

On the Application of Interesting Track and Field Teaching in Higher Vocational Physical Education

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Abstract: At this stage, the education sector in China has proposed strategic requirements for the comprehensive development of moral education, physical education, beauty, and labor, which has led to the continuous progress of the development of education reform in our country at the same time. Attention is paid to the development of training. Among them, physical education teachers in higher vocational colleges have paid much attention to parents and students in carrying out physical education at this stage. Physical education activities can effectively improve the physical fitness of higher vocational college students. Therefore, this article will briefly analyze the effective application of the fun track and field teaching method in higher vocational physical education, hoping to contribute to the effective development and smooth progress of physical education in higher vocational colleges in China.

1. Introduction

The fun track and field meeting is an emerging concept proposed by many teachers and related education departments through the actual teaching status and the mode used in physical education in China. This concept is proposed to effectively enable higher vocational physical education teachers to use the traditional physical education teaching mode for physical education. In the classroom

It is no longer just for students to perform prescribed and tedious physical activities, but to enable students to take appropriate physical exercises through games, and gradually improve the students' physical fitness in this step. In physical education teachers use traditional The teaching of track and field sports in the physical education teaching mode is mainly based on running jumpers as the teaching content. This will enable physical education teachers to use the repeated training mode to Repetitive teaching of technology has led to a lack of interest in physical education. Especially for students in vocational colleges, this phenomenon is extremely easy to cause rejection and makes physical education goals impossible. The link of carrying out physical education teaching is effectively realized. Therefore, the physical education teachers in higher vocational colleges should effectively combine the interesting teaching mode in the link of teaching athletics, so that the teaching mode of athletics teaching can be effectively implemented. Perfecting, further improving the teaching quality and efficiency of track and field sports teaching.

2. Basic Characteristics of Fun Track and Field Teaching Methods

2.1 Interesting Activities

In a scientific and reasonable comparison with the traditional physical education teaching model, it is not difficult to see that the fun track and field teaching method has interesting characteristics, which will have a huge appeal to students in higher vocational colleges and enable students to Teachers have enough enthusiasm to carry out the physical education teaching work, and can participate in sports activities with full force in this part. Generally, the more novel the game, the more competitive the game will be, which will make the game The development of the plot is more vivid, so that the fun of the game is gradually enhanced, resulting in continuous improvement of the enthusiasm and initiative of students to participate in related sports activities, and further strengthen

the enthusiasm of students to participate in physical exercise.

2.2 Competitiveness of Activities

Physical education teachers in higher vocational colleges use the traditional track and field teaching mode to conduct track and field teaching work. After the teachers use multimedia technology to teach students technical skills, students then perform corresponding physical training. However, interesting track and field teaching methods Different from the traditional track and field teaching method, the fun track and field teaching method uses athletic games to carry out track and field teaching work, which also makes sports teachers full of strong competition in the use of the fun track and field teaching method for teaching work. Sexuality, so that students' enthusiasm and passion for participating in track and field teaching are effectively stimulated.

2.3 Cultivation of Multiple Abilities

In the practical application of the fun track and field teaching method, not only enables students to fully grasp the related technology of track and field, but also enables students to improve other abilities in this link. For example, in the teaching link of a relay project, teachers can The cultivation of cooperation ability enables students to have a sense of cooperation and at the same time produce the correct concept of cooperation, so that students can be effectively cultivated in physical activities. For example, physical education teachers in vocational colleges can develop track and field Treasure hunt type fun teaching activities are carried out in the link of sports teaching work, so that students can fully cultivate their own thinking ability in the course of teaching work. Further, the vocational track and field sports teaching work breaks through the corresponding limitations. Nature, resulting in the effective implementation of students' comprehensive development strategy in this link.

3. Application of Interesting Track and Field Teaching Methods

3.1 Application in Activity Preparation

Physical education teachers in higher vocational colleges often use jogging, marching exercises, positioning exercises and other related forms during the pre-class preparation activities using traditional physical education teaching models. However, these pre-class preparation exercise methods are used repeatedly After that, it will cause students to resist in the process of the link, causing students to fail to pay enough attention to the preparation activities, so that they cannot guarantee the preparation activities accordingly, and leave a lot of hidden dangers in the subsequent physical education work. Pre-class activities have an indispensable and important role in physical education teaching, and also the beginning of teaching work. According to this, teachers need to create a good atmosphere so that students can effectively enter the physical education teaching work. Therefore, physical education teachers should attach great importance to the reform of traditional track and field teaching methods, and carry out related work to transform them effectively.

Physical education teachers in vocational colleges can use some interesting running activities that can warm up, to prepare for pre-class activities, such as snake-like running, spiral running and other related interesting running sports, so that students can feel The fun of track and field teaching, so that students' enthusiasm for participating in physical activities is effectively improved. At the same time, teachers can also maximize the physical exercise of students during the pre-class preparation activities, so that students can maintain The passion of track and field sports learning can also enable students to have a high degree of concentration in the process of teaching. In short, physical education teachers should fully utilize the fun track and field teaching method in the field of track and field teaching to make students' The enthusiasm for learning has been continuously improved to further realize the true purpose of pre-class activities. At the same time, the physical education teacher can use some pre-class activities that are targeted to the teaching content in the targeted physical education link. Subsequent teaching work is effectively guaranteed. For example, physical education teachers in vocational colleges During the teaching of track and field sports with

the relevant content of sprint as the teaching content, you can choose the response speed and action speed in the selection of pre-class preparation activities. When the content of long-distance running is teaching content, teachers can use the corresponding games on this basis, so that students can gradually become familiar with the characteristics of long-distance running in the game activities. This will enable students to adapt quickly to the psychology and physiology in this link. The following physical training. However, in this session, teachers should imitate the effective analysis of the scientific nature of the activity, and not just ignore the student's physical ability to just stimulate the enthusiasm of the students, so that the students' personal safety appears. A threatening phenomenon.

3.2 Application of Quality Exercises

Teaching physical fitness is one of the essential tasks in the physical education teaching of higher vocational colleges, and it is more important than the teaching of physical skills and techniques. However, in the actual physical education teaching The difficulty of physical fitness practice teaching is relatively small, but the load is indeed relatively large, and the related practice items of physical fitness practice teaching work are relatively monotonous. Therefore, physical education teachers should take some interesting activities To effectively strengthen physical fitness exercises, so that the fun and participation of physical fitness exercises are effectively improved. In short, physical education teachers should make scientific and reasonable choices for fun activities based on the actual situation of physical fitness practice teaching work And use.

3.3 End of Class Use

In the course of carrying out physical education teaching, physical education teachers often ignore the arrangement of work after the end of the classroom, which causes students to enter other classroom learning links under a state of fatigue, which causes the realization of other classroom teaching goals. Therefore, the physical education teachers in higher vocational colleges should make scientific and reasonable arrangements for the end of the classroom in the link of using fun track and field teaching methods to enable students to pass the corresponding activities arranged at the end. Quickly eliminate fatigue and encourage students to have a full state to greet the next classroom study, so as to effectively guarantee the student's learning status.

4. Conclusion

According to the analysis of the above content and the actual situation of physical education teaching, it is concluded that the interesting track and field teaching method has an essential and important role in physical education in higher vocational colleges, which also requires teachers to have higher teaching ability Only in the development of track and field teaching work can students fully develop related abilities.

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