

Research on “Game of Sports” in Physical Education in Higher Vocational Colleges

Wenna Niu

Zaozhuang Vocational College of Science & Technology, Zaozhuang, Shandong, China

ABSTRACT. Physical education is an indispensable subject in higher vocational colleges. Students' active participation in physical education can enhance their physical fitness and promote their balanced development of all aspects. The application of “game of sports” teaching mode in physical education in higher vocational colleges can obviously stimulate students' interest in learning and improve teaching effect. Therefore, “games of sports” teaching mode can be actively promoted in higher vocational colleges.

KEYWORDS: Higher vocational colleges, Physical education, Games of sports, Application

1. Introduction

With the continuous deepening of education reform, people have higher and higher requirements for physical education in higher vocational colleges. On the premise of enhancing students' physical quality, physical education in higher vocational colleges should pay attention to strengthening the quality education of students, so as to improve the comprehensive quality of students in all aspects. Active application of “games of sports” teaching mode in physical education in higher vocational colleges can significantly improve the interest of physical education, and it is of great significance to mobilize students' enthusiasm to participate in sports course learning and improve teaching quality^[1-2].

2. Analysis on Connotation of “Games of Sports” Teaching Mode

2.1 Main Contents of “Games of Sports” Teaching Mode

The “games of sports” teaching mode mainly combines sports with entertainment games, and adopts a variety of teaching methods to carry out teaching tasks under the premise of comprehensively enhancing the interest of sports teaching. The use of “games of sports” teaching mode in higher vocational colleges can significantly improve the effectiveness of teaching, which is of great significance to promote the reform of physical education. Under the “games of sports” teaching mode, students can actively participate in sports activities in a happy atmosphere and achieve the teaching goal of happy sports. In a word, if “games of sports” teaching mode is applied in physical education in higher vocational colleges, sports teaching tasks can be carried out with the help of “games of sports” teaching methods, which is of great significance to improve the effectiveness of sports teaching in higher vocational colleges.

2.2 Main Characteristics of “Games of Sports” Teaching Mode

The “games of sports” teaching mode can carry out sports teaching tasks with the help of games, and can significantly enhance the interest of the whole teaching process, which is of great significance to improve the quality of physical education. The main characteristics of the “games of sports” teaching mode are as follows: first, it can play the purpose of physical exercise and significantly enhance the physical fitness of vocational college students; second, it has strong entertainment, which can fully arouse the enthusiasm of students to participate in sports learning; third, although the “games of sports” teaching mode has strong entertainment, it still needs rule consciousness, which is suitable for a variety of sports events^[3-4].

3. Importance of “Games of Sports” Teaching Mode in Physical Education in Higher Vocational Colleges

3.1 Stimulate Students' Interest in Sports Learning

In physical education of higher vocational colleges, the effective use of “games of sports” teaching mode to carry out teaching tasks can obviously stimulate students' interest in participating in sports learning. Integrating “games of sports” teaching mode into physical education of higher vocational colleges is easier to meet the interests of students and ensure the smooth completion of sports teaching tasks. Students can feel a more vivid and interesting teaching atmosphere when they are in the “games of sports” teaching mode, which can enhance the interaction between teachers and students as well as between students, so as to promote students' interest in sports teaching. Therefore, teachers in higher vocational colleges need to actively change the original teaching concept and teaching mode, have a comprehensive understanding of the “games of sports” teaching mode, pay attention to infiltrating the concept of “games of sports” teaching into students in theoretical teaching and practical teaching, gradually enhance students' awareness of participating in physical exercise, and arouse students' initiative in participating in sports learning.

3.2 Cultivate Students' Awareness of Innovation and Competition

Under the background of the continuous promotion of the new curriculum reform, there are clear requirements for students' innovation consciousness and competition consciousness. The consciousness of innovation and competition will directly affect the development of students in the society in the future. As the necessary ability of students, the consciousness of innovation and competition should be vigorously cultivated in school teaching. The “games of sports” teaching mode of physical education in higher vocational colleges is an effective way to cultivate students' consciousness of innovation and competition. In physical education, teachers can construct corresponding game situations for students and formulate specific rules, so that students can strengthen their ability of independent thinking and improve their awareness of innovating and organizing activities. The “games of sports” game teaching mode builds a good condition for the cultivation of students' innovative consciousness and competitive consciousness. Students' thinking consciousness is inspired in the process of participating in the games, which plays an important role in the development of intelligence and physical strength^[5].

4. Analysis on Measures of Applying “Games of Sports” Teaching Mode in Physical Education in Higher Vocational Colleges

4.1 Apply “Games of Sports” Teaching Mode in Pre-Class Preparation

Applying “games of sports” teaching mode in pre-class preparation is mainly to concentrate students' attention and create conditions for the smooth development of teaching activities. For example, when organizing the class before class, physical education in higher vocational colleges can include small sports games such as huddling according to numbers and doing exercises in reverse, so that students can effectively exercise body parts such as joints, ligaments and muscle groups, so as to relax various parts of the body. For another example, teachers can include sports games into the basketball pre-class preparation such as competing to pass basketball, two people scrambling for the basketball, so that students have a certain psychological and physical preparation.

4.2 Apply “Games of Sports” Teaching Mode during Teaching

Applying “games of sports” teaching mode in teaching can solve the problem of monotonicity in traditional teaching and further activate the classroom teaching atmosphere. For example, in the basketball teaching activities, teachers can divide the students into different groups, and integrate sports games such as basket moving, one person carrying two basketballs in the way of group competition, so as to enhance the interest and entertainment of basketball sports. This teaching mode can activate the teaching atmosphere and cultivate students' competitive consciousness.

4.3 Apply “Games of Sports” Teaching Mode after Sports

After sports teaching, corresponding relaxation activities are needed. At this stage, teachers can let students do some sports games to relieve their physical fatigue. For example, after long-distance running, teachers can let the students relax in the “rhythmic boxing” sports game, that is, let the students make a circle, walk in the same direction and punch at the same time according to the corresponding rhythm, to relax the body and restore physical fitness as soon as possible.

5. Problems to Be Focused on in the Application of "Games of Sports" Teaching Mode in Physical Education in Higher Vocational Colleges

5.1 Further Clarify Physical Education Objectives

Further clarifying the physical education objectives is the premise to ensure the smooth development of teaching activities. In physical education of higher vocational colleges, under the guidance of teachers, students are required to make clear the teaching objectives of the class. Only under the guidance of teaching objectives can students participate in various sports teaching activities to lay a good condition for the development of "games of sports" teaching. The teaching objectives of physical education in higher vocational colleges need to involve the following contents: first, build a good teaching atmosphere to ensure that physical education plays the purpose of physical exercise; second, combine with sports culture, pay attention to the cultivation of students' awareness and ability of physical exercise; third, pay attention to temper students' consciousness and guide students to establish correct ideological and moral outlook by means of "games of sports" teaching activities; fourth, while cultivating students' interest in participating in sports learning, pay attention to let students establish lifelong sports consciousness^[6].

5.2 Adopt Flexible Sports Teaching Methods

The "games of sports" teaching in higher vocational colleges needs to pay attention to using flexible sports teaching methods. Different sports have their own characteristics, so teachers need to reasonably transform and simplify the intensity and rules of sports to ensure that sports events and game spirit fit. According to the actual learning situation of students, reforming and simplifying the exercise intensity and rules can promote students to participate in sports teaching actively. For example, in ball games, teachers can transform them from the aspects of technology, venue, and number of people, so as to reduce the tactical requirements for students and improve the enthusiasm of students to participate in sports learning. For another example, in track and field sports, teachers can appropriately reduce the requirements for students' running distance. When the exercise intensity is reduced, the number of participants will gradually increase, which can reduce the psychological pressure of students' participation in track and field, and stimulate their interest in learning.

5.3 Pay Attention to Highlighting the Level of Sports Interest

Sports itself has strong entertainment and fun. In physical education of higher vocational colleges, teachers need to properly handle the relationship between entertainment and interest, so as to improve the teaching quality. Therefore, physical education teachers in higher vocational colleges need to fully reflect the role of their own guidance and control. The first is to achieve the original teaching goal and enhance the teaching effect with the aid of "games of sports" teaching mode. Sports teachers should realize that the "games of sports" is an effective tool to carry out sports teaching, but they should not pay too much attention to the games and ignore the original teaching objectives, which will delay the teaching progress. Second, the corresponding rules should be formulated in the "games of sports" teaching and teachers should play a good control role, reasonably organize teaching, and avoid conflicts caused by "games of sports" teaching. Third, sports teachers need to combine students' personality characteristics and interests reasonably to avoid unreasonable grouping which will affect the smooth development of "games of sports" teaching. In order to fully understand the students' interests and personality characteristics, teachers should pay attention to the interaction and communication with students in daily teaching, and make comprehensive evaluation of students^[7].

6. Conclusion

To sum up, there are many problems in physical education in higher vocational colleges. Most teachers adopt the traditional teaching mode and teaching method, which is difficult to stimulate the enthusiasm of students to participate in sports learning. The "games of sports" teaching mode can obviously stimulate students' interest in learning and improve the teaching effect. The above is the relevant analysis on "games of sports" teaching mode in higher vocational colleges, hoping to have some help to the research in this field.

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