

Reasonable use the game teaching, improve the effectiveness of the physical education teaching

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Abstract

In the classroom teaching scientifically arrange games and sports games, can fully mobilize students' learning enthusiasm, exert the principal role of students, so as to promote students' physical and mental health, development of student's physical quality, enhance organization and discipline of students. Conducive to the smooth completion of the teaching task. Under the circumstances of new curriculum reform, the school sports should establish the guiding ideology of health first, strengthen conscientiously the work of physical education and make the students master basic sports skills, develop the habit of taking physical exercise lasting, establish the guiding thought of lifelong physical exercise teaching system. To implement these goals, it requires teachers must first change the traditional teaching concept, teachers must respect each student's interest, hobbies, personality and character, with a kind of equality, fraternity, tolerant, friendly attitude to treat students, truly the students as the subjects of study, take the student as the starting point and the ultimate aim of the education, try method to cultivate students' learning desire never extinguished, care students fleeting spark of innovation and inspiration.

Keywords

The game teaching; physical education.

1. Introduction

In physical education, we should not only make students learn good knowledge, skills, their development. Also influence the future development of sports skills, and values. And the application of sports games in the sports classroom, can have the effect of get twice the result with half the effort.

For a long time, the games as a means of sports activities, has become a common primary and middle school sports teaching way, to the comprehensive development of students' physical quality, knowledge skills and improve the ability of basic activity has a positive effect. Through the sports games can cultivate students discipline, solidarity spirit of collectivism, trains the student to brave brave, witty decisive and other fine quality and style, so sports games is very popular with students. Sports games of the selected content is to let students practice in play, play in the practice, cultivate the students' interest in learning, let the students find fun out of interest, found in the fun of learning tips, which like to participate in various sports activities, to experience joy. So as to gradually cultivate students awareness of lifelong physical exercise.

2. Methodology

Sports games and cultivating students' healthy mentality, improve the psychological quality as we all know, games make up a significant portion of the physical education teaching material in elementary

school, but in the middle school classroom is to use less and less. In fact through the game teaching can cultivate students' innovative spirit, competitive consciousness, team cooperation consciousness, love the collective, and law-abiding good quality. For example, we in the new stage of import, the application of simple games, which make students understand the importance of classroom discipline, and for the smooth of the whole lesson. To stimulate interest in phase, use a variety of games associated with this class content, guide students to practice, not only stimulated the students' interest in learning, and is ready to warm up the activity at the same time.

learning phase, through the sports games teaching, both played a student's independent creativity and imagination, and to enhance the students' social adaptability through the game, to enhance the spirit of solidarity and collaboration between students. According to the psychological characteristics of junior high school students, competitive, and junior high school student's own movement. On the design of the game should fully consider the factor of students solidarity and collaboration, require students to mutual coordination in the games, to cultivate the students' team spirit. The quality is the concentrated reflection of a healthy mentality. Sports games is popular with students, but also provides opportunities for teachers to carry out mental health education. In sports games, for example, some students personality strong due to not agree with each other, and even violence; Group also has defeat against each other, leading to the accused students have stage fright psychology and withdrawal from the competition. As a result, not only affect the teaching work, but also hurt the harmony between the classmate.

at this time, teachers should seize this opportunity, patiently guiding students especially in the game has a tendency to bias the students to understand the importance of sports games, look at the success or failure of the game, right criticism prevent undesirable tendency of unity. And to analyze the causes of failure together with students, find out the favorable factors, winning final depressed students turn to encouraging, with a positive attitude to meet new challenges.

Sports games team activities, promote the students' cooperation, we cultivate good character through sports game teaching can cultivate students good character, make them happy, the interest is extensive, in harmony with people and aggressive. As in sports group games, often find individual students do not wish to participate in activities, just sit there watching or walk around. Ask the reason, mostly emphasize objective cause. After further investigation learned is caused by eccentric loner. Aimed at this situation, the teacher can personally, lead does not fit in with the students together to participate in group activities, the steering group activity method, and from time to time to ask in the tour of each member of the team activities, praised the achievements of the team members in time, make the misfit add confidence, be in a group of students.

The development of sports game thinking ability, improve students' ideological and moral level in sports games teaching, especially some with episodic games, through the interpretation of teacher vivid, inspire the students' imagination, enrich and enrich the students' thinking and imagination, enrich students' knowledge, inspire their creative to complete various exercises. Besides sports games are mostly collective activities, and has certain competitive relationship between each other, so they are most easily in the activities of the full performance. Such as students attitude to follow the rules in the game is fair and honest, or opportunistic; Treat companion is unity friendliness or Roman self-interest; Treat difficult is perseverance, courage, or timid; Treat competition is a positive interaction or negative lazy, etc. So through the sports games, undertake to the student thought personal character education is the most favorable time. Treat the performance of the students in class, teachers should actively induction, adhere to educate, Daniel education method, so that you can more effectively foster students' good ideological and moral level.

Sports games to cultivate the students' innovation spirit and practice ability innovation spirit and practice ability is an important measure of students' mental health level. As an innovative activity, must have the abundant physical strength and full of spirit and optimism. Therefore, physical education teachers in teaching should be through a variety of game means to cultivate students' active thinking, rich imagination and practical ability of using knowledge. Such as the arrangement of the sports games should reflect keeping fit, fun and practical, in order to promote students' physical, psychological and

spiritual aspects of ascension, successful and enjoyable experience. So that they can love sports activities to improve self-esteem and self-confidence. In addition, but also by sports games teaching method innovation, to develop students' potential and improve the students' personality and to cultivate students' ability of self-study, since the practice, and create cooperative learning atmosphere to the student, at the same time provide opportunities for students, cultivate their creativity and competitiveness.

3. Conclusion

In the classroom teaching scientifically arrange games and sports games, can fully mobilize students' learning enthusiasm, exert the principal role of students, so as to promote students' physical and mental health, development of student's physical quality, enhance organization and discipline of students. Conducive to the smooth completion of the teaching task.

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