

The integration teaching of "learning, practice and competition" is in the middle school basketball unit teaching practice research

BinBin Liu, Zhimin Qin, Yu Zhong

Physical education institute, Nanchang Normal University 330032, Jiangxi

ABSTRACT

In order to implement the curriculum standard concept of "teaching, practicing and regular competition" of "Compulsory Education Physical Education and Health Curriculum Standard (2022 edition)", this paper takes basketball project as the teaching content, and implements the large unit design of sports project teaching for middle school physical education and health curriculum. In the teaching process, "systematization" pays attention to "systematization", emphasizes "realism" in the teaching design, and embodies the special teaching methods, so as to realize the transformation of students single sports technology to the application of deep sports skills. It aims to provide theoretical basis and practical reference for the reform of basic education, physical education and health curriculum.

KEYWORDS

integration; basketball course; large unit teaching

"Church, practice and regular competition" is an important concept of "Compulsory Education Physical Education and Health Curriculum Standards (2022 edition)" (hereinafter referred to as "Curriculum Standards (2022 edition)"), and is a key topic of deepening the reform of school physical education in the stage of compulsory education^[1]. "Curriculum Standards (2022 edition)" requirements: should be organically combined with the inside and outside the class, guide students to learn basic sports skills, physical fitness and special sports skills, provide more time for students to fully practice, consolidate and apply the sports knowledge and skills, and participate in various forms of display or competitions. So far, the integrated teaching mode of "learning, practice and competition" has set up a new vane for the reform of "sports and health". Large unit teaching refers to the systematic and complete teaching of 18 sports hours or more for a sport or project combination^[2]. This can not only promote students mastery of sports, but also to deepen the experience and understanding of movement skills. Ji Liu is mentioned in "curriculum standard (2022 edition)" in interpretation, physical education and health course need to change the past "no load, no tactics, no competition" status quo, realize the organic combination of "learning, practice, competition", based on the development law of different stages of skill learning.

Carry out the teaching principles of "intensive teaching and more practice", "learning and even competition", and on the basis of consolidating the sports skills learned, learn to apply them to complex situations, and have the ability to participate in the display or competition^[3]. The large unit teaching with special sports skills provides guiding ideas and practical methods for implementing the integrated teaching of "learning, diligence and competition". However, in the stage of compulsory education in China, the design of large units of sports projects is still in the "new things"

and "primary stage". Although the teaching of physical education and health courses in the past has tried "large units", the concept and goals are far from the standard^[4]. It can be seen that the integrated teaching of learning, training and competition "is based on the guiding needs of the large unit teaching of the new curriculum standard. The purpose is to make students immersed in the special learning process, bid farewell to the "three no classroom " so that students can systematically master a certain sports technology, and practice and compete. In order to achieve this goal, in addition to the "situational" and "realistic" design of classroom activities, the teaching time and the teaching method should also be guaranteed. Therefore, the large unit is the systematic and orderly implementation of the integrated teaching of "learning, practice and competition", and is an important premise for promoting the integrated teaching of "learning, practice and competition".

1 The connotation characteristics of the integrated teaching of "learning and training competition" in middle school basketball

In the process of large unit teaching practice into "learning, practice," integrated teaching, not only follow the rule of development, guarantee the integrity of the course content design, and in the course goal setting, the teaching content, the optimization of teaching process and method and the improvement of teaching evaluation play a guiding role. The teaching quality of physical education and health courses has been comprehensively improved. On the other hand, abandon the previous "fragmented" and "fragmented" skill learning mode, and integrate "learning, training and competition" into each link of large unit teaching to form a systematic teaching process, create favorable conditions for promoting the deep learning of sports skills, so as to improve students academic quality.

The integrated teaching mode of "learning, practice and competition" is based on the guiding demand of large unit teaching, and the large unit teaching design of sports projects is also an important way to implement the integration of "learning, practice and competition", and the two go hand in hand. In the large unit, we should not only realize the positive transfer from learning to practice and from practice to competition, but also emphasize the reverse compensation of promoting training and promoting learning by practice. This not only reflects the organic combination of teaching process and teaching content, but also is a concrete form of cultivating core literacy.This can be seen in Table 1.

Table 1 Curriculum characteristics of the integrated teaching of "learning, practice and competition" applied to large unit teaching design

feature	
"Learn, practice, and play" Integrated teaching	Focus on the organic combination of the teaching process and the formation of the overall exercise ability
	Pay attention to in-depth teaching through targeted teaching arrangements
	Emphasize the "competition" as the core to awaken and enhance students sports awareness
Large unit instructional design	Refers to a sport or project combination 18 Class hours and above are relatively systematic and complete teaching. Can enable students to continuously, concentrate, systematically learn and can skillfully apply a sports project,

2 Design idea of integrated teaching of "learning and practicing" in middle school basketball

The acquisition of motor skills must follow a gradual teaching process, and constantly improve in the process of consolidation and correction. The integrated teaching of "learning, practice and competition" pays more attention to the main position of students, while teachers play the role of project promoter, guide students to find problems independently in the process of learning, practice and competition, and help students to solve problems in practice and reflection. "Learning, practice, competition" three different practical activities each have a division of labor, each has its own focus. However, it also forms a teaching closed loop with circular characteristics, which creates internal conditions for the improvement of students comprehensive ability. The teaching design of "large unit" provides external conditions for the complete implementation of the curriculum. Combine the internal and external quality, upgrade the course quality. The specific ideas are shown in Figure 2.

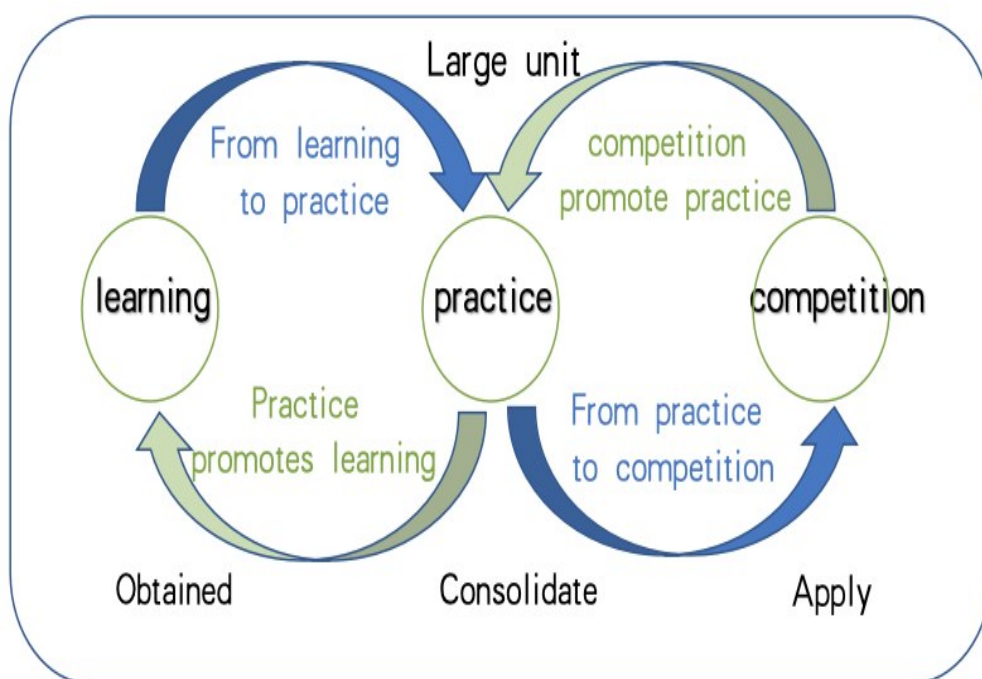


Figure 2 Curriculum thinking of "learning, practice and competition" integrated teaching applied to large unit teaching design

3 The curriculum plan of "learning, practice and competition" in middle school basketball

According to the curriculum characteristics and curriculum construction ideas, the curriculum implementation plan is formulated around the characteristics of the project. Let the students achieve an advanced learning experience in the process of learning-practice-competition. Cultivate students core qualities by integrating different learning contents, practice situations and competition forms. Each module is connected with each other, with prominent key points and progressive levels to ensure the academic quality. The specific scheme is shown in Table 2.

Table 2 Curriculum scheme of the integrated teaching of "learning, practice and competition" applied to large unit teaching design

Large unit Class hour arrangement	Basic content	study	white silk	match
2 Class hours	Footsteps technology (Slide walking, variable speed running, backward running, variable direction running, etc.) stickwork	1.Mobile technology 2.Running skills	Combine simulation exercises with no-ball defense or offense	1.Turn-back running race 2.run around the race
4 Class hours	(High and low dribble, turn dribble, behind dribble, crotch and dribble, etc.)	1. Swivel in situ 2, dribble the ball between travel	1.combined with the logo bucket dribbling practice 2. Practice combined with defense against dribbling	1, dribble relay race 2, dribble around the obstacle race 1.marching pass catch 2 play 1 game 2.Limit the inspection game of dribbling
4 Class hours	Pass catch technology (Chest pass and catch, hit the ground pass, body side pass, back pass, etc.)	1.pass and catch the ball in place 2.,pass the ball	1.Four-corner pass practice 2.Practice passing around the eight	
4 Class hours	marksmanship (One-handed shoulder shot, two-handed chest shot)	1. Shoot in situ 2. Pick up the shot 3.Shooting between marching shots	1.,combined with footsteps (jump, stride, cross step, step) shooting practice	1. Team shooting game 2.1-to-1 fast break shot game
4 Class hours	game Basic cooperation	1. Transfer and cut 2. Cooperate 3.Cover and cooperate 4.Synthesis and coordination	1. Combine the combination exercise of the logo bucket 2. Combine the defensive combination exercises	1.3 to 3 teaching competition 2.5 to 5 teaching competition

4 Conclusion

The focus of traditional teaching lies in teachers explanation and demonstration and students skill training, while the integration of competition requires a more realistic" and "situational" experience process in the classroom, which will inevitably promote the further optimization of the teaching process. The Curriculum Standard (2022 Edition) advocates that the course content should avoid the static design of individual technical actions, and the integrated teaching mode emphasizes the integrity experience of knowledge and skills and the application in the competition, which requires that the course content should be modified and upgraded. Finally, the traditional

course evaluation mostly focuses on the mastery of a certain technology, and the comprehensive evaluation of "learning, training and competition" can better reflect the cultivation of students core qualities, such as the reading ability, skill application and rule consciousness during the competition, and the cultivation of all core qualities. This requires teachers to form a perfect teaching design and evaluation according to the performance of "competition" in large unit learning.

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About the Author

Liu Binbin (1987-) male;master;associate professor; Research direction:physical education training;

Qin Zhimin (1993-) male;master;teaching assistant ;research direction:physical education;

Zhong Yu (2000-)male;research direction;physical education.

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