The Selection Strategy of Physical Education Teaching Mode in the Information Age

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Abstract: Information technology has penetrated into various fields in sports. As school sports, the rapid development of modern information technology has not only provided technical assistance and support for the development of school sports in various fields, but also provided a network for school sports. Informatization, and digitization have brought professional challenges. Based on this, this article starts the research on the selection strategy of physical education teaching model based on the information age; this article uses education statistics method and questionnaire survey method to conduct research. Through the data collected by education statistics method, we can understand all aspects of the application of information technology in sports industry. Leisure accounts for about 20%, the sports industry accounts for about 15%, and mass sports accounts for about 8%, and the specific scope of the application of information technology in various industries. Through a questionnaire survey, I learned how the school teachers and students hope to better use information technology in physical education, and finally summarized the application strategy of physical education informatization.

1. Introduction

Nowadays, physical education teaching will no longer follow the traditional development scale. Instead, it should conform to the development of modern society and form a modern physical education technology. Only by making its school physical education go to the road of informatization can it promote the modernization of school physical education.

This article bases on the existing sports information technology achievements by studying the strategy of sports teaching model selection in the information age, with the goal of realizing the informatization, automation and interactive features of the sports field, and taking the existing information technology achievements in school sports as support To meet the needs of diverse school sports services.

This article first introduces and analyzes the shortcomings of the traditional teaching model, uses information technology to make up for the shortcomings of traditional teaching, and then analyzes the ways in which information technology is used in physical education, and through questionnaires to understand how the school teachers and students want Better use of information technology in physical education, to sum up the specific strategies of physical education teaching model in the information age, and finally through the method of education statistics to understand that information technology is changing the various sports-related industries.

2. Proposed Method

2.1 The Deficiency of Traditional Physical Education

(1) The concept of physical education is backward

In traditional physical education, teachers follow the guiding ideology of "health first" and

follow the instructional plan in the classroom to carry out step-by-step teaching without taking into account the individual differences of the students and teaching according to their aptitudes. Copying teaching is not applied to the current Internet education concept with the development of the times [1].

(2) Obsolete physical education content

Traditional sports teaching still uses the old sports textbook version, the teaching content is outdated, and the teaching concept also stays in the traditional sports teaching mode. In addition, sports teaching methods are backward, sports science and technology are rarely used, teaching methods are single, so that the teaching focus is not prominent, and the teaching content is relatively traditional, lacking innovative and novel content. Traditional physical education classes are also not paid much attention, and there are fewer opportunities for physical education teachers to go out for training and learning. They also have less contact with some modern new sports theoretical concepts and foreword academic research, resulting in the inability to update and update the teaching content extend.

(3) Monotonous physical education methods

The teaching methods generally used in physical education are for teachers to explain demonstrations and students' imitation learning. Because students have the characteristics of poor self-control ability and lack of independent learning ability, traditional physical education teaching methods cannot make students better master their sports skills .

(4) Physical education evaluation is backward

Teaching evaluation is a test of student learning achievements under the overall physical education model. The traditional physical education evaluation is only for the overall evaluation of student attendance and final assessment, so the more traditional physical evaluation method is the teaching evaluation method that students have been using since childhood, students have no enthusiasm and motivation for learning, and lack of freshness [2].

(5) Weak teachers

Teaching is composed of teachers and students, and the professional level of teachers directly affects students' learning. Compared with ordinary disciplines, the strength of physical education teachers is relatively weak, and some schools even have multiple teachers.This is because some schools pay insufficient attention to physical education, and part of the reason is that it is still difficult to recruit high-quality professional teachers. Problems, the school 's teaching staff is relatively weak, and it is difficult to meet the actual needs of current students.

2.2 The Application of Information Technology in Physical Education Curriculum

(1) Keep up with the times and update the teaching concept

With the development of the information age, information technology has gradually become an important auxiliary force in teaching. It can play an important role in the improvement of physical education and provide new directions and ideas for reform. Therefore, in teaching, teachers should take the initiative to update the teaching concept and apply information technology to all aspects of teaching to promote the improvement of teaching quality [3].

(2) Establishment of information education platform

In order for information technology to play a greater role in helping physical education, it is necessary to establish an information education platform to help achieve this goal. Therefore, the establishment of informatization education platform can deepen the link between informatization technology and physical education, and achieve the establishment of sports informatization teaching mode.

(3) The collision of new and old teaching methods and the fusion application of information technology

Under the background of information technology, teachers' teaching methods and ideas have undergone fundamental changes, and the physical education curriculum system has also been further developed and improved. For the traditional education model, it is necessary to take its essence and remove its dross, and it cannot be totally denied. The teaching concepts still applicable

in the traditional education model should continue to be used, and on this basis, the information technology should be integrated into it and rationally applied It is not suitable for modern teaching methods to be eliminated. This can achieve the effectiveness of physical education, and further demonstrate the importance of information technology for its reform.

(4) Combination of "Internet" teaching model and traditional physical education teaching model

Due to the peculiarity of the physical education teaching model, teachers need to upload pre-class teaching resources through the Internet platform before class, and students conduct pre-learning in advance. To practice this exercise skill, Internet technology can also be used to monitor the exercise in real time, select the appropriate exercise intensity and compliance, so as to achieve the effect of exercise and the ability to master skills. Teachers can learn about the completion of students' role through the Internet platform or social platform after class, and make corrections and evaluations in time [4].

2.3 The Significance of the Application of Information Technology in Physical Education

(1) Help teaching and improve the quality of physical education

The organic combination and reasonable application of information technology and physical education can not only provide teachers with a variety of teaching methods, transform traditional teaching methods, enrich teaching resources, but also broaden students 'thinking and liberate students' thinking from books Come out, make teachers change their thinking, take the initiative to students, take students as the main body, according to students 'actual needs and development directions, closely follow the teaching requirements, carry out more targeted physical education activities, strengthen students' understanding of knowledge, and improve practice Level to realize the significance of the effectiveness of physical education classroom teaching

(2) Facilitate the fairness of physical education

In traditional sports teaching, teachers usually explain and demonstrate, and students mainly practice on their own. However, due to the large number of students in the class, the classroom practice time is small. In addition, in physical education, students are mostly passively accepted, and the motivation to learn is not high In addition, because of the large number of lecturers, it is difficult for teachers to take care of every student and make it difficult for every student to understand the society. Teachers can use the Internet to make and upload teaching resources such as courseware, teaching videos and micro-classes. So that every student can learn according to their own needs. It also provides a review reference for some students with poor learning foundation. In this way, each student's learning ability in all aspects can be improved, and the fairness of teaching and education can also be realized and reflected, and teaching according to aptitude can be better achieved [5].

(3) Help to improve students' personal abilities

Teaching under the "Internet" background can make full use of various network resources and effectively integrate all platforms conducive to teachers' teaching and learning for teaching. Using this teaching mode, the traditional offline teaching mode is changed, and the online teaching mode is used to effectively combine online and offline teaching, which will further improve the teaching effect and thus improve the students' personal abilities. Online teaching, students are more flexible and free in their study time. They can choose to study in different time periods or at any time in different places. The flexibility is strong, which truly achieves the leading role of students and is more conducive to students' personal abilities Improvement.

(4) Help to improve physical education teaching achievements

Adopting the Internet teaching mode can effectively improve the enthusiasm of students in learning, and change the traditional teaching mode of teachers, so that the student network platform can learn in a novel teaching form, which can drive the atmosphere and environment of student learning. In addition, with the development of the Internet, it can be integrated into teaching, which can enrich students' knowledge, so that students not only learn unilateral physical education knowledge, but also gain some physical education knowledge that cannot be taught in traditional physical education. And through video teaching can be repeated learning, improve the effect of

physical education [6].

3. Experiments

(1) Education Statistics Law

Educational statistics method is a method that applies the principles and methods of statistical method to educational scientific research. Education system

Statistical analysis methods provide important tools for quantitative analysis of educational research. This article uses this method of statistical analysis

Learned that information technology is used in all aspects of the sports industry.

(2) Questionnaire survey method

This article conducted a questionnaire survey on 2000 elementary, junior high school, and high school students and teachers in a certain area. 2000 questionnaires were distributed and 1857 questionnaires were recovered with an efficiency of 92.8%. Apply information technology to physical education.

4. Discussion

4.1 The Scope of Application of Information Technology to the Sports Industry

This article understands that information technology is changing various aspects of the sports industry through the education statistics method. The specific statistics are shown in Table 1.

Table 1. Application Scope of Information Technology in Sports Industry

Design field	Proportion	Application scope
School physical education	30%	Sports management system
		Distance physical education
Competitive sports	27%	Training method
		Technology for war
		Sports information technology
Sports and leisure	20%	Information virtual technology
		National physical fitness monitoring
		Physical health management
Sport industry	15%	Equipment
		Administration
		Business affairs
Mass sports	8%	Media dissemination
		Sports Lottery
		Club

As can be seen from Table 1, the main scope of information technology used in the sports industry includes:

(1) School sports account for about 30%, of which the main applications of school sports are sports management system and distance physical education.

(2) Competitive sports account for about 27%, and the scope of application of competitive sports includes training methods, technology preparations and games information technology.

(3) Sports and leisure accounts for about 20%. The sports and leisure industry is mainly about information virtual technology, national physical fitness monitoring and physical health management.

(4) The sports industry accounts for about 15%. The sports industry includes equipment, management and commerce.

(5) Mass sports account for about 8%. Mass sports include media communication, sports lottery and clubs.

4.2 Application Strategies of Sports Informatization Teaching

This article conducted a questionnaire survey on 2000 elementary, junior high school, and high school students and teachers in a certain area. 2000 questionnaires were distributed and 1857 questionnaires were recovered. The questionnaires mainly include how teachers and students in schools hope to use information technology better. In physical education, the results of the questionnaire survey are shown in Figure 1.
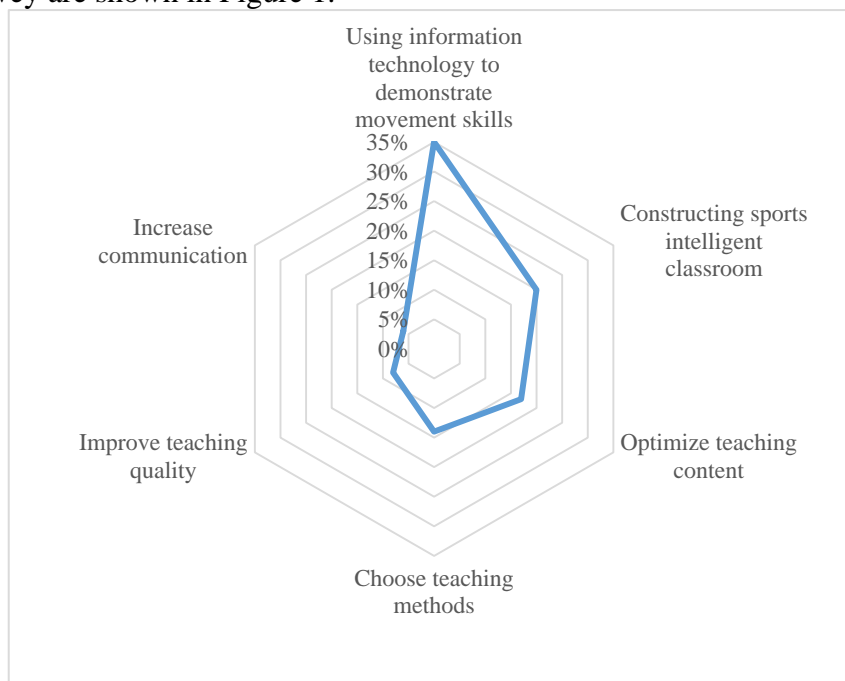

Figure 1. The Application Strategy of Sports Information Teaching

As can be seen from Figure 1, the application of sports informatization teaching mainly has the following strategies:

(1) Demonstrate movement skills using information technology

In the context of the Internet, when physical education courses carry out information-based teaching, physical education teachers can give full play to the advantages of information technology [7-8]. For demonstration of some motor skills, information technology can be used to demonstrate. In the past, teachers showed skill movements and details by repeating the demonstrations personally and tirelessly. Demonstration movements are an important part of physical education. Teachers need to demonstrate many times to ensure that class students can master the movement skills. Physical education teachers use information-based teaching in the classroom, they can use information technology to demonstrate motor skills, and use information technology as a teaching tool to help students master motor skills more quickly.

(2) Construct sports wisdom classroom

Physical education teachers can also use information technology equipment to construct sports smart classrooms in classrooms, especially outdoor classrooms, and make full use of information technology in classroom teaching to stimulate students' interest in learning, while also reducing the difficulty of sports knowledge and skills [9-10]. Physical education teachers can organize students to wear sports bracelets in class, and teachers can monitor students 'movements in real time through the computer to observe the students' exercise intensity and density. If abnormalities are found, intervention and adjustment should be carried out in time.

(3) Optimize teaching content

As we all know, in the past, schools used physical education in playgrounds or gymnasiums, and venues and equipment were limited. Students also needed to learn physical education outside of class. Only classroom learning could not meet the requirements of quality education. Physical education teachers can combine course content with information technology to optimize and extend the content of physical education through online and offline, in-class and extra-curricular, etc., so

that students can conduct physical education regardless of time and space to meet different foundations and different majors. The actual learning needs of students of learning level.

(4) Choose teaching methods

For physical education, in the selection of teaching methods, we can focus on the selection of practical and interesting teaching methods. Practical teaching methods can enable students to achieve physical fitness and improve physical fitness. Interesting teaching methods can cultivate students 'interest in sports and effectively increase students' enthusiasm for participating in classroom teaching, so that students Middle school.

(5) Improve teaching quality

With the progress of the teaching mode under the Internet background, the quality of physical education has been improved. Using the Internet platform, students actively participate in classroom teaching. In addition, students use a variety of Internet platforms for sports. Through sports teaching under the Internet background, some students with relatively poor systems can use the learning resources such as watching videos and courseware to obtain further learning and consolidation, and also greatly improve the teaching effect, so that the quality of the entire teaching improved.

(6) Increase communication methods

Now it has entered the stage of rapid development of high technology. Students are basically dominated by post-00 and post-10. The use of social platforms by students is also very high. It has been fully integrated into the lives of contemporary students. Social platforms such as QQ and WeChat are already indispensable. Of. Teachers should make full use of these social platforms as hubs of interaction with students after class, which can help students learn to develop good exercise habits under the company's companionship and mutual supervision.

Conclusions

In the development of the new era, informatization technology has made remarkable achievements in many aspects. The educational method in the context of informationization also conforms to the needs of the development of the times. Physical education should also keep pace with the development of the times and actively change the traditional physical education teaching model. This article starts to study the selection strategy of physical education teaching mode in the information age, and makes overall planning to make the school physical education in our country take information technology as the core goal, realize the high integration of "scientific" and "information" of school physical education, and realize the informatization of physical education The coordinated development of the links enables students to develop good exercise habits, comprehensively exercise the physical qualities of vocational students, and promote lifelong physical education, so as to achieve physical qualities that meet the requirements of the country 's future successors.

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