

Research on the Development of Physical Education and Leisure Sports

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Abstract: The integration of the concept of leisure sports in the teaching of physical education can effectively improve the present situation of physical education, so it is necessary to implement the development means of physical education and leisure sports. On the basis of this, this paper briefly analyses the relation and purpose of physical education and leisure sports, and through setting up the concept of leisure culture, building the leisure sports community, paying attention to the professional training of the teachers, enhancing the students' sports consciousness and strengthening the construction of sports facilities, etc. And further improving the teaching quality of the sports and promoting the development of the overall balance of the students.

1. Introduction

Leisure sports is actually a form of sports which can relax the mood and enrich the life of the class. Through the introduction of the concept of leisure sports in the physical education, it is beneficial to the students to achieve the effect of relieving stress, pleasure and mind in the study of physical education. Therefore, each PE teacher should have a deep understanding of the importance of the leisure sports in the physical education teaching, and take effective measures to improve the teaching level in combination with the existing problems in the current sports teaching, so that the students can obtain the gains in the physical education so as to improve the physical quality of the students.

2. The Relation and Purpose of Physical Education and Leisure Sports

2.1 Contact

As a result of the lack of fixed sports form, the leisure sports can help people to use the leisure mode to achieve the purpose of physical training in the life or work, and has the characteristics of culture, initiative and freedom. With the development of society, it is very important to integrate the idea of leisure sports in physical education. It is very important to promote the integration and development of physical education and leisure sports. In the teaching of physical education, the teacher should exercise the willpower of the students with the aid of the sports, and enhance the students' physique in order to lay a solid physical foundation for its later development. Leisure sports and it have the same work, but the emphasis is to cultivate students to develop a good sports habits and lifelong awareness of physical education, so as to ensure that students after graduation can continue to enjoy the fun of life, and finally form a healthy state of life.

2.2 Purpose

2.2.1 Create a Sports Cultural Atmosphere

In the physical education, the development of the leisure sports can create a more comfortable sports culture atmosphere for the students, and encourage the students to participate more in the sports activities. First, every school needs to make full use of the students' leisure time in the construction of the sports culture system, so as to make the students set up a positive movement concept and realize all-round development; Second, the physical education teachers need to join the leisure sports content in the physical education course, make sure that the students have the sports

quality in the form of various autonomous sports activities; Finally, the teachers need to develop the standard system, strengthen the leisure sports construction according to the physical foundation of the students, and promote the students to be able to growth in good sports and cultural atmosphere.

2.2.2 Improve the Quality of Life of Students

Physical education plays an important role in the learning process of students. Although the school is a place to improve students' professional skills and reserve knowledge, it should also pay attention to the development of physical and mental health and physical quality of students. Therefore, the application of leisure sports integration and development in physical education can greatly improve the students' quality of life and improve the learning efficiency.

2.2.3 Strengthen the Student's Constitution

At present, quality education is being popularized in our country, which shows that during teaching, teachers no longer pay more attention to the students' test results, but also pay more attention to the development of students' comprehensive quality and physical quality. Therefore, the use of leisure sports integration development means can effectively strengthen the student's physical quality, make it can actively participate in the exercise in the leisure time, make sports become an indispensable part of students' study.

2.2.4 Development of Student Intelligence

The definition of outstanding talents is not only solid professional knowledge, but also meticulous logical thinking ability. Therefore, in leisure sports, students can constantly use their brains in physical education, such as how to adjust the speed to maintain physical balance, or how to improve their own agility in the process of running, jumping and throwing, all of which require students to think for themselves according to the actual situation, so as to achieve the effect of developing students' intelligence.

3. The Strategy of Integrating Physical Education and Leisure Sports.

3.1 Establish the Concept of Leisure Culture

Leisure sports is favored by the general public because of its outstanding advantages. Physical education teachers also realize the importance of leisure physical education and begin to infiltrate leisure sports thought into physical education teaching, so as to promote the all-round development of students. Therefore, teachers need to set up the concept of leisure culture, let students understand the connotation of leisure in sports, and fully mobilize the subjective initiative of students to participate in sports activities, so as to ensure students to achieve the purpose of pleasure in the physical and mental health in a good exercise environment, and can promote students to learn to look at the goal of physical learning positively and develop in harmony from the perspective of leisure sports.

For example, physical education teachers can adopt hierarchical teaching method to set up learning tasks in line with students' personal pursuit during the integration and development of physical education teaching and leisure physical education. First of all, it is necessary to improve it on the basis of the traditional physical education teaching mode, and combine the characteristics of leisure sports to ensure that the designed teaching content has obvious leisure value. Secondly, teachers should formulate individualized training programs according to students' different sports needs and basic cognitive ability, carry out the physical education teaching scheme of new ideas, and deepen students' understanding of leisure sports thought. Finally, teachers need to establish the concept of leisure culture, so that students can feel the practicality of leisure sports, and then provide assistance for their later learning.

3.2 Create a Leisure Sports Association

Community is the most important organization of extracurricular activities in schools, especially in Colleges and universities. Therefore, in the process of developing physical education and leisure

sports, it is necessary to actively build leisure sports communities, so as to further enrich students' extracurricular life, form a healthy psychological state, and actively complete other academic tasks. The specific methods are as follows: (1) Teachers should take the initiative to collect the information of students' interests and hobbies, classify them, organize the students with the same interests, form a community together with the school, and attract more students to join the physical training queue. On the one hand, it can effectively relieve the pressure of students, on the other hand, it can enhance the feelings among students, cultivate their communication ability, and create favorable conditions for them to enter the society in the future; (2) In physical education teaching, teachers should not only include the content of classroom teaching, but also include extracurricular activities. They should design physical activities together with the students of the community, so as to achieve the purpose of entertainment and leisure, and also arouse the students' interest in physical education to a great extent; (3) Teachers can hold competitions in various associations related to sports activities, stimulate students' thinking ability, enable students to accumulate experience from others' physical exercises, and improve their personal sports concepts [1].

3.3 Pay Attention to the Professional Training of the Teachers

In order to ensure that the leisure sports play a real role in the teaching of physical education, it is necessary to establish a high-quality and highly skilled professional teacher team to ensure the wide application of the leisure sports. The traditional sports teaching includes basketball, volleyball and so on. These basic types do not meet the needs of all students and the teaching method is too single, which often causes the physical education to not reflect the content of the leisure sports thought. Therefore, the school needs to pay great attention to the training of the professional knowledge of the teachers' leisure and sports, and guide the teachers to actively study the new knowledge about the leisure sports teaching activities.

For example, schools can regularly organize physical education teachers to participate in training activities, if necessary, invite experts of relevant majors to the school to carry out lectures, and teachers to discuss and summarize the content of more adaptable activities. Or, the school can increase the recruitment of leisure sports major, attract more excellent physical education teachers to teach, and use the new concept to implement physical education teaching reform, so as to meet the requirements of the new curriculum standard [2], so that students can learn more different knowledge.

3.4 Enhance Students' Awareness of Physical Education

In the stage of promoting the development of the leisure physical education, it is necessary to enhance the students' sports consciousness. The specific methods are as follows: (1) The school can regularly organize the students to take part in the leisure sports meeting, so as to make it more aware of the important influence of the leisure sports on the development of the self, so as to develop the students' visual field and make more and more students understand the leisure sports knowledge; (2) The leadership of the school management needs to increase the importance of the leisure sports, and arrange the teachers to carry on the professional guidance to the students when the students are involved in the leisure sports activities, so as to arouse the enthusiasm of the students and change the physical teaching thoughts from the higher authorities. To promote the rapid adaptation of teachers and students to the development of physical education reform Matters. In particular, colleges and universities should be called on to put forward feasible suggestions for the design of sports activities, so that physical education teachers play an important role, so as to ensure that leisure sports activities can be carried out smoothly.

3.5 Strengthening the Construction of Sports Facilities

Taking the leisure sports major of a university as an example, when popularizing the concept of leisure sports, a variety of venues and facilities, such as swimming courses, rock climbing and other items, have been set up and equipped with perfect rock walls, swimming pools and other places to meet the actual needs of contemporary students. In addition, in order to promote the individualized development of students, students need to be guided to form the habit of protecting sports facilities

and reduce the loss of resources. At the same time, it is also necessary to strengthen the level of practical teaching, so that students can master more leisure sports skills in sports, or choose a suitable venue for centralized training of students, so that they can fully show their own advantages [3]. Just At present, the service industry has gradually become the mainstream development direction of the market, so it is necessary to pay attention to the service characteristics of leisure sports in physical education teaching, cooperate with social enterprises to provide practical bases for students, and then effectively cultivate students' sports practice ability, so that they can make greater achievements in the field of physical education in the future. In addition, we can also find a new understanding of life in leisure sports to achieve the goal of life.

4. Conclusion

In summary, the integration and development of physical education teaching and leisure physical education has become the mainstream trend, especially under the background of the new curriculum reform, physical education teaching in our country needs to teach students not only to master physical skills, but also to have good physical quality and healthy body and mind, so as to meet the requirements of the new curriculum standard and train students into an all-round development talent. Therefore, when carrying out physical education teaching activities, schools should attach great importance to the integration of leisure sports concept, and then push physical education teaching into a new stage to achieve long-term development.

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