

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

Kun Zuo<sup>1,a,\*</sup>, Qiang Yue<sup>2</sup>

<sup>1</sup>Shanghai Polytechnic University, Sports Department, Shanghai, 201209, China

<sup>2</sup>Jianping High School, Art and Sports Teaching and Research Section, Shanghai, 200135, China

<sup>a</sup> Zuokun98@163.com

\*Corresponding Author

**Keywords:** Innovative Concept, Secondary Vocational Physical Education, Educational Concept

**Abstract:** under the Background of Education Reform in Our Country, Every Secondary Vocational College Gradually Innovates Physical Education Teaching Methods. in This Process, Teachers Should Not Only Attach Importance to the Cultivation of Students' Physical Quality, But Also Strengthen the Education of Students' Unity and Cooperation Ability and Indomitable Sports Spirit in Various Sports Activities. Therefore, Based on the Innovative Education Concept and the Current Situation of the Secondary Vocational Physical Education Classroom, We Should Actively Explore the Effective Teaching Strategies in the Secondary Vocational Physical Education Classroom under the Innovative Education Concept, So as to Promote the Further Development of the Secondary Vocational Physical Education and Enhance the Physical Quality of Students.

### 1. Introduction

Innovative thinking is mainly to cultivate students' innovative ability and imagination, and promote students to develop in an all-round way[1]. In the process of practical application of physical education in secondary vocational school, it is necessary for physical education teachers to create physical education activities suitable for the actual development of secondary vocational school students based on their physical conditions, guide students to actively integrate into sports events, so as to enhance their physical function and psychological quality.

### 2. Overview and Analysis of Innovative Education Concept

We will innovate educational concepts and further deepen quality education. The key is to cultivate students' active consciousness and get rid of the passive position of traditional education. Innovative education, teachers are students' comprehensive physical and spiritual quality can be understood, it is necessary to establish a correct prediction with students' life values, to guide, to stimulate students' innovative consciousness, and to support them in an all-round way according to the current social needs.

The core idea of the state's latest education curriculum reform is to fundamentally change the learning style of students, turn passive into active, deepen the concept of effective education, let every teacher have the concept of education, and apply it to the practical design of every class[2]. We should combine the current situation of modern education reform with the development of physical education, strengthen the practical design of physical education teaching, and improve the effectiveness and practicality of teaching. Actively explore and deeply explore the most effective training design methods, effectively improve the learning ability of students, improve the efficiency of physics teaching and improve the quality of physics teaching.

The implementation of the concept of innovative education has changed the current situation of physical education. However, these changes have both positive and negative effects. Through continuous investigation and practice, most physical education teachers gradually practice in the design and guidance of physical education teaching. However, a few teachers can not actually

invest in classroom education practice design, which is a worrying problem. Not only that, they also blindly choose sports, lack of appropriate exercise methods, training methods are too monotonous, slow and boring. The enthusiasm of students also aroused their dissatisfaction with the gymnasium, which did not achieve the effect of practice and reduced the efficiency of classroom teaching[3]. Different lines of other cultures, sports is the characteristics of sports, combined with the common development of physical strength and intelligence of students, and the continuous improvement of students' physical quality, so that students can form the habit of loving sports and help to cultivate sports interest. Promote the all-round development of students' body and mind, and lay the foundation for students' lifelong sports.

### 3. The Current Situation of Pe Classroom Teaching in Secondary Vocational Schools in China

#### 3.1 The Understanding of Physical Education in Secondary Vocational School is Not Comprehensive Enough

Unreasonable physical education curriculum: in the process of vigorously reforming physical education in our country, many secondary vocational colleges have realized the shortcomings of their own physical education curriculum development, but they still haven't thoroughly implemented the requirements of the new curriculum reform, and the secondary vocational colleges mainly implement teaching with students' learning achievements and professional skills as the main standards[4]. It leads to the situation that physical education class is occupied by culture class or professional class, students do not have free activity time, resulting in students' physical function can not get reasonable exercise.

Students and parents don't understand the importance of sports: in the process of the development of Secondary Vocational PE class, students and their parents often object to it. The subjective view is that this course is a waste of students' learning time, and can't improve students' learning effect. In addition, PE teachers are also familiar with this situation, which eventually leads to students' learning under strong pressure, physical quality can not keep up with the learning process, and seriously hinders the learning effect of students.

Table 1 the Gender And Professional Situation of the Students Selecting Courses

| Gender | Major        |                         |     | Total |
|--------|--------------|-------------------------|-----|-------|
|        | Liberal arts | Science and Engineering | Art |       |
| Male   | 142          | 176                     | 4   | 324   |
| Female | 316          | 110                     | 14  | 432   |
| Total  | 443          | 293                     | 12  | 756   |

#### 3.2 Loopholes in Physical Education Teaching

Physical education is the most popular subject in the school, especially under the pressure of tense learning atmosphere, physical activity has become an important support for students to relieve stress and relax. However, there is almost no substantial teaching content and activity tools in the actual Secondary Vocational PE classroom activities. Usually, the PE teacher will let the students move freely. For example[5]: in free activities, students will choose different games and sports equipment for activities, and without the correct guidance of teachers, it is very easy to have safety accidents, which will affect the progress of students' physical quality and the improvement of sports teaching quality. In such a teaching process, students can not have fun with sports content, which is not conducive to students' independent participation in the sports classroom, which not only reduces the quality of sports teaching, but also seriously hinders the improvement of students' learning ability and innovation ability.

### 4. The Application of Innovative Education Idea in the Secondary Vocational Pe Class

#### 4.1 Enhance Teachers' Innovative Teaching Ability

The PE teachers in secondary vocational school should pay attention to the ways and methods

when implementing the teaching plan, create a democratic, harmonious and free sports environment for the students, and be familiar with the physical condition of the students, and pay attention to the students with poor physical quality at all times, so as to complete the PE teaching better. The school should provide regular professional course training for physical education teachers, and strengthen the innovative teaching ability and moral quality of all physical education teachers. In addition, physical education teachers can enrich their basic sports knowledge and improve their sports skills with the help of Internet technology in the new era, gradually improve their own sports teaching ideological knowledge, use new sports activities to encourage students to actively integrate into them, and cultivate students' awareness and interest in sports activities.

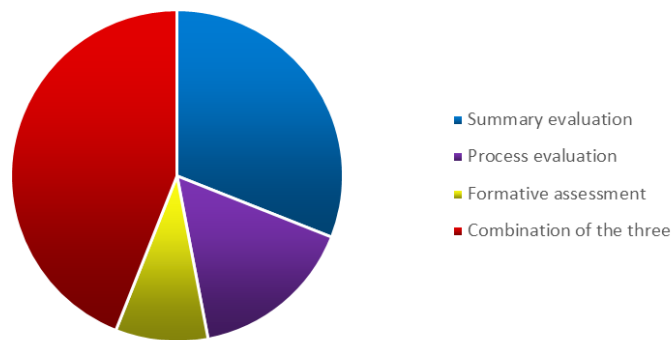


Fig.1 Teachers' Assessment and Evaluation of Students

#### **4.2 Parents and Secondary Vocational Colleges Need to Pay More Attention to Physical Education Curriculum**

For secondary vocational school students with changeable personalities, physical education teachers need to create a free sports environment for students together with parents and schools when they carry out physical education teaching, so as to help students form correct sports concept and innovative thinking. Schools and parents should pay special attention to the influence of physical education on students in the future[6]. Schools should establish a safe sports ground and introduce a variety of physical equipment, so that students can exercise in rich sports activities and enhance their physical quality. Parents should set an example to infect students with their good sports habits and set a correct example for students. Such as: get up early to run, etc. In the process of intense learning, students are encouraged to relax and enhance their physical and mental receptivity.

#### **4.3 Enhance the Interest of the Secondary Vocational Pe Class**

Physical education teachers should complete the innovative teaching method according to the actual activity site and physical equipment of the school, and make reasonable use of the existing teaching facilities. In the Secondary Vocational PE class, students can freely choose their favorite items for practice[7]. For unfamiliar PE equipment teachers, they need to give students a detailed introduction before they can use them. In addition, teachers should always supervise and prevent students from getting hurt in sports. Physical education teachers can also use the existing resources around the school to cultivate students' physical quality and enhance the interest of physical education class. For example, teachers can organize students to participate in local marathon activities, in this process, cultivate students' tenacious sports spirit and strengthen students' physique.

#### **4.4 Teachers' Active Participation, Interactive Learning between Teachers and Students, and Improvement of Classroom Efficiency**

In the classroom of physical education classroom, teachers should actively participate in and interact with students. This can not only stimulate students' enthusiasm for active learning, but also help students to enter the most relaxed learning atmosphere in the shortest time with the correct demonstration of teachers. Knowledge to relieve students' uneasiness and psychological burden. At the same time, teachers' help and protection measures can reduce the hidden danger in a specific

range, enhance students' courage, improve students' practice effect, so as to achieve the goal of classroom teaching.

Einstein said: care is the best teacher. Students are vigorous and interested in all new things. It's easy to develop their interest when they are properly guided[8]. Interest is a person's psychological state. It shows the psychological tendency of people who actively explore specific things and love specific activities. Once a person is interested in something, he will be very active to contact such things and actively participate in activities.

Sports are characterized by frequent alternation of learning and practice. Therefore, in traditional education, physical education teachers train unilaterally and instruct students to learn. With the passage of time, students will inevitably have harmful emotions and lose interest and motivation in learning. In the teaching practice, we should give full play to the role of students, realize the excellent position of teachers, make clear the excellent position of students, the guidance of leaders, actively participate in, and improve the enthusiasm of students in class. The effect of sports must be greatly improved. In sports, teachers should pay attention to the entertainment in the classroom. At present, the physical education curriculum in China is too backward, the classroom atmosphere is simple, and there is no vitality. In addition, it lost its unique effect. Teachers' active participation in teaching can stimulate teachers' enthusiasm, enable students to actively participate in physical activities, carry out full sports, and cultivate students' sports awareness and ability.

#### **4.5 Integrate Equipment (Venue), Innovate Boldly and Improve Students' Learning Effectiveness**

The biggest difference between sports and cultural education is that outdoor sports are common. High quality physical equipment and comfortable sports venues can greatly improve students' sports participation. Enthusiasm and teaching motivation[9]. With the development of the school, the stadium and equipment are often perfect. Now we have a lot of PE courses. In addition to table tennis, badminton and other basic sports equipment, the use of snow and ice filled the gap between the original equipment. The students have added new sports. At the same time, the improvement of the equipment improves the effectiveness of learning software volleyball and other students.

The resources of the venue refer not only to the gymnasium and playground built by the school, but also to many surrounding natural resources such as hills and lakes near the school. Teachers can make the most of these resources and develop new methods of physics education. To create a relaxed and comfortable learning atmosphere for students with fresh experience, so as to improve the effectiveness of physical education teaching. For example, sometimes students can be led to a nearby park for mountaineering training.

### **5. Conclusion**

Under the function of innovative teaching concept, Secondary Vocational PE teachers can use all the resources inside and outside the campus to complete innovative sports activities, stimulate students' fun in sports, and strengthen students' physical function and physical quality. The development of physical education class in secondary vocational school provides students with a strong physique for the study of cultural courses and the training of professional skills. With the gradual spread of innovative physical education teaching ideas and innovative thinking, it gradually plays an important role in the process of learning physical education courses and enhances students' enthusiasm for learning.

### **References**

- [1] Sheikh, Omar, Mohamad., Ho, Jin, Chung. (2019). Foucault's History of the Present: The Birth of the Games Concept Approach in Singapore's Physical Education Curriculum. *International Journal of the History of Sport*, vol. 35, no. 12-13, pp. 1-10.
- [2] Deniz, Beste., Cevik, Kilic. (2017). Pre-service Music Teachers' Metaphorical Perceptions of the Concept of a Music Teaching Program. *Journal of Education & Learning*, vol. 6, no. 3, pp. 273.

- [3] Lu, Chunlei., Zhuhang, Middle School Nantong. (2018). Implementation Strategy of Practicing Moral Construction and Student Cultivation Concept in Middle School Physical Education. *Bulletin of Sport Science & Technology*.
- [4] Nguyen, Nguyen., Tuomo, Muilu., Amir, Dirin. (2018). An interactive and augmented learning concept for orientation week in higher education. *International Journal of Educational Technology in Higher Education*.
- [5] Sandra, de, Koster., Monique, Volman., Els, Kuiper. (2017). Concept-guided development of technology in 'traditional' and 'innovative' schools: quantitative and qualitative differences in technology integration. *Educational Technology Research & Development*, vol. 65, no. 5, pp. 1-20.
- [6] Christin, Lang., Serge, Brand., Flora, Colledge. (2017). Teaching Stress Management in Physical Education: A Quasi-Experimental Study with Vocational Students. *Scandinavian Journal of Educational Research*.
- [7] Schelvis, R.M.C., Wiezer, N.M., Beek, A.J.V.D., et al. (2017). The effect of an organizational level participatory intervention in secondary vocational education on work-related health outcomes: results of a controlled trial, vol. 17, no. 1, pp. 141.
- [8] Eirik, Abildsnes., Gudrun, Rohde., Sveinung, Berntsen Fun. (2017). Influence and competence - A mixed methods study of prerequisites for high school students' participation in physical education. *Bmc Public Health*, vol. 17, no. 1.
- [9] Mpofu, J. (2017). Psychological wellbeing of adolescents with physical disabilities in inclusive community settings, 6.