

Research on the Present Situation and Future Development of Physical Education Teaching Mode

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Abstract: Physical education is an important part of basic student teaching in China. With the coming of reform and opening up, physical education has been paid more attention. Based on this, this paper mainly discusses the current situation of physical education teaching mode, and gives some suggestions for the development of physical education, hoping to help physical education teachers smoothly carry out physical education, improve the physical quality of students, promote the development of physical and mental health of students, ensure the quality of physical education teaching, and promote the overall level of physical education in China.

1. Introduction

In the information age, the national economic level has reached a higher level. Reasonable educational reform can train more comprehensive talents for the country and promote social and economic development. As an integral part of basic education, physical education teaching is of great significance to the development of the country. Therefore, the state should attach importance to physical education, urge colleges and universities to carry out the reform of physical education, schools should also actively respond to the call of the state, carry out innovative exploration of teaching methods, and effectively improve the overall physical and psychological quality of students in our country.

2. The Present Situation of the Research on the Teaching Mode of Physical Education

2.1 The Status of the Student's Subject is Not Reflected

In the basic teaching of our country, the students are regarded as the subject of teaching, and the teaching of physical education is no exception. The teaching activity of physical education is of two-way, in which the teachers play a guiding role, the students occupy the main position in the teaching process, the physical education teachers should carry out the teaching activities around the students, so as to improve the student's initiative and the subjectivity as the fundamental goal, and realize the high-efficiency student's physical education. However, at present, the teaching mode of physical education in various colleges and universities in our country has not reflected the basic idea of the students as the main body, the teaching is dominated by the teachers, and the active participation of the students in the sports activities is not paid attention, and the main status of the students is not reflected. In the long time, the students' enthusiasm for class is greatly reduced, and the physical and mental health of the students can not be achieved.

2.2 The Teaching Content is Backward

The teaching content of many colleges and universities in our country is single, limited to the sports items such as basketball, football, volleyball and track and field, and because of the lack of infrastructure resources, these sports are not standard teaching sites. The teaching method of these sports is also limited to the imitation of the athletes, and there is no innovative component. The teacher is easy to confuse the physical training with the physical education, thus affecting the

teacher's choice of the content of the physical education. Under the new curriculum reform, the country's choice of the teaching content of the teacher's physical education put forward a new requirement, and it is required that the content of physical education be in accordance with the social mainstream, so as to ensure the health, diversity, innovation, mass and capacity of the physical education content. In order to promote the physical and mental development of the students, it is important to satisfy the interests and interests of different students. But many colleges and universities in our country do not fully meet these points in the course of physical education.

2.3 Practical Difference of Teaching

In the current mode of physical education, the actual operation is poor. Most of the PE teachers are in poor professional level, and can't lead the students to carry out the proper sports activities in the course of physical education. In addition, the existing sports teaching tools are old and can't meet the requirements of sports education in the new times. Therefore, it leads to the poor practice of physical education in our country, and can not effectively improve the overall level of the students[1].

2.4 The Physical and Mental Characteristics of the Students Are Not Paid Attention

The psychological and physical development of the students in each stage of our country are not consistent, and when the physical education of the students is carried out, the teachers need the teachers to adopt the teaching activities that meet the development needs of the students according to the characteristics of the students in different stages, and to promote the students in all aspects. However, in many colleges and universities, the physical education teachers can't grasp this, can not use the reasonable and effective teaching method to carry out the physical education, still adopt the original teaching mode, thus leading to the student's interest to study, the quality of the teaching is not improved, and the student's mind and the mind can not be effectively developed.

2.5 The Attitude of Students is Poor and the Study is Not Positive.

In physical education, students' learning initiative largely determines the good or bad of teaching effect, and physical education teachers can effectively improve students' learning enthusiasm and ensure the high efficiency of physical education classroom by choosing teaching methods reasonably according to the characteristics of students in all aspects. At the present stage, because PE teachers do not grasp the psychological and physiological characteristics of students, fail to choose the appropriate teaching methods, students enthusiasm is low, unable to concentrate on physical education teaching, resulting in students learning initiative is getting lower and lower, in the long run, vicious circle, and finally lead students to physical education classroom disgust, ignoring the importance of PE teaching.

3. Analysis on the Future Development of Physical Education Teaching Model

3.1 Pay Attention to the Cultivation of Students' Awareness of Physical Health

With the rapid development of social economy, the living standard of our people has been greatly improved. At the same time, the physical quality of the people is declining day by day, even if the state has put forward a slogan similar to "national fitness" to encourage social residents to carry out fitness and effectively improve the physical quality of the people of the whole country. However, at this stage, due to heavy learning tasks, many students do not have spare time for physical exercise, in the long run, the physical condition of students has declined year by year. In addition, when carrying out physical activities, many students do not pay attention to the scientific nature of physical exercise, which makes unscientific and unreasonable physical exercise do harm to students' health. Therefore, physical education teachers are advancing When carrying out physical education teaching, we should carry out physical activities according to the specific physical conditions of students, so that students' physical quality can be effectively improved. In addition, in the actual physical education teaching, teachers should attach importance to students' mental health, infiltrate students' concepts of success and failure education, improve students'

psychological bearing ability, ensure their psychological and psychological healthy development, and graduate in the future to meet the requirements of the state.

3.2 Innovation of Physical Education Teaching Concepts

In order to realize the efficient teaching of physical education and improve the quality of students in all aspects, schools should attach importance to the innovation of teaching ideas, abandon the traditional teaching methods and teaching ideas in time, learn to understand the teaching ideas of the new era and make rational use of them. In addition, school physical education teachers should fully realize the disadvantages of the old teaching concept and the harm to students. For the traditional “cramming” and “one-size-fits-all” teaching ideas, we should abandon the traditional “cramming” and “one-size-fits-all” teaching ideas, and continue to use them only so that students' ideas can not be updated, resulting in inestimable influence. Therefore, it is best for physical education teachers to adopt the main body of students, teachers take the lead in exploring innovation and teaching students according to their aptitude, and so on. The new teaching method effectively arouses the students' enthusiasm and initiative in learning, enables them to innovate constantly in the classroom, develops their own strengths, promotes the development of students' physical and mental health, and ensures the teaching quality of the school [2].

For example, in order to respond to the call of the state, the leader of the physical education department of an experimental middle school has carried on the reform and innovation to the physical education teaching mechanism. It completely abandons the traditional teaching idea and teaching mechanism which does not meet the needs of students' development, formulates a new teaching mode, and carries on the teaching training to the physical education teachers. In the process of training, the main position of students is clarified, and teachers play a guiding role in the process of training. The teaching slogan of “people-oriented, innovation and education implementation” is formulated, which requires teachers to bear in mind. In the subsequent process of physical education teaching, each teacher of the school is seriously responsible, the students are regarded as the main body in the classroom, and the current correct transmission to the students is correct. The educational concept, let students understand the importance of physical exercise, cultivate students' learning enthusiasm and initiative. After a long period of teaching reform, the physical and mental health of the students in the middle school has been obviously improved. The students in physical education class are no longer independent activities, and all actively carry out physical exercise in accordance with the requirements of the teachers. After the physical education class, the learning efficiency of the students has also been greatly improved. In recent years, the teaching quality of the school has been improved obviously, and the physical and mental condition of the students has been greatly improved.

3.3 Innovative Teaching Methods

The main teaching goal of colleges and universities in our country is to cultivate students' ability of self-learning, self-improvement and self-regulation. In the information age, schools need to use effective modern teaching means to stimulate students' interest in learning, improve their learning efficiency, ensure the quality of school teaching, and promote the all-round development of students. For physical education teaching, teachers should face up to the importance of practice, adopt correct methods to carry out physical education teaching, and promote the development of students' physical and mental health.

For example, the teacher can adopt the learning method of the electric cultivation, and when the physical education is carried out, through the playing of the image-visual sports events and the full participation of the students, the teacher can be beneficial to the rapid improvement of the appreciation level of the students, so as to achieve the effect of improving the student's learning passion. Let the students take an active part in the physical education class and ensure the full development of the students.

3.4 Integration into the Concept of Sports and Entertainment

Nowadays, sports such as the development of the tea, the state attaches great importance to the

improvement of the comprehensive quality of the national sports, and carries out the sports competition such as “Paralympic Games”. The purpose is to improve the overall physical quality of the people. The entertainment function of sports is constantly exposed in the development of sports, and through the sports activities, sports not only have the great function of building up the body, but also have the physical and mental health, so it has been loved by many citizens, and the society and the people tend to be more rational in the treatment of sports. Therefore, in the actual physical education teaching in Colleges and universities, teachers can follow the trend of the times, appropriately add new sports in physical education, not limited to basketball and football, and adopt new teaching methods in teaching, effectively improve students' enthusiasm for learning, ensure students to fully participate in physical education classes, and promote their physical and mental health development [3].

3.5 Pay Attention to the Evaluation of the Physical Education of Scientific Democracy

In order to adapt to the development of teaching in the new period, colleges and universities should carry out the reform of physical education teaching system, not only carry on the comprehensive reform to the teaching content, the teaching method and the teaching idea, but also carry on the reform and optimization to the teaching evaluation system, which can effectively analyze the teaching situation of each teacher, and supervise and correct the shortcomings in time. The new physical education teaching evaluation system should also attach importance to the main position of students, teachers should objectively and reasonably evaluate students, students with poor physical quality should pay attention to, step by step, can not blindly reject the physical quality of students. In addition, the evaluation standard should be established based on the students, and the teachers should carry on the teaching evaluation according to the different situation of the students. The selection of price method, strive to be fair and fair, ensure that every student can be paid attention to, so that students can effectively improve their passion for learning, students can fully participate in teachers' teaching, in the teaching process, teachers can also establish a good friendship between teachers and students, more convenient for teachers to manage students, and greatly improve the quality of teaching.

4. Conclusion

In order to ensure the physical and mental health of students and promote the improvement of students' comprehensive ability, all colleges and universities should pay attention to the innovation of physical education teaching, change the traditional teaching concept in time, and improve the students' awareness of physical health. Schools should respond positively to the call of the state, carry out the corresponding physical education reform, make clear the main body position of student education, put students' psychology and trial health first, effectively strengthen students' physique, promote students' all-round development, and promote social progress for the training of professional talents in the country.

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