

Research on the Present Situation and Optimization Strategy of PE Teaching Under the Background of PE Middle School Entrance Examination

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Abstract: Junior middle school stage is the key period of teenagers' physical and mental development. It is an effective measure to improve the national system to bring physical education into the middle school entrance examination, and at the same time, it has certain influence on junior middle school physical education. This research mainly uses the literature material method, under the sports middle school examination background junior middle school physical education teaching present situation, simultaneously proposes with how to optimize the physical education teaching may refer the strategy.

Keywords: Middle School Physical Education Examination; Physical Education; Current situation; Strategy

People gradually realize the importance of physical education with the extensive development of the Middle School Physical Education examination. At the same time, it also directly or indirectly improves the present situation of Physical Education and promotes the overall development of teenagers' physical quality. High school entrance examination, as the "Baton" in the compulsory education stage, plays an important guiding role, which can greatly enhance the attention of schools, parents and students to physical education, promote the development of school physical education and improve students' physical quality. Under the background of Middle School Physical Education examination, school physical education has been further developed, but under the influence of examination-oriented education, the teaching goal and content of school physical education begin to incline to middle school physical education examination gradually. The implementation of the physical education middle school entrance examination plays an important role in improving students' physical quality. School Physical Education should further optimize physical education, to maximize the role of physical education to promote the development of physical and mental health of students.

1. The present situation of Physical Education under the background of Physical Education Middle School entrance examination

1.1 Teaching objectives are limited

The goal of physical education is the starting point and end point of the process and activity of physical education, which runs through the whole physical education. Under the background of the Middle School Physical Education examination, the teaching goal of junior middle school physical education mainly focuses on the examination results and neglects the quality education of students. In order to let the students get the ideal sports result, the school and the teacher under the pressure of the high school entrance examination, will improve the student's sports result as the sports teaching goal. The teacher turned the physical education class teaching into the high school entrance examination's training ground, lets the student train repeatedly in the classroom. Boring exercises will make students lose interest in sports, students with pressure to study and training, is not conducive to students' learning and exercise ability.

1.2 The content of the course is simple

Junior High School "Sports and health curriculum standards," the teaching content includes: Track and field, ball games, gymnastics, martial arts and a variety of new sports and Sports and health knowledge, but the content of the sports examination is more focused on quality practice, it's too one-dimensional. At present, the teaching content of physical education in schools is mainly about examination items, and there is little practice except the content of middle school physical education examination. Traditional Martial Arts and Sports and health knowledge are only introduced and never learned. In the design of the teaching content, the teacher makes the students train and test repeatedly with the examination items as the main part. The teaching content is single, and it is difficult to arouse and keep the students' enthusiasm and interest, which makes the teaching quality decline, can Not really realize the physical education teaching to the student's promotion function.

1.3 Tradition of teaching methods

With the continuous development of educational modernization and new curriculum reform, the teaching methods of various disciplines are constantly improved and innovated, but the reform of physical education teaching methods lags behind, usually using

traditional teaching methods. The traditional explanation method and demonstration method are the teaching methods commonly used by teachers. Students are prone to learning fatigue for this teaching method. Teachers tend to ignore students' dominant position in teaching, which makes students passively accept knowledge, resulting in low classroom effect. The teaching mode of "what to teach and what to practice" has led to the gradual "exam oriented education" of physical education, which deviates from the original intention of the middle school physical education examination system.

2. The strategy of optimizing physical education teaching

2.1 Clear teaching objectives

Clarifying the goal of physical education teaching can not only make teachers' teaching more purposeful, but also make students more clear their own direction in the learning process, effectively improve students' physical quality, promote the all-round development of students' physical and mental health, cultivate students' interest in sports, form physical exercise habits and establish the concept of lifelong physical education. We should combine the guiding factors of physical education high school entrance examination in the formulation of teaching objectives, but we can't ignore the all-round development of students and quality education.

2.2 Reasonable arrangement of teaching content

The teaching content is an indispensable part in the teaching process, and the setting of the teaching content is very important for a good physical education class. Teachers should not only pursue the rate of further studies, but also pay attention to the quality of classroom teaching and the all-round development of students. Teachers can design the teaching schedule reasonably according to the time of the middle school physical education examination, and combine the content of the Middle School Physical Education examination with the teaching content, and the reasonable division sports middle school entrance examination item in the physical education classroom teaching process proportion. The use of a variety of teaching models to attract students' interest in learning, so that they have interest in sports learning at the same time, improve sports performance.

2.3 Innovative teaching methods

The choice of teaching methods is very important, scientific and reasonable teaching methods can lead students to integrate into the classroom more quickly and improve the teaching effect. When designing teaching, teachers should innovate teaching methods constantly and guide students to learn sports knowledge with more reasonable and effective teaching methods. According to the study content and the student's concrete situation scientifically reasonable carries on the teaching design, the teacher must learn to optimize the classroom instruction, reduces the classroom instruction blindness and the randomness. There are great differences between students, physical education teaching should adhere to people-oriented, at the same time physical education teachers should be able to teach students in accordance with their aptitude.

2.4 Arouse students' interest in learning

In junior middle school physical education, interest is the driving force to guide students to study actively. Based on the background of the high school entrance examination of physical education, when organizing students to study physical education, physical education teachers can appropriately integrate the recreational games that students are interested in, create a lively physical education teaching atmosphere, make full use of students' psychology and curiosity of playing games, arrange sports game items targeted, and let students skillfully master the basic actions and skills of physical education teaching with the help of sports games. In classroom teaching, teachers should pay attention to the interaction between students, activate the classroom atmosphere and alleviate students' bad emotions. At the same time, they should play the sports teaching content, so that students can devote themselves to sports training, experience the fun of sports and complete teaching tasks efficiently.

3. Conclusion

The essence of high school physical education examination is that students can actively participate in physical exercise and form the awareness of lifelong sports. Therefore, schools should correctly understand the high school physical education examination. Teachers should also innovate teaching methods, improve students' interest and give full play to students' initiative, so as to make students realize the importance of physical exercise, promote students' physical and mental health development and improve students' comprehensive quality.

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