



Reflection on the development of online physical education during the epidemic

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Abstract: In the past few months, the sudden outbreak of new coronary pneumonia disrupted our normal study and life. However, in order not to affect the progress of students' learning, various schools have carried out online education and carried out non-stop teaching. Online teaching has become the norm in recent months. This teaching method has caught teachers, students, and parents a little bit off guard. However, as time goes by, everyone is becoming more and more familiar with this method. There are still some problems in teaching. This article analyzes the teaching characteristics of online physical education during the prevention and control of the new coronavirus epidemic, as well as the teaching principles of online physical education and the current status of online physical education. The online teaching strategy puts forward several aspects and directions for online physical education to be improved in the future.

Keywords: During the epidemic; online teaching; teaching strategies

With the sudden emergence of the new coronavirus, the situation is menacing. The school also had to suspend classes. However, as the epidemic continues to spread and expand, the start of school has been postponed, but students' studies cannot be postponed. Therefore, the Ministry of Education has issued a suspension of classes and non-stop classes during the prevention and control of the new coronavirus. The call of teaching, so online teaching has become the way of choice for each school, and actively enjoy the call of the Ministry of Education, and contribute to the fight against the epidemic. In the process of online teaching of various subjects, how to develop physical education subjects Online teaching has become a topic that many people pay attention to and research. The online teaching of physical education courses, whether time changes to changes in space, will affect the teaching results of physical education, has also become a problem that more and more educators pay attention to .

1. Characteristics of online physical education during the prevention and control of new coronary pneumonia

1.1 The particularity of online physical education.

With the onset of the new coronavirus and the impact of the epidemic, physical education classrooms have also been changed to online teaching in accordance with the major education policy. In the battle of the Central Committee of the Communist Party of China for precise epidemic prevention, various education departments have introduced online education policies. , Encourage teachers and students to isolate at home, but also encourage teachers and students to suspend classes without stopping school, encourage teachers to suspend classes without stopping teaching, so the physical education curriculum has also changed from offline to online from outdoor sports to home teaching. However, the teaching of online physical education has not weakened the important position of physical education subjects in school teaching. With the requirements of the new curriculum reform standards, the physical fitness of students has become a concern of more and more people. As an important educational task for people, physical education cannot be

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stopped. Therefore, every school has one or two online physical education courses every week.^[1]

1.2 The challenge of online physical education.

During the prevention and control of the new crown virus, people from all walks of life are encouraged to stay at home and be isolated at home. Therefore, students and teachers are also isolated at home. This is extremely challenging for online physical education courses. First of all, some physical education teachers are It is an outdoor teaching task, so it will not be equipped with computers and other equipment, and it is impossible to start with a completely unfamiliar education platform system. In addition, some physical education teachers have never been exposed to the situation of online education and do not understand how to teach online physical education. This is a severe challenge for physical education teachers, but everything for the students is from the perspective of the students, even if they encounter Teachers can't delay the progress of students' teaching for difficult problems. Therefore, all physical education teachers, during the epidemic prevention and control period, Tang Zhou has made great efforts to offer physical education lessons.

1.3 The exploratory nature of online physical education.

With the suspension of classes and non-stop classes, the Ministry of Education called on the school's physical education teachers and physical education instructors to take responsibility and innovate. Online physical education courses have proposed many new methods and new ideas. Many schools are equipped with computers for physical education teachers. In order to have a better network environment for teaching work, some teachers have replaced the Internet equipment at home in order to achieve real-time connection with students, relying on the network background to prepare lessons and collect online Better quality resource courses to help students better perform physical exercise and home physical education.

1.4 The autonomy of online physical education.

During the epidemic prevention and control period, online physical education courses are a response to the call for non-stop education and non-stop classes. Therefore, online physical education is mainly broadcast live, but it still relies on students' independent learning attitude and Independent learning spirit. In the middle school education stage, students' independence is relatively strong, but because some students are facing severe high school entrance or college entrance examinations, they pay less attention to physical education courses than students in lower grades, so online The teaching of physical education requires students to have a certain desire for exercise and the consciousness of comprehensive development of moral, intellectual, physical, and artistic.^[2]

2. The status quo of online physical education courses

2.1 The teaching status of online sports content teaching.

During the current epidemic, many online physical education classes rely on online teaching, but many courses are based on MOOC or flipped classrooms to complete the teaching. Therefore, most of the teaching of physical education knowledge is the instillation of theoretical knowledge. The main teaching content is to convert the theoretical knowledge of sports into the form of video through the MOOC. This method of teaching is conducive to the students' independent arrangement of study time, independent video viewing and content learning, and helps students to exercise The ability to plan time and plan self-learning by oneself, watch videos online, and discuss with teachers and classmates in QQ groups or WeChat groups after offline. Using such theoretical teaching methods can optimize students' teaching results. It also helps students to make progress in sports knowledge, but theoretical learning is not all of the physical education courses. The teaching of online sports courses is still very important.

2.2 The teaching status of online physical education courses.

During the epidemic prevention and control period, online physical education courses are divided into two parts. The first is that the teacher leads everyone through the video method to learn the courses, such as aerobics and other sports. In this part of the content, the teacher will explain to the students the essentials and characteristics of the sport through videos to help students understand and simulate the teacher's behavior to achieve better exercise effects. Secondly, the teacher will supervise through online videos. Students conduct physical exercises and physical education to urge them

to improve the physical education curriculum and complete the learning tasks of the physical education curriculum. However, there are still some problems in the teaching of online physical education courses. For example, the clarity of the Internet, can online teaching be equivalent to face-to-face teaching, and how does online teaching allocate teaching content and teaching resources? How to arrange teaching activities and teaching methods for online teaching are issues that still need to be resolved and discussed in the future of online physical education.

3. Reflections on the teaching strategies of physical education first during the epidemic prevention and control period

3.1 Teaching principles

During the period of epidemic prevention and control, online sports classroom teaching needs to follow the following principles. The first is the principle of harmony in the neighborhood and safety. In the process of physical education, there are bound to make some noises, and some actions affect the neighbors. As the saying goes, distant relatives are not as good as neighbors and neighbors. Upstairs and downstairs, maintaining good relations, is one of the ways to maintain a stable harmonious society. Therefore, when we are together, when preparing lessons for online physical education courses, we should consider teaching methods based on not disturbing other people's work, rest and life. At the same time, we should also consider the particularity and safety of students at home. Students are required to do a good job of protection and choose sports activities suitable for exercise at home to help students achieve good sports habits. Secondly, we should also understand students' learning conditions, accurately plan students' online learning, take into account the students' home situation and learning environment when preparing lessons, organize activities with appropriate difficulty and less demand for heartwood machinery, and these Activities should also highlight individual differences among students and teach students in accordance with their aptitude. Finally, we must reasonably stimulate students' interest in learning during the teaching process. The design of teaching content must be interesting. For example, everyone is isolated at home during the epidemic. Students will gain weight. We can add some courses to help students lose weight and achieve the purpose of exercise in a timely manner, help students grasp the amount of exercise and exercise intensity, so that students can promote physical fitness during physical exercise.

3.2 Teaching preparation

Before taking physical education courses online, we should make careful classroom preparations. First, before teaching activities, we should consider the teaching platform. Nowadays, schools usually use MOOCs or webcast courses for physical education online. Therefore, we You can give students certain video uploads or audio guidance files before class to help students deepen the content of this course, and organize QQ groups or WeChat groups to help students upload handouts and teaching videos to follow up the learning process of students . In addition, in the course design process, we should reclassify and recombine knowledge, choose a presentation method suitable for live courses, and separate theoretical knowledge from actual practice. However, in theoretical courses, there are some basic knowledge concepts and Students are required to remember the action essentials. At the same time, in the process of online learning, because students cannot fully and intuitively see 360 degrees, um, for some sports action essentials and action skills, teachers can use three-dimensional culture or live video. Help students to demonstrate to achieve good teaching results.

3.3 Teaching strategy

3.3.1 Online physical education is combined with small games to achieve the teaching effect of entertaining and entertaining.

In the online physical education curriculum, we can arrange some small games to cooperate with the teaching work, because students studying and living at home often have some empty or boring emotions, and the students are in a lively and active age, but due to the epidemic Can't go out, so in the teaching process, we might as well design some small games to help achieve the effect of physical education teaching with fun, and attract students' attention, enhance students' interest in learning, entertain and play, and activate the atmosphere of physical education. Improve students' enthusiasm for participating in sports learning. For example, before the class, we can upload a simple dance

or finger dance or a few movements to classmates. Before class, we can use a few minutes to complete this finger dance with classmates. Mistake this finger dance as one. Daily mini games, in addition, we can also play some interesting music during the break time, use some short video websites, such as Douyin, etc., to let students perform actions, help students, increase their enthusiasm for learning, and mobilize students to learn In addition, we can integrate aerobics teaching as the leading in the teaching process, because aerobics is a sports project that combines sports dance music. It is a physical exercise method with the establishment of beauty as the core, and the teaching of aerobics It has nothing to do with indoors and outdoors, and it can help students achieve the purpose of exercising indoors. In addition, it is less difficult for teachers and classmates to teach aerobics before the video, and parents can also be encouraged to participate Come in, do physical exercises together, and help students and parents to interact, strengthen the relationship between parents and children, and create an opportunity for family gatherings for families fighting the epidemic at home.^[3]

3.3.2 Help students understand and master sports theory by organizing sports knowledge contests.

As for the professional knowledge and theoretical system of some sports, due to its strong professionalism, if we use the old teaching methods and instill in duck-like explanations, children will often have a boring psychology and be tired of learning, and hypocritical in the classroom Therefore, we can mobilize students' interest in sports theory knowledge by organizing some sports knowledge contests, and we can also set up some rewards. If students get the knowledge correctly, they can get corresponding rewards. In addition, we are doing this. In the process of this kind of knowledge competition, we can also use network multimedia technology to perform some animation or special effects to make the answering process more interesting, so that students can acquire knowledge in the fierce competition and pleasant game environment. , Hold knowledge more firmly.

To sum up, to carry out online teaching during the epidemic, we need to strengthen the content of online teaching based on the actual situation of students, use novel teaching methods and teaching strategies, and continuously improve the teaching quality of online sports teaching.

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