Research on the influence of sports option teaching on senior high school students’ sports skill mastery and life-long physical exercise behavior-taking Chun'an High School in Zhejiang Province as an example

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1Physical Education Option Class Teaching, 2High School Students, 3Motor Skills Mastery, 4Lifelong Physical Exercise Behavior

ABSTRACT:

Education is the cornerstone of national revitalization and national development, and physical education, as a basic education, plays a vital role in promoting the physical and mental health of students and cultivating high-quality talents in the new era. In recent years, a number of national policy documents have reflected the importance of the physical and mental health development of high school students, calling for strengthening the mastery of high school students' sports skills, alleviating learning pressure and improving physical and mental health through physical exercise. The traditional school physical education teaching model can no longer meet the needs of cultivating students' 1 to 2 sports skills, and the physical education option class teaching mode is well catered to the needs of the reform of the physical education curriculum in the new era and the overall development of students, not only focusing on the cultivation of students' sports interests and hobbies and special skills, but also enabling students to develop the behavioral habits of lifelong physical exercise, which can be described as killing two birds with one stone. Chun'an High School, as one of the earliest high schools in Zhejiang province to carry out physical education option class teaching, has a history of 20 years since the physical education option class teaching mode was carried out in 2003, and has formed a relatively mature physical education option class teaching mode. By studying the impact of the teaching of physical education option classes in Chun'an High School on students' mastery of motor skills and lifelong physical exercise behavior, the results of the teaching mode of physical education options courses can be effectively tested.

This study used the literature method, questionnaire survey method, interview method, field investigation method, mathematical statistics method, case analysis method and other research methods to investigate and study the Chun'an High School in Zhejiang Province. This study first introduces the development of physical education option classes in Chun'an High School over the years, and then studies the influence of the teaching of sports option classes in Chun'an High School on the mastery of sports skills and lifelong physical exercise behavior of Kaifeng high school graduates, the influence of physical education option class teaching on the mastery of sports skills of Chun'an high school graduates, and the impact of physical education option class teaching on the lifelong physical exercise behavior of Chun'an high school graduates, etc., to explore the impact of the teaching of physical options classes in Chun'an High School on the mastery of sports skills and lifelong physical exercise behavior of Chun'an high school graduates. It provides a reference for the reform and development and promotion of the teaching mode of physical education option courses in high schools across the country. The following conclusions were drawn from the study:

(1) The teaching of physical education option classes has a greater impact on the mastery of sports skills and lifelong physical exercise behavior of high school students, and the teaching of physical education options classes in high school is not only a great improvement in the level of students' sports skills, but also cultivates the lifelong sports awareness of most students in Chun'an High School, so that students develop the behavioral habit of lifelong physical exercise.
(2) Chun'an High School's physical education option class teaching mode has achieved remarkable teaching results, most of the graduates who have received physical education option class teaching are satisfied with the school's physical education option class teaching results, the graduates' sports skill level has been greatly improved, Chun'an High School's sports option class teaching mode has affected generations of students, which is inseparable from the many characteristic models and advanced teaching modes in Chun'an High School physical education option class.

(3) The influence of physical education option course teaching in Chun'an High School on the mastery of sports skills and lifelong physical exercise behavior of male graduates is greater than that of female graduates, and there are large differences in the mastery of sports skills and physical exercise between boys and girls. However, from the overall analysis results, the mastery of motor skills and lifelong physical exercise behavior between boys and girls are better.

(4) The teaching of sports options classes in high schools will have a greater impact on the learning of sports options classes in universities, and the sports options classes of universities are to a certain extent an extension of high school sports options classes, and the sports options classes of high schools are the basis of university sports option courses, and the sports option classes of universities provide a new sports platform for students who have received sports option classes in high schools.

(5) In the past 20 years, the overall teaching force of Chun'an High School is relatively sufficient, and more sports projects have been opened, but with the change of teachers, the teachers of some sports projects have not been supplemented in time, resulting in the phenomenon of suspension and intermittent opening of the sports projects, which is due to the lack of timely introduction of corresponding teachers.

(6) The overall sports facilities of Chun'an High School are in good condition, but there is a waste of some resources and facilities. Some venues have not been properly developed, and the supporting sports infrastructure has not been updated in time.

Based on the results of the paper survey, interview results and conclusions, we came up with the following recommendations:

(1) In the physical education option class, attention should be paid to the cultivation of students' mastery of sports skills, enhance students' sports confidence, and lay the foundation for students' lifelong physical exercise.

(2) Learn the characteristic models in the teaching of physical education options in Chun'an High School, such as the male and female placement mode, the project classification mode, etc.

(3) Strengthen the encouragement and guidance of female students, increase the sports that female students like, and stimulate female students' interest in sports learning.

(4) The teaching mode of physical education options should be vigorously promoted nationwide, so that students can master one or several sports skills, and promote students to develop good behavior habits of physical exercise.

(5) Further improve the strength of teachers, solve the problem of unbalanced distribution of teachers, and try to meet the needs of students for course selection.

(6) Further improve the equipment and facilities of sports venues and improve the utilization rate of sports venues.

KEY WORDS Physical Education Option Class Teaching; High School Students; Motor Skills Mastery; Lifelong Physical Exercise Behavior

Reference: