

Research on the Development Strategy of Sports Training and Physical Education Teaching in Junior Middle Schools

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Abstract: Sports training and physical education teaching have very important practical significance in improving students' sports literacy. In the process of actual physical education teaching, teachers should effectively deal with the relationship between them, ensure that the selected sports training methods and measures are highly accurate, and make all activities of physical education teaching in junior middle school carry out smoothly. This paper makes a detailed analysis on the effective development strategies of junior middle school sports training and physical education teaching, so as to ensure that the overall quality of junior middle school physical education teaching is further improved and lay a solid foundation for the comprehensive strengthening of students' physical literacy.

1. Introduction

In the work of physical education in junior middle school, both sports training and physical education teaching are of high importance, which has an important impact on the smooth development of physical education. According to the detailed analysis of sports training and physical education teaching, we can know that they are closely related and integrated at the formal level, but there are great differences in educational means and specific management methods. Therefore, in the process of carrying out physical education in junior middle school, teachers should not only pay high attention to sports training, but also invest a lot of energy in physical education teaching to ensure that the relationship between the two is effectively handled. At the same time, they should make a detailed analysis of the problems existing in the process of physical education teaching and sports training, clearly understand the causes of relevant problems, so as to take diversified and effective measures to properly solve relevant problems. On this basis, the concept of modernization and diversified measures are continuously combined to ensure that the value of training methods and teaching means can be truly brought into play, so as to effectively improve the

quality of physical education teaching, comprehensively optimize the effect of sports training, improve students' physical quality in the process of sports training, improve students' sports literacy in physical education teaching, and provide positive help for the overall improvement of students' comprehensive quality.

2. Development Status of Sports Training and Physical Education in Junior Middle School

2.1 Lack of Perfection of Physical Education Mechanism

For sports, it should occupy an important position in the junior middle school physical education system, but it is always in a subordinate position and lacks strong initiative. It is always difficult for both teachers and students to pay attention to physical education. Therefore, in the process of carrying out physical education, junior middle schools should first ensure that the established physical education teaching mechanism is highly perfect and comprehensive, so as to create a good environment for the effective development of sports training and physical education.

In the process of cultivating students' sports ability in junior middle schools, the training standards are lack of clarity and unity, resulting in the uneven sports level of students. For example, students do not obey the management of physical education teachers, do not strictly implement the relevant standards in the process of sports training, do not fully prepare for sports, and it is difficult for students to concentrate in physical education classroom teaching. These problems are the concrete manifestation of the lack of perfection of the junior middle school physical education teaching system, which seriously restricts the development of sports training and physical education teaching.

2.2 Increasing Contradiction between Sports Training and Physical Education Teaching

In the process of carrying out physical education teaching in junior middle school, some teachers do not effectively deal with the relationship between physical education teaching and sports training due to the lack of high attention to physical education teaching and sports training, which leads to the contradiction between the two not only not being completely eliminated, but becoming more and more intense. For example, after officially entering the junior middle school stage, many students have some psychological pressure on junior middle school physical education teaching due to the influence of cultural level and cognitive level, especially the environment for sports training and physical education teaching has changed, which makes junior middle school students difficult to quickly adapt to the new training mode. This will not only cause junior middle school students to be unable to effectively deal with the relationship between physical education teaching and sports training, but also make it difficult to improve students' physical training level and teachers' teaching level, restrict the development level of sports training and physical education teaching, and seriously hinder the development of students' physical and mental health.

2.3 Insufficient Supply of Teaching Funds and Low Level of Teacher Team

For the PE teachers employed by most junior middle schools in China, they usually focus on the graduates majoring in physical education. Although such PE teachers can master solid theoretical knowledge, they lack rich practical education experience. They can't effectively deal with the relationship between sports training and physical education teaching, and will lead to many problems in the process of physical education teaching. Many teachers are unable to effectively integrate theoretical knowledge and practical operation in the actual process of physical education teaching, resulting in students not only unable to actively participate in sports training and physical

education teaching, but also conflicting psychology and resistance to physical education teaching over time.

It is difficult for junior middle schools to pay more attention to physical education and invest less financial support. As a result, junior middle schools do not have a good sports training environment and advanced sports equipment, and students can't accept better sports training and physical education^[1].

3. Effective Ways to Optimize the Development Level of Sports Training and Physical Education Teaching in Junior Middle School

3.1 Reasonably Improve Students' Sports Training Level

For junior middle school physical education, one of the important manifestations is the natural quality of junior middle school students, because in the quality structure of junior middle school students, natural quality occupies an important position. For the natural quality, in the final analysis, it refers to the physical quality of junior middle school students and the continuous training and improvement of junior middle school students' physical quality through physical education^[2].

In order to ensure that the physical quality of junior middle school students can be exercised for a long time and continuously improved, we should start with improving the physical load level of junior middle school students. For junior middle school students, due to different cognitive levels and living environment, there are great differences in sports concepts and interests, and there must be a certain gap in the corresponding sports level. In this context, physical education teachers should ensure that the physical education teaching means and sports training methods adopted are highly reasonable, and formulate a set of practical teaching mode for students in combination with students' interest characteristics and physical conditions, so as to minimize students' burden in the process of sports training and effectively strengthen students' various physical functions^[3].

3.2 Actively Promote the Interactive Development of Sports Training and Physical Education Teaching

If junior middle school physical education teachers want to ensure the smooth development of physical education teaching, they should have the ideological consciousness and ability to promote the effective combination of sports training and physical education teaching. In the process of carrying out physical education teaching in junior middle school, if the sports training is not based on physical education teaching, the training effect will not be satisfactory, and it is difficult to stimulate students' enthusiasm to actively learn physical education knowledge and skills^[4].

As the key of sports training, physical education teaching is an indispensable and important content of sports training and a powerful assistant to ensure the all-round development of physical education in junior middle school. Therefore, in the process of carrying out physical education teaching, physical education teachers must take scientific and reasonable measures to fully integrate sports training and physical education teaching and promote their common development. For example, in the process of organizing students to carry out sports training, teachers can effectively combine classroom teaching with after-school sports competitions, effectively enhance students' sports skills and sports awareness, deepen students' comprehensive cognition and deep understanding of sports spirit, and improve students' hard work spirit and sports spirit, train a large number of sports talents with high comprehensive quality for our country. Teachers can also continuously improve students' collective sense of honor through sports training and physical education teaching, encourage students to give full play to their subjective initiative and actively participate in various sports training, so as to provide a steady stream of talent support for the

all-round development of China's physical education [5].

3.3 Improve the Teaching Level of Physical Training

In the process of developing junior middle school physical education, whether the teaching content has high rationality and feasibility directly determines whether the teaching quality can meet the standard requirements. Therefore, PE teachers must ensure that the designed teaching content is simple and practical, can fully stimulate students' enthusiasm for participation and learning, and ensure that students can effectively integrate theoretical knowledge and practical skills. On this basis, combined with students' actual learning needs and interest characteristics, they can ensure that the designed teaching content can be highly consistent with students' own actual development [6].

In the process of selecting sports training content, teachers should ensure that the relevant content can be widely spread and deeply loved by students after a long period of precipitation. For traditional forms of sports training, such as sit-ups and push-ups, the training effect can meet the standard requirements, but the training content lacks novelty and has obvious repeatability, resulting in students' gradual loss of enthusiasm and interest in learning, and the time of engaging in relevant sports training must not be prolonged. In order to effectively solve this problem, teachers should take sports with high interest and maturity as the content and means of physical education teaching, such as rock climbing and roller skating, so that they can fully meet the laws of physical education and students' development needs, stimulate students' learning enthusiasm and interest in participation, and enable students to actively participate in sports training, improve students' sports literacy [7].

4. Conclusion

Sports training and physical education in junior middle school physical education have played an irreplaceable role in improving students' psychological quality and physical quality, which has high practical significance. In order to ensure the maximum effect of the role and value of sports training and physical education teaching, teachers should correctly recognize and attach great importance to the significance of sports training and physical education teaching in improving the quality of physical education, and constantly reform and innovate the methods of sports training and physical education teaching from a diversified perspective, ensure that there is always a good relationship between sports training and physical education teaching, further improve the timeliness of physical education teaching in junior middle school, comprehensively optimize the level of sports training, improve the ability of physical education in junior middle school, and lay a solid foundation for the all-round development of physical education in our country.

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