

On the Teaching Strategy of Action Demonstration in Higher Vocational Physical Education

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Abstract: Action demonstration is a commonly used teaching method in physical education classes in higher vocational colleges. Physical education teachers should master this method skillfully to achieve teaching objectives. Similarly, as a visualized teaching method, action demonstration also has certain methods to follow. This paper will combine the current situation of physical education teaching to explore various strategies for physical education teachers to conduct action demonstration teaching, hoping that college educators can learn from it.

1. Introduction

In college physical education teaching, teachers often first give theoretical explanations to make students have a general recognition, then teachers do their own demonstration actions and tell students the points of attention to complete the actions, and then students learn by first imitating and then adjusting, which is actually a necessary method in physical education classroom. In order to complete the classroom learning, help students better study sports actions and master the details and essentials of actions, PE teachers must explore the methods of action teaching to make students better recognize and accept.

2. Present Situation of Sports Action Demonstration Teaching in Higher Vocational Colleges

2.1 Students Lack Initiative in Learning

At present, college students are young, have not received too much exercise, have poor physical quality, and lack strong will^[1]. Moreover, young people have the psychology of playing, and the content of physical education will be boring if the appropriate methods are not adopted. These factors will lead to the lack of enthusiasm and initiative of students when learning sports. In addition, some physical education teachers often ignore the psychological feelings of students in teaching. After the demonstration of some actions, they fail to focus on the problems of students in time, such as whether the actions are standard or not, and whether they have doubts about the details, which has hit the self-confidence of students and made teaching inefficient. Some physical education teachers often criticize students in teaching, which is easy to conflict with students with strong competitive psychology, or even interrupt teaching. Obviously, there are many reasons for students' lack of initiative in learning.

2.2 No Innovative Teaching Method

At present, many schools have used multimedia technology equipment in sports action demonstration teaching. Through more intuitive performance and disassembly of sports actions with multimedia equipment, better teaching results can be achieved. However, many vocational colleges still use traditional teaching methods in physical education teaching, without giving play to the advantages of new technologies. Owing to the curriculum reform, many teaching concepts and methods should be updated to make the overall teaching progress. This is also the current pain point of many vocational colleges, which needs to be solved urgently^[2]. In addition, some colleges have

used multimedia technology for teaching, but the teaching methods have not been updated. Physical education teachers have not fundamentally innovated the teaching methods, and still can not achieve good teaching results.

3. Role of Sports Action Demonstration Teaching in Higher Vocational Education

In the process of physical education teaching, teachers can use action demonstration teaching to achieve good teaching results. Teachers can increase the students' recognition of the details of the action by disassembling the action and showing it step by step. The students can observe and restore during imitation, so as to speed up the mastery of the action. By observing and pondering over the essentials of actions by students themselves, students' learning pleasure can be aroused. The direct experience effect of students is also better than the abstract oral theory teaching. Physical education teachers can mobilize students' different senses and enhance their recognition of actions by directly demonstrating actions in person and combining the theory of actions^[3]. Moreover, students will have a certain sense of achievement and self-confidence after they can finish a whole set of actions coherently by imitating the teacher's actions. The students who master the teaching action after the scientific training will gradually like physical education and enhance their sports ability and quality.

4. Strategies of Sports Action Demonstration Teaching in Higher Vocational Colleges

4.1 Action Demonstration Combined with Explanation

Although the action demonstration can show the action intuitively and vividly, it is not enough to rely on the PE teachers' demonstration alone when expressing the curriculum content. Action demonstration is external, so students can learn the external form of sports action, but they cannot learn the essence of actions. Physical education teaching should focus on the combination of theory and action. Through action teaching, teachers should also convey to students the rich theoretical knowledge contained in the action, including progress of sports events and the scientific knowledge in each sports action. Oral explanation can also make up for the lack of action demonstration and help students recognize the key points and difficulties in sports actions^[4]. For instance, in teaching activities, teachers can teach complex sports actions step by step through vivid language, and explain each action knowledge, so that students can easily master the key of actions. Then when decomposing action learning, teachers can constantly correct students' improper actions, so that the actions finally meet the teaching standards. Finally, teachers can guide students to connect these scattered actions in series to form a complete set of actions, and the students can better recognize the actions through the combination of concepts and theories. The infectious explanation of physical education teachers can also facilitate students' enthusiasm for sports activities, so that they can love sports from the heart, and teachers can therefore enhance the effect of physical education teaching.

4.2 Carry out Teaching According to Students' Conditions

Physical education teachers should make full preparations for lessons before developing physical education teaching, and make teaching design according to the requirements of teaching tasks. Teachers should comprehensively consider the arrangement of classroom teaching content according to the characteristics of each student, take into account the school year plan, and achieve the teaching objectives by stages^[5]. Different students have different physical qualities and receptive abilities. Teachers should fully recognize the basic situation of students and develop teaching according to the quality differences of different students. If the students' physical quality is good, teachers can arrange the more difficult course contents accordingly, and let students learn the movements with higher technical difficulty. For students with poor physical quality, teachers can arrange movements with relatively low technical difficulty, and reduce the intensity of movements and the number of repeated exercises by students. In normal teaching, teachers should have a friendly attitude, communicate with students cordially, and give students more encouragement, so that students do not have too much burden and psychological pressure while learning sports actions and completing the course. For students who efficiently complete the curriculum requirements, PE

teachers should also give corresponding rewards, so as to enhance students' enthusiasm for learning PE.

4.3 Fully Use Multimedia Technology

The physical education teachers can fully play the advantages of multimedia technology in teaching. Through the physical sound and real display of multimedia, the teaching can be vivid, and the teaching can be carried out in a situational manner. For instance, in basketball class, teachers can show the students the video of slow basketball movement, which fully shows the running track and every movement angle of the ball. The accurate video can inspire students' interest in studying basketball movements, and make students master the movements more accurately. In addition, multimedia technology can also help students quickly establish concepts in their minds, shorten the time for teachers' oral teaching. Through multimedia technology, teachers can overcome the shortcomings of on-site teaching that cannot be fully displayed, overcome teaching difficulties, and students can see the technical difficulties that are hard to show in the real classroom in videos, thus enhancing the teaching effect of sports actions.

4.4 Perfect the Classroom Management System

Physical education classroom teaching differs from other classroom teaching, because there are many outdoor situations. Compared with indoor classroom teaching, students are more vulnerable to interference, which leads to a decline in students' attention and affects the improvement of classroom teaching effect. In the process of action demonstration teaching, students' concentration is extremely crucial. In view of the fact that many PE classes are more or less in the state of students being sloppy and not careful enough, PE teachers can perfect the classroom management system and strictly manage students, so as to standardize students' learning attitude and enhance the efficiency of students' learning. Physical education teachers can set strict assessment system, form a set of strict standards for students' sports actions, and combine these standards to score students' actions. The score is directly linked to the test score. In this way, teachers can strengthen students' proficiency in each movement and enhance the learning effect. In addition, teachers can also invite students to demonstrate their actions, and choose those students who have standardized actions to show in front of the team. In this way, playing the role of models can have a positive demonstration effect on all students. Teachers can also set up different forms of learning groups with group leaders leading members, and can hold performance competitions between groups to facilitate students' motivation for progress. Teachers are bound to enhance the teaching quality of physical education curriculum through a series of sound classroom management systems^[6].

4.5 Enhance the Aesthetics of Actions

When PE teachers apply the action demonstration method in the classroom, they should pursue the accuracy and beauty of the action. On the one hand, this can enhance the appreciation of sports actions and cause students to take the initiative to learn. On the other hand, it can also show high-standard actions and show students more correct sports action cognition. Students can also identify with sports from the heart through beautiful movements, and enhance their recognition of sports activities. Therefore, PE teachers should actively enhance their professional quality and ensure that they can complete some high-standard action demonstration teaching. Moreover, teachers should also make use of students' physical advantages to enhance the smoothness of the connection between students' sports movements. For instance, when learning the Taijiquan course, teachers need to master each precise movement while pursuing the beauty of the movement, so that students can feel the beauty of each movement when practicing Taijiquan, and constantly pursue the standardization of the movement while obtaining the experience of beauty. While feeling the beauty of the action, students can also appreciate the countless charms of Chinese tradition, so as to enhance their recognition of traditional martial arts.

5. Conclusion

It is very crucial for physical education teachers to master the skill of sports action demonstration, and this teaching method can play a very obvious teaching effect. Under the new era and new situation, colleges must constantly develop and explore the skills of action demonstration teaching, adapt to the characteristics of young people in the new era, and enhance the quality of physical education teaching in combination with the ever-changing science and technology, so as to help students learn better and push the progress of sports.

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