Research on Teaching Strategies of Distance Education and Online Education based on the Background of Double Reduction

Youyu Wu[1], Can Yi[2]

[1] Sifangping primary school, Kaifu District, Changsha 410100, Hunan, China.

[2] Hunan Mass Media Vocational and Technical College, Changsha 410100, Hunan, China.

Abstract：With the implementation of the "double reduction" education policy, along with the continuous progress of network technology, dual driving forces act on the distance education and online education models, making them constantly innovate. The impact of the recently implemented "double reduction" education policy is gradually emerging, and many courses that can be turned into distance education are being transformed into online teaching models. Compared with the more boring distance education and online education subjects, teachers make use of abundant online education resources to make traditional classrooms more relaxed, the classroom atmosphere is active, and students can more actively integrate into classroom teaching, reflecting distance education and online education. The unique advantage of upper education.

Keywords：Double Reduction Background; Distance Education; Online Education; Strategy Discussion

Although distance education and online education have applied a lot of modern educational technology, they still need to think about how to combine the "double reduction" policy requirements to continuously innovate. While based on teaching materials, distance education and online education need to enhance the interest and theoretical logic of virtual classroom teaching, so as to enhance the enthusiasm of students to participate in distance classrooms. Using the advantages of multimedia and network interaction in online education classrooms can allow students to independently learn the content they are interested in, and conduct in-depth exploration, and can also review and consolidate the knowledge points that they do not master in time. Therefore, under the background of double reduction, teachers in distance education and online education need to think about how to effectively apply their own advantages, make good use of diversified virtual classroom teaching software to teach knowledge points, and guide students to study in a targeted manner. And actively think about how to take advantage of the flexible focus of online education. A distance course is devoted to one or two knowledge points to help students better think about and understand the key points of knowledge and enhance their learning effect.

1. Analysis of the advantages of distance education and online education under the background of "double reduction" policy

1.1 Diversified advantages of distance education and online education

With the continuous reform and development of Internet technology, big data, cloud computing and virtual reality technologies have begun to enter people's lives, and the classroom teaching mode has also been positively affected. Various technologies of online education are fully utilized in distance and online subject education, which can help students make better use of their study time under the background of "double reduction", expand students' subject horizons, and make more effective use of various online

virtual machines. The accumulation of a large number of theoretical distance education and online education is actually not conducive to the digestion and absorption of students. It is impossible to truly understand what happened in that era, the monarch's policy and the reasons for its decline only by reciting textbook knowledge.

1. 2 Informatization advantages of distance education and online education

Distance education makes teaching interesting due to the application of online education methods. Virtual classrooms use some video music to help students remember, cultivate students' interest in distance education and online education, and improve the enthusiasm of classroom students to participate and the quality of teaching. After the teaching information of online education courses is properly screened and integrated by specialized teachers, coupled with the remote and online guidance of teachers, students can learn independently by not passively listening to teachers, but by using the rich resources in virtual classrooms. Pictures and images receive knowledge maps, which can better systematically grasp knowledge, better restore distance education and online education scenarios, and make distance education and online education subjects leave a deep impression on students' minds.

For example, in distance and online education, some open-ended questions can be set up after the end of a unit or a knowledge point and explanation, so that students can test whether they have mastered it; Boldly express their views, teachers are summarizing and commenting, helping students integrate into the classroom, and using the convenience of distance education virtual classroom information to give themselves the opportunity to express their understanding and unique ideas, to achieve the real purpose of the "double reduction" education policy. Therefore, under the background of double reduction, the advantages of informatization should be effectively used in distance education and online education, encouraging students to participate more in teaching, giving students more opportunities for classroom performance, and learning distance education and online education knowledge more actively.

2. Effective application strategies in distance education and online education based on the background of double reduction

2. 1 Use online education courses for preview and consolidation

In the context of double reduction, teachers are required to highlight teaching efficiency in all aspects of teaching and help students absorb various knowledge points more efficiently by using various teaching resources. Distance education and online education In the process of classroom learning, the extension of online virtual classroom and the flexibility of teaching time should be effectively used, and a whole course should be divided into several parts of learning.

For example, in the preview and consolidation stage, teachers can take advantage of the short and fast features of online education, attract students' attention through rich pictures, concise text, and interesting explanations, and improve the problem of low participation in the preview and consolidation stages. Teachers can take the initiative to master students' absorption of knowledge points and adjust the teaching progress. Using online education to preview and consolidate can help students establish a general knowledge framework before class, and consolidate the content they do not understand after class, so as to promote the memory of the brain. Using the teaching of online education, students can choose the content they do not understand or are interested in to explore, and with after-school homework, the mastery of knowledge points will be more reliable, and it will be more convenient and efficient for students to learn distance education and online education knowledge.

2. 2 Strengthen teachers' proficiency in online virtual classroom technology

To keep the teaching quality low in virtual classrooms on the Internet and truly implement the double reduction policy, teachers need to be familiar with online virtual classroom technology. As a small virtual classroom, the online education program requires teachers to have distance education and online education technology capabilities. Of course, teachers also need to feel the online teaching method from the standpoint of students. While arousing students' interest in learning, teaching in online virtual classrooms. The content should be more refined, and the knowledge points should be clearer and clearer.

For example, teachers need to pay attention to whether the courseware produced by themselves has noisy current sound in addition to the teacher's voice, which may distract students' attention; And the ppt production of online education courses, the contrast between the font color and the background color is not obvious, resulting in students can't see clearly, and key knowledge points are not obvious; Some teachers in online education courses are too soft or too fast, which is not conducive to students' learning and guidance. Teachers should dig deep into the knowledge points related to the integration of teaching materials, find a clue and knowledge point around it, give students time to think and understand, use online education to enhance students' visual and auditory appeal, pay attention to the speed of speech, and help students listen better.

2.3 The combination of home and school，online and offline classrooms are carried out at the same time

In the context of double reduction, teachers' distance education and online education need to be combined with students' family education. Students may use electronic devices to play games and become addicted to the Internet after the virtual course ends, which affects their normal learning and life. Due to the double-sided nature of the Internet, in order to better implement the "double reduction" education policy and give full play to online virtual education the advantages of the school require parents and teachers to jointly guide students and learn how to use modern educational technology to improve educational efficiency and reduce students' burden.

For example, teachers can put some valuable learning discussion content on the online education course, and encourage students and parents to watch together, discuss with each other, work together to find materials, and conduct online learning exploration. Similar home-school interaction and participation in online learning can not only cultivate students' study habits, enhance parent-child relationship, but also help students develop self-control. If parents simply sit on the sidelines and supervise their children to watch online education courses without participating in guidance, students will easily feel that online learning is formalized over time and lack a sense of participation in learning.

3. Conclusion

Distance education and online education are beneficial supplements to formal classroom education under the "double reduction" policy. Students have a strong interest in it, but traditional distance education and online education classrooms are boring, and teachers need to use more rigorous teaching thinking. Accurate distance education language and appropriate course difficulty, arrange distance education and online education courses to ensure that students can fully remember the knowledge points of distance education and online education. Therefore, under the background of double reduction, distance education and online education effectively pay attention to how to effectively help students construct knowledge content, attract students' attention, and facilitate students' learning. Students can learn and master distance education and online education knowledge anytime and anywhere. Help them think. Based on the background of double reduction, advanced education methods are integrated into distance education and online education, so that teachers can diversify their teaching methods, guide students to learn independently, and develop good study habits.

References

1. The general office of the central committee of the communist party of China and the general office of the state council. "Opinions on Further Reducing the Burden of Students' Homework and Off-campus Training in Compulsory Education"2021.
2. Wang C. "Guided participation" to support the strategies of distance education for special children——Taking the use of "new special education online education platform" as an example. China Education Informatization 2020; (22): 30-33 .
3. Chang Y. Under the background of "double subtraction", how to guide students to read independently. New Curriculum 2022; (5): 6-7.
4. Ge H, Zhang G. Potential constraints and implementation strategies for the implementation of the "double reduction" policy: Hermeneutic thinking based on "pre-understanding". Journal of Tianjin Normal University (Social Science Edition) 2022; (1): 43-49.
5. Luo B, Gao S. Reflections on the high-quality development of schools under the background of "double reduction". Basic Education Curriculum 2022; (1): 9-14.