

# Analysis on Diversified Teaching Mode of Physical Education

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**Abstract:** Under the continuous promotion of the new curriculum reform, teachers need to constantly innovate in physical education teaching, and adopt diversified teaching modes to further improve students' physical quality. This paper mainly discusses the problems existing in middle school physical education teaching, and puts forward specific solutions, hoping to help relevant teachers to further enrich physical education teaching.

**Keywords:** Middle school sports; Teaching diversification; Problems

Under the influence of quality-oriented education, more and more schools began to pay attention to physical education teaching for students, but from the overall teaching situation, most teachers still could not use reasonable teaching programs to help students carry out physical exercise, thus making the diversification of physical education teaching plan run aground. In view of this phenomenon, relevant teachers need to solve problems from practical problems and adjust the teaching plan according to the specific learning situation of students, so as to better improve the quality of teaching and promote students' all-round development.

## 1. Currently has problems with physical education teaching in secondary schools

Influenced by the traditional teaching concept, most schools do not pay full attention to physical education teaching, which leads to many problems in the current physical education teaching, which is specifically manifested in the following aspects.

### 1.1 The attention to physical education teaching needs to be improved

The subject of physical education is not an examination subject, so under the influence of exam-oriented education, most teachers think that this course belongs to an entertainment course and is not really valued. In this case, the quality of teaching is greatly affected. For students, also did not take physical education seriously, more is a perfunctory attitude to complete the learning task, such as in the most common gymnastics exercise, most of the student union movement is not in place, if students do not pay attention to the subject, then the physical education level will certainly be affected, on such a basis, the teacher physical education teaching activities is a very difficult thing.<sup>[1]</sup>

### 1.2 The teaching mode is single

At present, the common problem of physical education teaching is that the physical education teaching mode is not innovative enough, relatively monotonous and backward. In physical education class, teachers speak some simple teaching content and teachers will continue to repeat it, so it is difficult for students to be interested in physical education courses. To be specific, in the process of teaching, teachers will ignore the students' own learning needs, and often arrange the classroom content according to the teaching tasks. In this case, it is easy to lead to the teaching content being too boring, and it is difficult to attract students' attention. In addition, because some schools do not pay attention to physical education teaching, so there will be a physical education teacher with multiple classes, which leads to many physical education teachers do not have too much time according to the current teaching situation to do a targeted sports teaching, under the influence of various factors, the quality of physical education teaching is also very improved.

### 1.3 The venues for PE teaching are limited

Middle school in the stage of basic education, although our country has been increasing education investment in colleges and universities, but because the school is not enough to meet the site needed for students' sports activities, which makes many interesting sports activities due to limited site can not be effectively good, resulting in lead to the students' sports load can not meet the standard of real exercise. If the needs of physical education teaching venues cannot be met, many teaching plans cannot be carried out, and then the goal of diversified physical education teaching in middle schools cannot be realized.

## 2. Effective measures for diversified physical education diversification

### 2.1 Carry out pleasant physical education teaching to improve students' passion for learning

At present, the middle school learning pressure is greater, the learning task is heavy, the amount of time for physical exercise is less, in this case, not only the physical quality of students can not be improved, but also lead to certain psychological problems. In view of this phenomenon, teachers can take the way of pleasant physical education in physical education teaching, while helping students to improve their physical quality can reduce their psychological pressure, improve the development of students' personality and effectively cultivate students' healthy learning mood, and further promote the development of quality-oriented education in China.

In the specific teaching process can be implemented from the following aspects of the teaching. First of all, students need to master the overall physical learning situation and make learning plans according to their learning characteristics. For example, for some students with poor physical quality or fat body shape to carry out physical education teaching, it is necessary to combine their own actual situation to arrange the teaching content, to avoid intense activities caused by certain physical damage and make their fear of difficulties in physical education. Secondly, in giving lectures to students, we should pay attention to students' psychological activities to ensure that each student can grow up healthy and happily in the process of physical exercise. For example, it is necessary to choose a moderate physical exercise program, because the number of students, it is difficult for teachers to take into account every student, in this case, if the discomfort is moderate can meet the learning needs of most students, to avoid hurting students' self-esteem. In the process of teaching, students should also learn how to take the strengths of others in sports to supplement their own weaknesses, so as to effectively promote students' comprehensive development in the case of mental health.<sup>[2]</sup>

## **2.2 Carry out special sports learning to improve students' overall physical quality**

At present for the requirements of physical education teaching is constantly improving, physical exercise is not only improve students' physical literacy, more importantly through physical learning to help students master the corresponding physical education skills, so the relevant teachers in order to better improve the effectiveness of physical education teaching, can carry out special sports learning, to better ensure the learning effect. First of all, in the process of implementing special teaching, teachers need to constantly highlight the main status of students, such as can set a variety of sports for students to choose, so not only can let students choose their interested in sports, let them have greater enthusiasm and enthusiasm, into the special course teaching, but also can maximize the mining of students' potential, in this way, students' interest in physical learning not only improved, students' physical quality ability will be very good exercise. Secondly, the teachers need to carry out special physical exercise according to the physical education equipment, such as basketball training, table tennis training, long jump training and so on. And in the process of students' special learning, teachers should discover the advantages of students in time, for example, for taller students can have targeted basketball training, so as to further stimulate their physical potential. Through this form, students can be selected to combine their own actual situation, and can give full play to students' advantages in sports activities, not only students' physical skills will also be improved, and then the overall physical quality will be improved.

## **2.3 Carry out gamified teaching to enrich the teaching content**

In order to further enrich the content of physical education teaching, relevant teachers can choose gaming teaching when carrying out teaching activities, so that students can have a good and happy learning atmosphere while obtaining richer physical education experience, so as to improve their classroom participation. In the specific process of development, relevant teachers can combine the physical education teaching content with the game. For example, in running training, teachers can encourage students to join the training through the form of relay competition, so that students can learn and exercise in the atmosphere of the game, which is conducive to the training of physical education classroom. Secondly, junior high school sports teachers can also hold some sports competitions, so that these students can constantly understand the spirit of cooperation and cooperation in the process of competition.

## **2.4 Physical education teaching and life, to mobilize students' enthusiasm for physical exercise**

In order to promote students to more integrate into physical education activities, teachers can make physical education teaching life, so as to mobilize the enthusiasm of students' physical exercise, but the sports life teaching needs the following matters needing attention. First of all, the nature of physical education should be put in the first place, and the teacher's teaching content should revolve around the sports content. The purpose of teaching and life is to encourage students to better integrate into the classroom and participate in relevant learning tasks, so the activities carried out cannot be separated from physical education content. If the activities carried out are separated from physical education teaching, the activity will lose its own significance. For example, physical education teachers have introduced some activities such as electronic sports or magic into sports classes, and these activities are less related to sports, which usually waste classroom time and do not achieve certain results. Therefore, in the sports class, while making the teaching content more realistic, the teaching content should also be based on the nature of physical education. Secondly, the teacher has carried out the teaching content is what should allow students to have a simple and transparent understanding. In the sports class, if the teaching content is around life, but beyond students' cognition, it will be the development of this activity will not have much harvest. This situation is because students do not understand the content of this activity, so the effect of teachers' teaching class is also very low. In addition, the teaching content carried out by the teachers is too lower than the students' cognitive level, which will make the students feel easier, and can not arouse the students' interest.

## **3. Conclusion:**

In short, under the background of the new curriculum reform, middle school PE teachers need to constantly carry out teaching innovation, so as to further improve the teaching quality and ensure the effectiveness of teaching.

## **References:**

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