Discussion on the Network Teaching Mode of Sports Action Skills Learning

Fu Dong

Department of Physical Education, Shangluo College, Shangluo, Shaanxi 726000, China

Abstract: Nowadays, the network teaching method of sports action skill learning is still not perfect. This paper analyzes the development demand and present situation of distance education of sports action skill in our country. This paper puts forward a discussion on the network teaching mode of sports action skill learning, which provides a sound and feasible teaching mode for reference.

Keywords: sports action skill learning; network; teaching mode

With the continuous improvement of network technology and the continuous development of network teaching mode, offline teaching is no longer the only teaching choice, but because the learning of sports action skills is different from other subjects, it pays more attention to the study of theoretical knowledge. Pay more attention to practical training. Through the organic integration of network teaching and offline teaching, the efficiency and quality level of sports action skill teaching can be effectively improved.

I. Current Situation and Demand of Network Teaching Mode of Physical Education in China

The continuous development of Internet technology provides technical support for the teaching

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mode of network teaching. Many colleges and universities are fully aware of the need to use network resources to reform the teaching model, which is the inevitable development trend of the future education direction. Affected by the epidemic situation in the previous period, all colleges and universities adopt online teaching methods, which greatly promotes the rapid development of network teaching mode. However, in addition to the major sports colleges and universities that often use the network teaching mode, most schools have not yet established a perfect teaching system for the network teaching mode of sports action skills learning. Lack of sports network multimedia courseware making and the application of teaching resources database experience. Although there are many courseware on the Internet about the study of sports action skills, most of them are reproduced according to the teaching textbooks. It is undeniable that at this stage, colleges and universities have some experience in network teaching and construction. Some online curriculum forms have been developed, but still can not meet the actual needs in quantity and quality, restricting the development of teaching in the network environment.

In order to make full use of the Internet to carry out online teaching, the key is to give full play to the advantages of the network at this stage and make it realize the functions that other media can not realize. Compared with book education, the advantage of network teaching mode is that it can provide more abundant teaching resources to students, and make both teachers and recipients enjoy the convenient ^[1] of network.

II. A Brief Introduction to the Construction of the Network Teaching Model for the Learning of Physical Action Skills

The learning of sports action skills and the practice of experimental teaching are stronger, different from the study of other subjects, they can not achieve the expected learning effect through the study of theoretical knowledge, but need more practical practice. In the teacher's continuous error correction and students' continuous error correction, to achieve learning results. At present, the resources of experimental network teaching are mainly distributed in the fields of mathematics, physics, chemistry and computer, and the teaching resources for the study of sports action skills are relatively scarce. With the rapid development of network teaching mode, China has not yet established a perfect network teaching system for learning sports action skills. As one of the important links in the process of teaching and education, experimental teaching should be closely related to and distinguish from theoretical teaching. There is no shortage of either side of the two in teaching education. This puts forward new problems for the network teaching mode of physical education.

(1) The present situation of the construction of the network teaching mode of sports action skill learning

At present, the learning of sports action skills is mainly the teaching activity of using teaching props to guide motor skills in class. In the limited teaching time, the teacher should combine the theoretical knowledge in the classroom with the movement skill training, improve the students' movement skill level, organize the students' activities, and ensure the safety of the students in the activities. With the expansion of colleges and universities and the increase of the number of college students' curriculum arrangement, the class hours of the courses will be compressed, which makes it difficult to complete the scheduled teaching tasks in the limited class hours. Teachers are often required to demonstrate the teaching of P. E. motor skills. Teaching links like this can be put into the online teaching model and students can learn by themselves before class. As an important means to conform to the trend of the times and assist the routine teaching, the network teaching mode of sports action skill teaching can provide students with the space ^[2] of autonomous learning and autonomous practice.

(2) The overall goal of network teaching for learning sports action skills.

The construction of network teaching mode of sports action skill learning is arranged according to the existing actual needs of colleges and universities and the development of network teaching. As one of the main courses of physical education in colleges and universities, the teaching of sports action skills involves sports anthropology, sports psychology and sports journalism. The learning of sports action skills is a highly practical activity of two-way interaction between teaching and learning. In the traditional teaching mode, it is difficult to complete the expected teaching objectives and teaching tasks. The network teaching mode of physical education has changed the traditional teaching methods, means and forms, and expanded the teaching scale. It provides a solid theoretical and technical basis for the construction of bilateral teaching activities for teachers and students.

(3) The principles to be followed in the network teaching of learning sports action skills

All colleges and universities can learn from each other in the network teaching resources, which requires that the file format and related classification of the network teaching resources should meet the requirements of the national information resources technical specifications in order to maximize the sharing of teaching resources. In order to combine teaching knowledge with teaching resources closely, it is easy to find the resources needed for teaching and learning through network channels, and to increase the work efficiency of teachers and students. It is necessary to construct the network teaching of sports action skill learning, which should be forward-looking and meet the requirements

of various teaching modes. For the network teaching mode, it is necessary to cultivate students' ability to learn independently, and choose their own learning content according to their own needs through a convenient network platform. Therefore, in the construction of network teaching resources, Students' subjectivity should be highlighted. For the teaching resources of sports action skills, college teachers should constantly update the network teaching resources according to the standards and techniques of sports action skills, so as to ensure the timeliness and ^[3] of teaching resources.

III. Practical Construction of Network Teaching for Learning Physical Action Skills

(1) Collection of web-based teaching resources

According to the teaching of sports action skills, we need to collect a large number of teaching materials related to the subject and screen them, and select the high quality teaching resources that accord with the classroom content. For several kinds of teaching materials, further processing is needed.

1. For video teaching resources, the video can be compressed into rmvb format by video software for students to watch online. 2. Demonstration pictures or animations of sports action skills teaching can be made into gif、jpg format with relevant software for students to browse and learn.

(2) Construction of a network teaching platform

On the network, teachers provide students with the basis of teaching and answering questions, is to have a stable network teaching platform. With the support of the current technical level, the network teaching platform can be easily built to meet the needs of use, but the internal design needs to give full play to the initiative and convenience of students' autonomous learning, and optimize the online interaction between teachers and students. So that students can according to their daily learning progress, online in advance of sports action skills preview, after class can review the relevant knowledge points. Teachers need to be able to upload the latest teaching materials in time to interact with students in real time to provide all aspects of teaching support ^[4].

(3) Management Mode of Network Teaching

The teaching mode of network teaching has a huge teaching resource bank, which needs to consider the management of the resource bank and the convenience of extracting its resources. The network teaching resource bank needs to establish the corresponding perfect resource management mechanism, collocation application platform carries on the resource management, the user management and the authority management. The management of teaching resources uploaded by teachers includes the classification, storage, update, query and download of resources. For the user's permission level can

be divided into teachers, students, administrators, different permission levels for a reasonable allocation of permissions. In addition, the network teaching platform can also be popularized, including physical index detection, health care first aid and so on. Through the way of authority management, students can be separated from the public, and convenient services can be provided for the whole people. And then improve the social influence and popularity of the school.

Conclusions

The construction of network teaching platform for learning sports action skills can greatly promote the reform of basic education methods and make the educational means and models of physical education system in China have a new choice direction. It can speed up the complementary process of sports information construction and traditional education and give full play to the auxiliary role of school in education. By enriching the content of the network teaching resource bank, optimizing the network teaching platform and perfecting the management mode of the network teaching, the school can closely combine the teaching of sports action skills with the scientific research network, so as to realize the sharing of teaching information, and then improve the teaching quality of sports action skills learning.

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