

# Reform of PE Teaching in Secondary Vocational Colleges and Cultivation of Lifelong PE Consciousness

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**Abstract:** Secondary vocational college to carry out are vocational education, in order to constantly improve the physical quality of students, for students into the society to lay a solid foundation, the need to actively open physical education courses, with the help of physical education teaching activities to effectively develop lifelong sports awareness of students. Although in recent years, the state attaches great importance to physical education, but the secondary vocational colleges are still facing many problems and deficiencies in physical education, which greatly restricts the effective development of teaching activities. This paper analyzes the related problems and puts forward strategies to optimize and improve teaching activities, so as to create favorable conditions for teachers to carry out PE teaching effectively and cultivate students' lifelong PE consciousness.

**Keywords:** Secondary vocational college; Physical education; Lifelong sports consciousness; To cultivate

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## 1. The significance of sports teaching reform in secondary vocational colleges

### 1.1 It is helpful to change the present situation of traditional PE teaching

Although in recent years the state has been increasing the emphasis on physical education, but for secondary vocational colleges. There are some problems and deficiencies in PE teaching in most schools, which are mainly reflected in the traditional teaching content.

### 1.2 Help to improve the effectiveness of physical education teaching

Under the traditional PE teaching model, With the development of the reform of physical education activities, the teacher can revolve around developing students' consciousness of lifetime sports to carry out a series of teaching reform, by the change of teaching reform.

### 1.3 Help to promote lifelong sports awareness

In the present education idea that under the background of the development of the people fully realize the goal of sports discipline teaching is not in order to make students get good results in physical examination, the main purpose of teaching activities is to use a series of teaching activities, promote the formation of students' sports consciousness<sup>[1]</sup>.

## 2. Problems of PE teaching reform in secondary vocational colleges

### 2.1 Teachers' educational ideas need to be updated

Although in recent years, with the continuous development of the concept of education, physical education teachers to develop a new understanding of teaching activities, but most of the physical education teachers in the teaching process also insisted on the outdated education idea, in the process of classroom teaching activities, are not fully combining the rule of students body and mind development, undertake to the student targeted guidance.

### 2.2 There is no necessary connection between the teaching content and students' major

Under the background of the continuous development of educational ideas, the goal of physical education teaching has changed significantly, and more emphasis is placed on the cultivation of lifelong sports habits of students. This requires teachers to carry out teaching design in the process of teaching by combining students' major and future work. Only on this basis can the teaching design truly meet students' learning needs.

### **2.3 The enthusiasm of students' participation has not been fully stimulated**

In order to achieve the ideal effect of physical education teaching in secondary vocational colleges, teachers need to fully stimulate the enthusiasm of students' participation. In the teaching practice of secondary vocational and technical colleges, most students do not have a correct understanding of the curriculum, and teachers lack targeted guidance to students in the teaching process, and teachers are influenced by traditional teaching ideas in the teaching process.

## **3. Strategies of PE teaching reform and lifelong PE consciousness cultivation in secondary vocational and technical colleges**

### **3.1 Do a good job in the education concept training for teachers**

Teaching activities are organized and carried out by teachers, so teachers' personal understanding and recognition of teaching concepts will directly affect the effectiveness of teaching reform and lifelong physical education awareness training. In order to change the current teaching situation, it is necessary for secondary vocational colleges to strengthen the training of teachers' educational concept in the process of teaching activities, and strengthen teachers' understanding of the latest physical education concept with the help of effective training activities. After teachers' education concept has changed, they will be in a more positive attitude towards the teaching activities, to revolve around developing students' consciousness of lifetime sports to carry out a series of teaching reform, a more targeted for the design of student teaching content, the students in the process of actively participating in the sports teaching activities have a more fully the significance of understanding and cognition, Can better help teachers to carry out good teaching activities<sup>[2]</sup>.

### **3.2 Actively take measures to improve the fun of physical education teaching**

At present, the main reason why the teaching activities carried out by PE teachers are difficult to bring into full play the ideal effect lies in the lack of interest in PE teaching activities carried out by teachers. For students, the premise of participating in any teaching activity is that students have a strong interest in participating in relevant activities, while most students lack interest in participating in boring sports teaching activities. So combining with the characteristics of students, colleges and secondary vocational school physical education teachers should actively take measures to increasing to student's study, starting from the interests of students to do sports teaching design, make the students in the process of actively participating in to experience the fun of sports, and under the drive of interest, in a more positive attitude to participate in teaching activities.

### **3.3 Carry out PE teaching reform according to students' major**

Vocational education is carried out in secondary vocational colleges, so teachers should pay special attention to the teaching reform combined with students' majors in the process of carrying out PE teaching reform. In order to achieve this goal of teaching reform, it is necessary for teachers to fully integrate into students' major and understand the future employment direction and work characteristics of students' major. On this basis, teachers can combine with the goal of cultivating students' lifelong sports awareness, from the perspective of sports and health for students to design targeted sports training projects, with the help of this method teachers can be more targeted to do a good job of guiding students, and design a unique sports program for students, Under the background of the students can learn through participation in sports teaching exercise method, when students to fully experience the importance of physical exercise for his health, the students will be in a more positive attitude to support and participate in teacher's teaching activities, and in the process of actively participating in strengthening their understanding of sports. As long as teachers are good at guiding students in this process, and make full use of information technology means to do a good job of training and supervision of students' sports habitsd.

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