

How to effectively infiltrate moral education in College Physical Education

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Abstract: as the fundamental task of China's higher education, "cultivating morality and cultivating talents" is a systematic project. Especially in the new era, it has become the bounden responsibility of colleges and universities to cultivate talents with all-round development of morality, intelligence, physique, art and labor. In this context, how to deeply tap the educational advantages of physical education, actively infiltrate moral education in the teaching process, and promote the integration of physical education and moral education has become an urgent problem for college physical education teachers. Based on this, combined with the practice of college physical education teaching, this paper analyzes and discusses the significance and Strategies of moral education in physical education teaching, in order to provide some references for teachers.

Key words: college sports; Moral education; Infiltration significance; Penetration strategy

As a key link of promoting quality education in higher education, physical education is an important starting point for colleges and universities to comprehensively implement the fundamental task of "Building Morality and cultivating people". In essence, the integration of sports and moral education has become the general trend of sports reform. There are rich moral education resources in physical education. Actively promoting the integration of the two is not only in line with the requirements of the fundamental task of "Building Morality and cultivating people", but also can promote the comprehensive development of College Students' physical and mental quality and moral quality. In this regard, in the process of physical education teaching, we should deeply understand the value of moral education infiltration, and actively explore the elements of moral education through the innovation of teaching mode and method, so that students can learn more knowledge and skills in the physical education classroom, and obtain more gains and growth!

1. The significance of moral education in College Physical Education

1.1 Promote development and cultivate talents

"What kind of people to cultivate" is the first question for higher education. With the continuous promotion of higher education reform, the status of moral education has become increasingly prominent, and its fundamental goal is to promote the cultivation of students' good moral quality and values around the fundamental task of "Building Morality and cultivating people", and help them grow and develop in an all-round way. For physical education in Colleges and universities, the fundamental goal is to cultivate new century talents with good physical and mental health and good quality. From this point of view, physical education and moral education are aimed at promoting the all-round development of students. The infiltration of moral education into physical education teaching can enable students to acquire good moral quality and aesthetic quality while learning sports knowledge and strengthening their body and mind, which is very helpful for their learning and development. At the same time, under the influence of multiple ideological trends, college students' moral consciousness also has a certain early stage. It is necessary for us to make good use of the effective way of physical education, actively promote the implementation of the "sports morality" mode, and use the "combination of hardness and softness" method to create a good situation of collaborative education between physical education and moral education, Let the fundamental task of "Building Morality and cultivating people" take root in college physical education.

1.2 Enrich connotation and improve quality

Physical education and moral education are two important modules for colleges and universities to promote quality education and implement the fundamental task of "Building Morality and cultivating people". The two are interrelated, interdependent and inseparable. In the process of physical education teaching, the conscious, purposeful and methodical infiltration of moral education can promote the multi-dimensional integration of physical education resources and the overall development of sports content and system, which has a good role in promoting the optimization of college physical education teaching mode and the improvement of teaching effect. At the same time, actively promoting the infiltration of moral education in physical education can effectively enrich the connotation of physical education, strengthen the ideological and moral guidance of physical education, deepen the students' physical learning experience, fully mobilize their autonomy in learning sports knowledge, sports skills and moral quality, and effectively improve the effect of physical education and the quality of education.

2. Infiltration Strategy of moral education in College Physical Education

2.1 Assisted by information technology, helping the integration of moral education

Interest is a good teacher and friend of students. For college students, interest is an important factor to promote their active learning, autonomous learning and efficient learning. If the teaching process is lack of interest, it is often difficult for students to devote themselves to it, and they will not get good learning effect and harvest. At present, education informatization has become an important direction of physical education reform in Colleges and universities, which also provides a good tool and way for the penetration of moral education.

We should adhere to the idea of “new with the times”, pay attention to relying on modern information means to promote the penetration of moral education, and use the information means that students like to see and hear to increase the interest of physical education teaching and improve the effectiveness of moral education penetration. For example, in the process of football teaching, we can use information technology to display some famous “moral education” educational materials, leading students to feel the love, righteousness, beauty and love behind the green. For example, we can play the video clip of “give up shooting”, and then discuss with the students why the hero Fowler gave up shooting? Let students understand that competitive sports is not only more than victory and defeat, but also the moral beauty embodied behind the competition is more admirable and admirable, so as to educate students to respect sports morality. For another example, we can watch the “blue fox miracle” with students by means of micro lecture, lead the students to know the “civilian hero” VALDI, let the students get the inspiration of moral quality by understanding the hero VALDI’s practice of crossing multiple levels of leagues and finally entering the national team and leading the club team to win the Premier League Championship, and encourage the students to cherish lofty ideals, Make unremitting efforts to cultivate their correct values, struggle and outlook on life, so as to effectively promote the integration of moral education.

2.2 Grasp the opportunity to promote the penetration of moral education

In physical education, the infiltration of moral education should pay attention to grasp the appropriate time, especially through some accidental events to infiltrate moral education in time, so as to effectively promote the infiltration of moral education. For example, in the physical education class, some students may have bruises and falls due to various reasons, bumps and other situations may occur in physical training, disputes and conflicts may occur in confrontation activities, which are accidental events and can become an effective support for our penetration of moral education. In the face of these events, we should give full play to our role as a guide and assistant in the infiltration of moral education, timely guide students to think and analyze, imperceptibly teach students the philosophy of life, and help them improve their moral quality. For example, when students fall and fall during running, we can help students deal with injuries and injuries, and at the same time, we can introduce the event that marathon runners still insist on finishing the race to tell them to fight hard. For another example, in some competitions, if students make mistakes and lose points, on the one hand, we can actively encourage students to get out of the shadows, face difficulties and adjust their mentality. On the other hand, we can also introduce some stories about the “don’t give up” sports spirit, such as “Camp Nou night” After Hassan’s “perfect counter attack” fell down, he went beyond 11 people and other real things were introduced into the classroom to teach students to adhere to ideals, beliefs and life goals, and not abandon or give up. For example, when students have disputes, we should also actively point out the harm of mutual complaints and accusations, educate students to know how to cooperate with each other, cultivate their team spirit, and so on. Through these timely education and guidance, we can make the effect of moral education penetration to a higher level.

2.3 Deepen moral education experience with the help of sports competition

As we all know, sports have strong competitiveness, especially in some group sports, which is reflected incisively and vividly. In fact, this kind of competitiveness is the charm of sports, and it is also the effective focus of our penetration of moral education. Therefore, in the practice of physical education, we should also introduce some competition activities from the perspective of sports competitiveness, combined with specific project teaching content, to enlarge the competitive beauty of sports, so that students can get the cultivation of collective consciousness and rule consciousness while feeling the charm of sports competition, and deepen their moral education learning experience. For example, in the process of sprint teaching, we can guide students to carry out “sprint relay race” in combination with the teaching content. In this process, we can first combine the students’ sports and physical fitness, and divide several groups with 4-6 people and relatively average internal strength in the class, so as to create a group learning situation of driving and learning from each other. Then, we can guide each group to assign the relay order by themselves, guide the students to carry out relay competition confrontation between groups, and increase the interest of sprint teaching in this way. At the same time, let the students obtain the cultivation of collective consciousness and competitive spirit in the classroom, create a mutual help, mutual encouragement and positive sports classroom atmosphere, and highlight the beauty of moral education infiltration. For another example, in basketball games, we can play the role of referee. On the one hand, we can guide students to understand the specific rules of the game and cultivate their awareness of sports rules through the explanation of blowing and punishment in combination with the specific process of the game. On the other hand, we can encourage students to cooperate, work together and work actively through verbal guidance and encouragement, So as to make the physical education classroom both efficient and meaningful.

2.4 Actively set an example and promote the implementation of moral education

Example is the lighthouse on the road of College Students’ learning and growth. Actively promoting the penetration of moral education through the power of example is also an effective way for us to implement the fundamental task of “Building Morality and cultivating people” in physical education. Specifically, we can lead students to set up moral examples and promote the high-quality penetration of moral education through the following ways. First, it is to set the example of celebrities. College students will learn a lot of examples in the field of sports through the Internet and other tools in their daily life. By publicizing the deeds or growth experiences of these celebrities, they can play a good role in moral education. Therefore, in the process of teaching, we should also actively explore the deeds of celebrities in the field of sports and guide students to set good idols. For example, we can cultivate students’ patriotism by publicizing the deeds of XuHaifeng, dengyaping and others; Discuss Liu Xiang’s deeds with students to cultivate students’ national self-confidence; By discussing Lang Ping’s training deeds with students, we can cultivate students’ spirit of hard work, let students consciously establish good moral quality and political consciousness, and fully improve the quality of moral education. Second, set an example for students. There will always

be some excellent and active students in physical education teaching. They can also be the effective support for us to set an example and implement moral education. In this regard, we should pay attention to the physical education teaching process, be good at observing and discovering those students who perform better in moral character, emotional attitude and other aspects, and then praise and reward them, Lead students to imitate and learn. For example, when a student trains seriously in physical education class or observes classroom rules, on the one hand, we can praise him and lead him to learn. On the other hand, we can also let the student say why and how he did it, and take this opportunity to infiltrate the content of moral education in the aspects of hard work, rule awareness and moral quality, Guide students' learning and imitation, stimulate students' inner awareness of competition and self-improvement, and make moral education better promoted and penetrated.

2.5 Teachers set an example to promote the implementation of moral education

A teacher is easy to get, but a teacher is hard to get. As the implementer of physical education, our teachers' quality directly affects the effect of moral education infiltration. Therefore, in teaching practice, we must pay attention to our words and deeds, mainly set an example, and actively influence and infect students through correct behavior and ideological quality, so as to promote them to develop good sports habits and moral qualities. For example, in the teaching process, if we want students to abide by discipline, we must first do a good job of self-discipline, go to and from class on time, and do what we promise students. At the same time, we should also pay attention to the civilization of speech act in teaching practice, always pay attention to and care for students, so as to provide students with good conduct reference, guide students to learn and Chen Zhigang, and lay the foundation for the cultivation of their good sports habits and moral quality.

In short, in the new era, it is of great practical significance to actively promote the infiltration of moral education in college physical education. We should base ourselves on the fundamental task of "Building Morality and cultivating people", and constantly use new ideas and methods to create a new physical education mode of "integration of morality and sports", so as to promote the comprehensive growth and development of students, and cultivate more qualified talents with physical and mental health and high quality for the society!

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