

Investigation and Study on the Transition Between University Physical Education and Middle School Physical Education Teaching in Central Plains

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ABSTRACT

Physical education in each stage of the course is a step by step, indivisible whole. As the final site for students to receive physical education system, the physical education in colleges and universities is the most important level for students, which has the characteristics of effective connection with the society. In the current reform of physical education in colleges and universities, secondary schools under the background of the implementation of the new physical education curriculum, sports and school sports in colleges and universities to realize reasonable docking study, found the problem and take reasonable measures to solve, to set up and build up the combination of sports and health education in the new concept and curriculum system, improve the comprehensive quality of college students, and cultivate high-quality talents for the knowledge economy era of the goal to provide favorable conditions. Taking the representative city middle schools and colleges in Henan province as an example, this paper analyzes the present situation of physical education teaching in middle schools and colleges, and puts forward the reasons and countermeasures for the connection system of physical education teaching between middle schools and colleges, for the reference of relevant people.

KEYWORDS

Middle school and college physical education teaching effective connection present situation countermeasure

This paper takes the physical education teaching status quo of several middle schools and colleges in several representative cities of central Henan, southern Henan, northern Henan and western Henan as examples to study the problems related to the teaching connection and put forward a series of countermeasures.

1 Analysis on the present situation of physical education in colleges and universities in henan province

Lack of correct cognition hindered the new curriculum reform the teaching work of sports teaching goal has always been more generally, in the teaching has been in the sports teaching outline, a measure of the quality of teaching, but this is only a general in the syllabus is put forward on the development of the students, the lack of behavioral and figurative, each grade and also lack the administrative levels of teaching task. 2000 before an outline, etc of the purpose of the teaching files and tasks lack the guiding significance of sports teaching, the teachers in the teaching of

teaching target, emphasis and difficulty in uncertain, investigate its reason is in sports teaching goal system, to solve these problems, the expert panel composed of state sport general administration and the Ministry of Education of sports teaching goal system problems such as the sports teaching the lack of clear goals; Physical education teaching objectives and tasks at all levels of schools lack of effective cohesion; All levels of school sports teaching important task and objective problems such as the lack of a clear characteristics objectively analyzed, between 2002 and 2012 have issued a lot of related programs and files, such as "the full-time compulsory education of ordinary high school physical education and health course standard" (hereinafter referred to as standard), the national ordinary higher school physical education curriculum teaching instruction summary "(hereinafter referred to as the outline)," sports and health course standard ", "student physical health standard" and so on. These files is put forward about the knowledge, skills, hobbies, interests, habits, psychological and way of life, such as new sports teaching goal, and the education goal is divided into different areas, and to level the field goal, in order to make sports teaching in colleges and universities to achieve better cohesion, to further enhance sports training and physical quality students ^[1]. Although the policy issued relevant documents, but by teaching the long inertia, the traditional teaching system and the influence of many factors such as teaching ideas, college and middle school teachers' understanding of related program and standards still exists a big difference, thus, university teachers is higher than high school teachers, most of the high school teachers a little knowledge, team also used a questionnaire, found that some teachers in colleges and universities even if the relevant programs have a comprehensive understanding of there are other problems, such as the lack of practical experience in teaching, individual emerging projects such as lack of professional teachers, thus makes it difficult to get the real implementation of related program file. However, the theoretical level, professional title, educational background structure and faculty strength of middle school teachers are relatively deficient.

2 Reasons and countermeasures of the connection system of physical education teaching between middle schools and colleges

(1) Effective management is the guarantee for the realization of teaching cohesion

Included in the sports teaching and implementation plan, feedback and evaluation plan, etc., is a management process, to make middle school and college sports in our province to achieve better teaching link, need also attaches great importance to the teacher's teaching ability and the management of students learning style and behavior, on the management of class order and questions the constraint of students at the same time attaches great importance to the creation of a good learning atmosphere.

(2) To improve the cognition of the new curriculum reform is the direction of cohesion

Under the new curriculum reform, the connection of physical education teaching in each stage is actually to optimize physical education teaching, which means that teachers choose reasonable teaching optimization scheme through the analysis of teaching system, so as to obtain excellent teaching results based on the requirements of the curriculum outline. Each link of each stage physical education is interdependent, through the continuous analysis of the teaching characteristics of each stage, and using the viewpoint of change to analyze the influence factors of each stage, is the key to achieve effective cohesion in teaching. PE teaching system is more complex, the venue of the facilities, the difficulty of the teaching material, the basis of students, teachers' levels and changes in the environment may be found in the linkup of PE teaching in different phases of an important impact, so the comprehensive processing of these problems in sports teaching, the teaching methods and teaching process of optimization has important significance.

(3) Effectively implementing physical education courses at all stages is the core element, attaching importance to the characteristics of physical education, following the principles of physical education, and creating a healthy and harmonious teaching environment

With the development of physical education becoming more and more mature and the content of physical education becoming more and more towards the direction of health, safety and code of conduct, the requirements for physical teaching skills and methods are becoming higher and higher. The current sports teaching needs to foster the students not only master relevant knowledge and skills, also need to cultivate students learn in sports exercise and entertainment, develop the sports ability of ornamental, standardize the behavior of students, make the sports teaching to develop in the direction of lifetime sports, so each stage of the linkage between the sports, also is the embodiment of the cultural development and social progress, because of the need to complete the corresponding teaching task of PE course, and has the characteristics of multiple means, multi-function, so in each stage must have a scientific teaching content, method, environment and perspectives.

(4) There is a direct relationship between the level of teachers and the quality of connection

The long-term teaching practice shows that the level of teachers is directly related to the teaching effect. The improvement of PE teaching effect is directly related to the teaching level of PE teachers. Younger or older in our province sports teachers are now teaching skill development "plateau phenomenon", mainly because after several years teaching, physical education teachers in physical education teaching content and processes are under the situation of skilled, will find their ability to have qualified for teaching, so in such a lack of new internal motivation, external under the condition of the lack of scientific evaluation mechanism, teaching skills generally do not have too big progress, some teachers will also because to relax the requirements, the teaching level declined, cause serious influence the quality of teaching cohesion and. Because of the lack of adequate emphasis on teacher's teaching skill training in our province, for a long time, in view of teaching, peer to see the traditional way of cultivating teachers' skills such as class, serious hindered the promotion of teachers' teaching skills, so want to make this situation better, should be dedicated to the physical education teachers teaching skills training, at the same time also should take measures to make the teaching evaluation method to improve the teaching ability.

(5) Cultivate students' view of physical education and verify the quality of connection

The effective cohesion of PE teaching is actually the study of the interaction between teachers and students, which has an important impact on PE teaching research. As an organized and planned social activity, the orientation and judgment of physical education teaching are very important, especially in the reform and development of physical education teaching, the cognition and understanding of teachers and students are becoming more and more important. Physical education should be lively and vivid, which can inspire students' mind and improve their sense of achievement. The sense of achievement of students in physical education refers to the improvement of sports skills and the transcendence of their own feelings, as well as the new theoretical understanding of physical education. Physical education is not a mechanical indoctrination, but an active and creative teaching activity. Students in the physical education teaching no matter which stage of reasonable movement will experience the pleasure of movement, this psychological and physical expression and stretch is active, the fresh air in the empty playground will make students get the subjective feelings of space release. Generally, sports are non-daily sports in which students have great interest in the change of speed and body position, and students should seriously experience the beauty in sports^[2].

3 Conclusion

Physical education classes are set from primary school to university, which is the demand of students to exercise their bodies, enhance their physique and enhance their lifelong physical education. Because each stage of physical education is an inseparable whole, the physical education connection between each learning period is actually the connection between school physical education and lifelong physical education. University sports teaching of middle school sports teaching than, the biggest difference is that the deepening of the teaching material content, middle school sports teaching quality and learning initiative, correct learning method, is directly related to the promotion of physical quality, so only guarantee high school physical education teaching of science, to make its realize reasonable cohesion and university, so as to cultivate the habit of a lifetime benefit from lifelong exercise.

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