discuss the content of the class. After the end of the students, the teacher can let each team take turns on class lectures, can let a student in the previous lectures, other students, in turn, makes the corresponding body movements, so that we can not only help other students fully understand their lecture content, also helps the teacher according to student's explanation content and body movements, and analysis of their deficiencies, so as to formulate the corresponding lead content. Because students' physical education foundation is limited, they may not be standardized in the process of demonstration or explanation. Teachers can correct them in class, train their frustration ability, increase students' understanding of this part of the content, and improve the quality of their physical education classroom learning.

4. Conclusion

To sum up, the teacher in college PE classroom teaching infiltration education teaching, should according to student's physical quality and the status quo of the study, through the way of group training, train their consciousness of cooperation, by the way of fun games, strengthen the students' collective sense of honor, with the method of role exchange between teachers and students, improve their comprehensive quality, prompting students under the guidance of teachers, able to form a good attitude to participate in the sports classroom training.

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