

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

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Abstract: With the development of the times and the progress of the society, the concept of innovative education is gradually deeply rooted in the hearts of the people, and the related ideas and practical operation of physical education in the old days have gradually changed. Innovation is the ability of high-quality talents, it is the driving force to promote the related innovation of physical education classroom teaching, and it can also provide theoretical knowledge for the practical operation of physical education classroom teaching. Based on the innovative educational concept in physical education class, this paper discusses the state of traditional physical education class teaching, and studies the application of the concept of innovation in physical education class teaching, hoping that the concept of innovation can play a pivotal role in physical education class teaching.

1. Summary of Innovation Education Concept

With the development of the times and the progress of society, our country's economy has developed rapidly and has made a remarkable leap forward. As the saying goes, the economic base determines the superstructure, so the innovation and improvement of education is our country's top priority at present. It is necessary for us to make relevant innovations in the current situation of relevant education in our country, to improve the quality of physical education classroom teaching, and to help improve the physical quality of young people throughout the country. Innovation is the only way to carry out relevant reforms [1].

Innovative education is the extension of quality education, they are complementary and interrelated, are helpful to cultivate high-quality talent teaching ideas, and the old classroom teaching methods are different. Innovative education is no longer like the old teaching method, no longer simply teaching students the content of books, but also will actively lead the students to carry out relevant thinking, help to improve students' thinking ability and practical skills, students as the main body, for the cultivation of high-quality talent plays a pivotal role.

Table 1 Level table of physical education teaching methods

Teaching methods	The attributes of teaching methods
Organizational pedagogy	In order to meet the needs of teaching, various forms of teaching grouping (e.g. intra-class grouping, intra-grouping and individual guidance)
Technical teaching	Select appropriate teaching methods for technical teaching (e.g. partial solution, segment decomposition, differentiation decomposition)
Teaching Practice	The method of organizing students to practice (e.g. repeated practice, intermittent practice, circular practice, etc.) for the purpose of mastering skills and improving physical fitness.

2. Current Situation of Traditional Physical Education Teaching in China

2.1. School Physical Education Curriculum is Biased

Over the years, our country has been undergoing curriculum education innovation, in the

innovative content of the exact emphasis on physical education in the classroom teaching, but many schools have not carried out according to this. Under the system of examination-oriented education in our country, many schools take the rate of higher education as the standard of teaching quality, and the rate of higher education becomes the index of each school's competition [2]. Therefore, the school's arrangement of relevant teaching is biased, and the class time of culture class is far more than that of physical education class.

2.2. There are Loopholes in Physical Education

In the physical education class teaching in our country, the physical education teacher often arranges the traditional teaching mode such as running, aerobics and so on when carrying on the classroom teaching arrangement, is not conducive to stimulate the student's study enthusiasm, is not conducive to enhance the classroom teaching quality and the efficiency. If students start from primary school, the physical education class is similar to the content, presumably the physical education class is more boring and boring for them [3]. It is mainly due to the lack of emphasis on physical education and the lack of understanding of physical education teaching teachers.

Table 2 Comparison of innovative and traditional education

	Traditional education	Innovative education
Training objectives	Cultivate talent to deal with problems in specific areas	Cultivate the talent to deal with the problem of fuzzy field Change and development, focusing on resilience to the future society
Emphasis on focus	Imitation and inheritance, adaptability to today's society Low standard full flat push	Breakthroughs in high standards Emphasis on the ability to access and process information Proactive acceptance
Teaching requirements	Emphasis on the ability to store and accumulate information	Divergent thinking
Access to knowledge	Passive acceptance Concentrated thinking	The thinking process of learning is a process of teaching, providing ways and means of exploration and making choices and decisions
Learning attitude	Providing conclusive content, concluding instruction, providing the only standard answer	
Learning Thinking		
Form of teaching		

3. Study on Teaching Methods of Physical Education under Innovative Teaching Concept

3.1. Improving the Whole Society's Understanding of Physical Education

Just like the establishment of the concept of lifelong learning, the establishment of the concept of lifelong exercise, now the public can not be very aware of the importance of exercise, many people think that compared with exercise, academic performance is more important. After all, the main concern in the examination is the results of the culture class, the students who have taken the physical education major generally think that the culture class is not a good choice [4]. In order to enhance the public's attention to physical education, we need to let the public know the advantages of physical exercise, but also can add the score of students' physical quality in the relevant examinations, and finally let the students fall in love with exercise.

3.2. Optimization of Physical Education Curriculum

The teacher carries on the classroom instruction design according to certain principle

Teachers should pay attention to the systematicness, interest and purpose of the curriculum arrangement, and also take care of the students' psychological characteristics. In the course of class teaching, teachers pay attention to students as the main body, arouse students' enthusiasm and interest in learning, and attract students' attention. Only in this way can the course be taught smoothly, otherwise there will be many difficulties and problems in the course teaching.

Fully demonstrate the entertainment of sports in the course

In the physical education curriculum arrangement in some colleges and universities now, the physical education class generally only emphasizes the neatness and the standard, thus causes the

movement not to play the function which makes us body and mind joyful. Sports is also a kind of entertainment, it is necessary to reflect the function of physical exercise in the content arrangement of classroom teaching, so as to fully explore the students' interest and enthusiasm, students like physical exercise, teachers are more likely to complete the relevant teaching goals, students in the physical education class to fully exercise, more conducive to achieve the effect and purpose of exercise, so as to help students have a higher efficiency and quality in later learning.

Reducing Teaching Difficulties and Using Encouraging Teaching to Enhance Students' Confidence

In the physical education class, students generally prefer to learn more movements and master the relevant skills of movement, so to learn the movement is the motivation to arouse students' interest in exercise. If the relevant movements are more difficult, students are not easy to learn, will easily produce impatient psychology, is not conducive to mobilize the enthusiasm of students to learn. Therefore, when arranging the contents of the class, the teacher should choose the action that the students can learn easily, and be interesting, and in the course of the class, be good at discovering the strengths of the students, and encourage the students actively and fully mobilize the students' subjective initiative even if they make small progress [5].

3.3. Deepening the Supervision of Physical Education

In the pursuit of higher education rate today, it is necessary for relevant departments to deepen the intensity of supervision and management, to avoid some schools to wipe the edge of the ball, to ensure that students fully exercise time, but also to implement the improvement of students' physical quality. Promote the status of physical education curriculum, create a good campus atmosphere for students, so that students can actively participate in physical education and exercise. PE teachers should also strengthen communication and communication, share and learn from each other's experience in classroom teaching, learn from each other's weaknesses, and improve the teaching methods of PE class.

Table 3 Comparison of two teaching methods of physical education : " Teaching-oriented "and" Learning-oriented "

	Teaching mainly	Learn mainly
Concept	It refers to a teaching method which takes the teaching of sports skills and the completion of teaching tasks as the main purpose, and takes the teacher's explanation, demonstration and guidance as the main means	It refers to the teaching method which takes the development of students' ability as the main purpose, and takes the students' discovery, inquiry and cooperation as the main form, and completes the teaching task and development ability independently or cooperatively under the guidance of teachers
Ideas		Developing Students' Ability, Improving Innovation Consciousness and Ability
Starting point	Teaching knowledge, skills, completing tasks	Take "students" or "learning" as the starting point
Teaching objectives	Take "teacher" or "teaching" as the starting point	With the aim of teaching technical skills and developing ability, we should pay attention to students' emotional experience, acceptance and internalization
Teaching methods	Teachers pass on their wishes to students with the primary goal of imparting motor skills	There are a variety of ways, both to explain, to demonstrate, and to be independent, to explore, to cooperate, to give students the freedom to play and to have the opportunity to speak
Teaching evaluation	The teacher's explanation, demonstration, student's imitation mainly , " I speak you to listen to ""I teach you to learn"" I act you practice "the infusion teaching	Not only look at the results, but also look at the process, the progress of learning, the formation of exercise habits and so on.
	The results of the study are the main focus of your actions and the similarity of the actions taught	

4. Conclusion

No matter what kind of ways and methods are adopted and what kind of principles are adhered to, the physical education classroom teaching of innovative educational concept requires that the relevant teaching should take the students as the main body, take the actual situation as the starting point, and the concrete problems should be analyzed concretely. The practical process of this whole theory is not only related to teachers and students, but also necessary for the state to participate in it, which is helpful to the development of sports education related undertakings in our country, to improve the physical quality of students, to enhance the comprehensive national strength of our country, and to help our country better base itself on the forest of the world. Schools and teachers should adhere to the concept of health first, innovation first, positive innovation of physical education classroom teaching related teaching methods, fully mobilize the enthusiasm of students to exercise, enhance the public awareness and understanding of the importance of physical exercise, schools and society, parents fully cooperate to optimize the relevant teaching methods under the concept of physical education innovation classroom teaching.

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