

Research on the Integration of Physical Education Teaching Mode and Modern Education Technology

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Abstract: The physical education mode refers to the relatively stable and systematic physical education teaching model formed around physical education activities under the guidance of certain teaching ideas. With the rapid development of economy and science and technology, the deepening of educational reform, many people in the field of physical education have carried out research on physical education teaching models, which has played a vital role in promoting the reform of physical education. Apply modern education technology to physical education classroom teaching, and use modern education theory and modern education technology to improve and innovate physical education teaching design, so as to achieve the purpose of optimizing the teaching process and improving the teaching quality.

Keywords: Physical education teaching mode; Modern educational technology; Fusion research

With the deepening of quality education, youth sports have become the focus of China's education cause. How to improve the quality of physical education and cultivate students with all-round development of moral, intellectual, physical, aesthetic and labor has become an important topic in modern teaching, and the emergence of modern education technology has brought new development opportunities for the reform of physical education. The application of modern education technology in physical education teaching assists teachers to accurately grasp students' sports status, stimulate students' initiative and interest in learning, and achieve the purpose of enhancing students' physical fitness.

1. Problems existing in PE teaching

Our schooling attaches more importance to cultural subjects and not enough to physical education. In recent years, the state has raised the development of physical education to a new height, from the promulgation of the Decision on Deepening Educational Reform and Comprehensively Promoting Quality Education, to the proposal to "attach importance to adolescent physical fitness and mental health education" written into the "14th Five-Year Plan" and the long-term goals of 2035, all of which have brought new opportunities for the development of physical education reform. However, from the current situation, the impact of examination-oriented education on physical education still persists, and the traditional physical education teaching mode can no longer meet the development requirements of educational reform under the new situation.

First of all, when teaching, physical education teachers only pay attention to imparting students' sports knowledge and skills, and pay attention to students' sports achievements, but ignore students' attitudes and emotions towards physical education learning and students' physical conditions, which are divorced from students' own development reality. Teachers carry out physical activities only according to their own ideas and teaching arrangements, and this "indoctrination" teaching leads to resistance to physical learning. Over time, students' expectations for physical education courses decrease, and students' initiative and participation in the classroom decline, which ultimately makes it difficult for physical education to achieve the expected results.

Secondly, the physical education mode is relatively single, and it is generally divided into three sections in the classroom: preparation activities, teaching, and free activities. This kind of unchanged teaching mode will not only cause teachers to lose their enthusiasm for teaching, but also make students lose interest in learning, which will adversely affect teaching efficiency and teaching effectiveness.

2. Significance of the integration of physical education teaching mode and modern education technology

With the progress of society and the rapid development of science and technology, the traditional teaching mode can no longer meet the needs of modern education development. Under the influence of these factors, modern education technology began to be widely used in all aspects of the field of education, which made important changes in educational concepts and teaching models, and more and more physical education teachers choose to use modern education technology to improve the level and effect of physical education.

2.1 Promote teaching reform and improve teaching standards

Modern educational technology includes two aspects: modern educational theory and modern information technology. Under the guidance of modern education theory, update the concept of physical education, change the teaching concept of teachers, and make teachers realize that physical education teaching is not only to teach students physical education knowledge and skills, but also to pay attention to students' learning attitude and spiritual emotions, and cultivate students' moral character while enhancing physical fitness. Guide students to establish the concept of "lifelong sports", physical education is not only to learn and complete tasks in the classroom, to help students realize the importance of physical activities to the development of physical fitness and ideological quality, so that students can enhance physical fitness, exercise will, and harvest fun in the process of physical learning and exercise.

In the information age, the use of computer technology to improve teaching efficiency and teaching quality has become an inevitable trend. Through the establishment of Internet teaching resources and public service system, the content of teaching materials has been updated; The introduction of multimedia, projectors and other advanced teaching methods can not only vividly express the boring text in the textbook, attract students' attention, but also reflect the details of the action and improve the teaching level.

2.2 Improve students' interest in learning and enliven the classroom atmosphere

Traditional physical education classroom is the teacher to organize several classes of students together in class, the number of students is large, teachers can not take care of each student, can not pay attention to the specific situation of students, this teaching mode hinders students' subjective initiative and thinking development, easy to cause students to lose interest in learning. Modern education technology is infiltrated into all aspects of physical education teaching design, and sports projects are classified and arranged according to students' physical fitness and interests, so as to transform "cramming" teaching into targeted teaching. This kind of directional teaching can not only attract students' attention in class, stimulate students' interest in learning, and make them actively participate in sports activities; It can also cultivate students' physical skills and qualities to achieve students' all-round development.

3. Strategy of integrating physical education teaching mode and modern education technology

3.1 Enrich the content of physical education and create distinctive teaching

Teaching content is the main body of teaching activities and an important guarantee for achieving teaching goals. At present, the teaching content of school physical education courses is generally basketball, athletics, high jump, long jump, etc., and students have been exposed to these items for a long time, resulting in low interest in learning and reduced teaching efficiency. Using modern education technology to expand the content of physical education, combined with students' actual and interests, on the basis of the original curriculum, add some teaching content that students like to see, such as swimming, baseball, martial arts, etc., so that students can get a different teaching experience and stimulate their interest in learning. If it is difficult to achieve the addition of sports projects, you can choose to design some challenging teaching situations, which can not only cultivate students' perseverance and tenacious fighting spirit during the competition, but also improve students' self-esteem and self-confidence; It can also enhance the communication and teamwork between students, which is conducive to improving class cohesion and forming a sense of collective honor.

3.2 Update physical education teaching methods and optimize the teaching process

Choosing the right teaching method can not only improve students' consciousness of learning, but also improve the quality of teaching. In traditional physical education teaching, teachers generally teach students sports knowledge and skills, and students form a bad habit of passive learning. With the support of current educational technology, change the traditional "teaching and learning" teaching method. Adopt interactive teaching methods, emphasize the interaction between teachers and students, and let students

become the main body of the physical education classroom, give full play to students' subjectivity and creativity, guide students to learn independently, and help the development of students' thinking. For example, in the teaching process, students are asked some questions to interact with students, so that students can deepen their understanding and mastery of knowledge and skills in the process of exploring problems.

In addition, the utilization of multimedia technology can be improved. Technical links that are difficult for teachers to explain clearly, can demonstrate to students through slide shows, etc., to achieve the purpose of happy teaching. Students can also use the help of cameras and other equipment to find their own deficiencies in sports activities, so as to improve their competitive ability.

3.3 Improve teaching evaluation mechanisms and raise the level of education

Teaching evaluation can not only help teachers test teaching achievements, but also help teachers understand their own teaching deficiencies, optimize and adjust in time, and improve teaching standards. In the past, physical education only paid attention to students' mastery of sports skills, and the final assessment results were used as the evaluation criteria. It is necessary to improve the teaching evaluation system, break the single teaching evaluation method, and use modern education technology to carry out diversified teaching evaluation. First of all, students' performance in the classroom can be recorded through various teaching software, including students' learning situation, class attendance, learning attitude, etc.; Secondly, questionnaires can be used to conduct mutual evaluation of students to help students recognize problems in the learning process and correct them in time; Finally, let students conduct self-evaluation, reflect on the shortcomings in learning and adjust in time to achieve the purpose of improving learning results.

Epilogue

Since entering the new era, the reform of physical education teaching mode has continued to advance, using modern education technology, with the help of various information means, combined with physical education teaching content, to build a teaching system that meets the needs of educational development. In the teaching process, teachers integrate and analyze teaching resources with the help of modern education technology, optimize the physical education teaching process, create a good learning atmosphere for students, improve students' initiative and enthusiasm for participation, and give full play to students' creativity. While enhancing students' physical fitness, it also cultivates students' good psychological quality and promotes students' physical and mental health and all-round coordinated development.

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