

Research on Physical Training Methods Based on Physical Education in High Schools

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Keywords: Physical education, Physical training, Middle school students, Approach

Abstract: With the continuous improvement of education development, the country has become more and more stringent in the cultivation of talents, and corresponding methods have been adopted in education for different personnel. This is also the main feature of current education continuous innovation. Meanwhile, physical education is permeating in different ages of the students. Sports are viewed as an important core for improving physical health, and this is also the reason why the country attaches great importance to physical education courses. At the same time, the development of physical education in high schools is indispensable. It has now become a compulsory course in high schools. To comprehensively enhance students' interest in physical education, and bring more advantages to students through physical courses, it is necessary to strengthen the training of students, which will be analyzed below.

1. Introduction

During the development of physical education in high schools, physical training is mainly used to deliver physical education to students. Students in high schools are experiencing an independent period of showing their learning autonomy. If the students' awareness of self-management is not strong enough in this period, their academic performance will be greatly impacted. The integration of physical training in education can enhance students' patience and physical development, and help students learn how to overcome difficulties. Students can also maintain healthy physical fitness through physical training which would carry forward their dream train in education.

2. The Significance of Physical Training in Physical Education of Hish School

Education and teaching run through the physical, intellectual, ethical, and beauty, and also regard these as the starting points. The first and the most important emphasis is that “physical” represents a strong body. We all know that to have a good body requires constant exercise. Develop good habits to ensure a healthy body and strong body immunity, which is very important for students. To develop good study habits in addition to cultivating students. Physical training must keep up. At present, the high school students' learning courses are full and intense, and it is inevitable that many physical classes will be reduced. In addition, sometimes, because the weather conditions cannot be

carried out as normal physical training, which will also greatly reduce the physical exercise of high school students. For high school students, sitting for a long time without exercising can easily lead to obesity, decreased physical fitness, and decreased immunity. So, it is very important to have physical training. It is also indispensable and is something that all of us should pay attention to.

2.1 Able to Strengthen STUDENTS' Physical Fitness

In the current state of learning in high schools, we all know that students' curriculum is intense. Relatively speaking, time is tight, tasks are heavy, and the amount of learning is large. If it goes on for a long time, the students' body may be uncomfortable, so we also need some physical training to relax physically. Sports activities can not only relax the body, exercise its flexibility and enhance the perception of cardiopulmonary function and good mood, but also relax the brain for proper rest, which indirectly exercised the students' strong physical fitness and various physical functions.

2.2 Help Develop Healthy Living Habits of Students

We all know that sticking to a good habit requires very strong willpower and self-control. Cultivating students' physical training when they are in high school, is not only a good help for their body, but also a good effect on their learning and good quality. People who have regular physical training will be more happy, joyful and have a better brain alertness than normal people, and their reaction ability will also be better. This would help to develop the mental state of high school students, so that they can have a fuller learning state to face learning. Therefore, physical training of physical education in high school is essential.

2.3 Contribute to the Cultivation of Students and the Sense of Cooperation, and Sublime the Friendship of Classmates

According to the students' own characteristics and individual differences, the learning state and classroom situation reflected by the students are also different. For students who are gifted in sports and physical fitness, they may learn faster, and it is a good help for their self-confidence growth. For some students with unbalanced body, uncoordinated limbs, etc., those who are not very good in physical ability may have a little difficulty. At this time, the teacher can make an adjustment to teach students the key points and difficulties of each lesson by group practice, so that those with better physical abilities and strong receptive ability can lead the weaker students. Given a good time for free and relaxing exercises, I believe students will be very interested in it. The process not only helps students learn physical training and exercise, but also increases the feelings and connections between their friendships.

3. Effective Ways of Physical Training in Physical Education of High School

Physical education is indispensable at every stage of education, and physical exercise has been recognized by more and more people. However, because the old ideas of both teachers and students, students cannot effectively perform physical exercises and feel the fun that physical exercise brings us in class. For example, what we see most in class is that the teacher takes us to a warm-up exercise, and then tells us what we need to exercise, asking students to exercise just after teaching one technique of it. The lack of interest in the classroom causes students to feel that the classroom is not interesting, which greatly weakens the enthusiasm of the students. Physical exercise that cannot be performed well on students would lead to a decline in students' physical fitness. In order for

students to have a good physical exercise in physical education, there are the following strategies to better help students improve their physical fitness.

3.1 Adjust the Structure of Physical Education Courses and Optimize Classroom Teaching Content

At the moment, we must consider why students are not interested in P.E. classes, and find the fundamental problem, in order to solve the current problems that students are not interested in physical education classes. Why students don't like it? It's because the classroom is not flexible enough to mobilize students' enthusiasm well. We can do a survey to see which projects students are more interested in. Teachers can delete items that students are not interested in. To better optimize the classroom, more interesting games in the classroom could be added, through the game to mobilize our classroom so as to mobilize students' enthusiasm for this classroom. Of course, some surveys on the sports are needed. For example, students like to play basketball, skateboarding, and pulleys. If these projects that students are interested in are added in the classroom, students' physical exercise will also be greatly improved. It not only mobilized the students' interest, but also allowed them to master a new sports skill.

4. Countermeasures for Physical Training in College Physical Education

4.1 Transform LEADERSHIP' Concepts and Strengthen the Emphasis on Physical Education

In the process of improving the physical development of high school students, physical training is the most scientific method of application. Therefore, schools should change their views on school physical education, which means could not ignore physical education. The physical education curriculum was designed so casually, and sometimes even be neglected. The changes should start with the school as a whole. The school must strengthen its investment in sports, set up relevant sports equipment and make a good plan for the scope of sports according to the corresponding sports items. Efforts should be made to ensure that teaching could run smoothly, thereby, to improve the physical fitness of the high school and promoting the development of students.

4.2 People-Centered Teaching and Paying Attention to the Status of Students

In the process of carrying on sports projects, teachers should treat every student equally and pay attention to the development of their personality. In the process of teacher education, students themselves should be the primary education goal, and teachers should understand students and carry out corresponding teaching activities according to the students' hobbies, so as to make the atmosphere of the classroom more active, and to relax and experience the joy of physical education during the activities, which can also stimulate the students' inherent potential. Therefore, in teaching, physical education teachers should not completely follow the traditional teaching methods, they need to absorb traditional teaching methods and enhance the personality development of students, implementing teaching goals suitable for students through courses at the same time. Only in this way can sports taught in teaching to be more complete.

4.3 Transform Teachers' Teaching Methods and Increase Teaching Content

In the reform of physical education, schools should also strengthen management in the Academic Affairs Office, establish a team of P.E. teachers, and implement relevant education and training for teachers. In the process of physical education curriculum innovation, schools should not easily

ignore it. Now in education, many high schools have also strengthened management of physical education. In addition to these, P.E. teachers should also improve their own abilities. The school should organize relevant theoretical training, and discover their own deficiencies through knowledge learning and teaching practice, so as to make changes to their own teaching methods and improve their teaching methods and practical ability.

5. Conclusion

Based on the above analysis, it can be seen that strengthening physical training in physical education classrooms is an important part of high school physical education. Strengthening physical training can strengthen students' physique, effectively reduce students' academic pressure, and encourage students to engage in learning in a more active state. In view of this, P.E. teachers in high schools should actively change their thinking of teaching and create personalized physical education classes to attract students to actively participate. When students can receive physical training from the heart, lifelong physical education awareness will gradually form.

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