

Research on the Effective Application of Micro Class in College Physical Education

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Abstract: "Ten year development plan of educational informatization (2010-2020)" emphasizes the need to further promote the integration of modern information technology and education and teaching, give full play to the auxiliary role of information technology, and guide students to carry out inquiry, autonomous and participatory learning. Compared with other disciplines, physical education, as a course based on practice and needs theoretical support, has a strong normative, complex and procedural nature. The deep integration of physical education and micro class can highlight the educational wisdom of physical education curriculum, enable students to establish the awareness of lifelong sports, and promote their all-round development of physical and mental health. This paper discusses the effective use of micro class in college physical education, analyzes the problems existing in College Physical Education at this stage, and puts forward reasonable solutions to provide valuable references for more educators.

Key words: Micro class; College physical education; Teaching measures

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1 Introduction

Sports can not only help students strengthen their physique, but also enhance their sense of competition and innovation ability to adapt to the development of the times. With the proposal of sports power strategy, China's sports industry has a more new and accurate goal. This requires teachers to take root in the

application of new teaching methods. It is found that the effect of applying micro class in college physical education teaching is remarkable, which can make students regain their passion for sports, make them exercise in the trend of interest, make lifelong sports consciousness into the brain, and then promote their all-round development of physical and mental health.

2 Analysis of the advantages of micro class in College Physical Education

Micro lesson video is targeted, and the time is relatively short, which is highly consistent with the physical and mental development characteristics of college students. Under the background of information technology, the mode of students receiving information has changed fundamentally, from the original written knowledge to video, audio and other channels, stimulating students from the visual and auditory dimensions, enhancing their interest in learning. There are many advantages in the application of micro class in college physical education. First, college students have plenty of spare time, and most of them are "network talents". Using micro class to introduce sports knowledge can shorten the distance between students and disciplines, and also make them understand more sports knowledge, carry out personalized learning in spare time, and promote their ability; Second, there are two extremes in college students' attitude towards sports. One is that they love physical exercise, but exercise in class is limited. Most of their exercise time is concentrated in spare time. Some of them think that there are few kinds of physical education courses in school, and they apply for various fitness classes. There is also a kind of students do not love sports, talk about

sports and turn pale, existing classroom activities cannot stimulate their enthusiasm. In this case, the introduction of micro class is particularly necessary. Students can choose the content they are interested in according to their actual needs. In this way, they can rekindle their passion for physical exercise. At the same time, it is also conducive to the cultivation of their awareness of lifelong physical exercise and plays a positive role in the construction of efficient physical education classroom^[1].

3 Application strategy of micro class in College Physical Education

3.1 Introducing "micro" games to shorten the time for students to integrate into the classroom

Sports games have high life, autonomy, interest and competitiveness. The introduction of sports games in physical education is highly consistent with the physical and mental development characteristics of college students, and can also improve their sports enthusiasm. In this regard, I introduced the "micro" game in the teaching process. First of all, I set up a variety of game columns, and put the game video into them. [Game 1] heart to heart, the whole class is divided into two groups, each game process from each group to draw two students, two students back-to-back Clip Ball, starting from the starting point, the fastest speed to the end, and the ball did not fall in the middle of the victory. In this way, the most tacit group will be selected to ignite students' passion for sports. [Game 2] interesting pass, the class is divided into two groups, the first student in each group holds the ball, passes the ball over the top of the head to the next student, and the student who receives the ball passes it from the crotch to the next student. In this way, the tacit understanding between students can be increased, and the cohesion of students can also be strengthened. [Game 3] in the frog catching game, the game organizer should set the starting point. Some students act as "snakes" and jump forward with one leg, mainly to exercise their balance ability. The other part acts as "frog", and "frog" moves forward by leaping frog, mainly exercising its hind limbs. Through this way of training, we can achieve the effect of fitness and highlight the educational function of sports. [Game 4] in card point game, the teacher selects specific music and arranges corresponding actions to stop at a certain point. If the students make

mistakes, they will perform a program Through the setting of multiple game modules, the classroom atmosphere can be activated, and the enthusiasm of students' participation can be mobilized, so that they can see sports from a new perspective and shorten the time of their integration into the sports classroom^[2].

3.2 Establish "micro" system and broaden students' learning channels

Objectively speaking, the transmission carrier of micro class is video, which is vivid and flexible, has strong pertinence, and can give students some guidance. In the new era, in order to achieve the efficient integration of micro class and college physical education, we must establish a complete "micro" system (including micro learning plan, micro practice, micro courseware). Taking football teaching as an example, at the beginning of teaching, I made a micro learning plan, the content of which is the concept, characteristics and role of football; The origin and development of modern football; In order to make students have a deeper understanding of football, I also use the micro courseware to import the relevant content of football development. Football, initially known as Cuju, is a kind of folk entertainment, and then gradually becomes a kind of sports event with the development of the times. Secondly, I also show the students the photos and successful experiences of famous football players, pointing out the direction for their in-depth football training, encouraging them to constantly explore sports methods and make new breakthroughs. After the students understand these contents, I use the micro lesson to introduce the content of football training, that is, kicking inside the foot training (students need run-up in the process of kicking, generally in the form of straight-line run-up, in the process of run-up, support the foot on the side of the ball, bend the knee slightly in the process of kicking, and adjust the toe position, that is, point to the direction of the ball. After the run-up, kick the ball with the inside of the foot. The kicking foot should adjust the posture properly, abduct the knee and ankle, raise the toe properly, use the thigh to drive the leg forward, and hit the middle part of the ball with the inside of the foot).After the students preview these contents, I asked them to train according to the actions of the characters in the video to standardize their own behavior. Finally, I also introduce videos about football activities of students

from other colleges, such as dividing the whole class into two groups, standing facing each other in two rows, two opposite students kicking and passing the ball with the inside of their feet, and correcting each other's kicking movements, so as to promote the improvement of students' learning ability in this way.

3.3 Establish "micro" platform to lay the foundation for students' independent course selection

The construction of "micro" platform integrates micro course resources together, which can facilitate students to choose courses independently and mobilize their enthusiasm. First of all, the construction of "micro" platform should reflect the concept of students. In order to facilitate students to choose courses, in the construction of "micro" platform, I divide the teaching content into several columns, such as the big ball column: Basketball, football, volleyball, etc; Small hurdles: Table tennis, badminton; Body bar: Aerobics; General column: Martial arts, etc. Students can choose sports items according to the columns they are interested in, which is conducive to mobilizing their interest in learning and learning more content driven by interest. Secondly, I also use multiple channels to build "micro" platform, such as wechat, microblog, QQ, to communicate with students online, and provide students with diversified teaching resources. Taking aerobics teaching as an example, I use micro class to introduce the video of Pamela, a famous aerobics coach, and the video of Zheng Duoyan, a fitness expert from South Korea, to guide students to do 11 jumps, lunge jump, half squat jump, straight arm lunge mountaineering run, so that students can exercise in a happy atmosphere. After the exercise, I also introduce some stretching Related videos to guide students to stretch correctly to avoid muscle injury. In the process of practical teaching, I found that some boys' body coordination ability is relatively poor, and their movements are not standardized. Therefore, I use micro class to introduce "one help one" activity, and upload the videos of aerobics training conducted by men and women in other colleges to the teaching platform. Students can watch these videos and carry out aerobics training. In this way, they can "overcome hardness with softness" and improve boys' ability Body coordination ability. In addition, I also use the "micro" platform to carry out knowledge competition. Taking aerobic breathing as

an example, I introduced the concept, types, methods, precautions and other contents of aerobic exercise. In this way, I can help students establish a correct outlook on sports and avoid various problems in the process of exercise^[3].

3.4 Optimizing "micro" evaluation to improve students' sports ability

Teaching evaluation is an indispensable part of physical education teaching. In the new era, teachers should use the "micro" evaluation system to optimize the curriculum construction. For example, in the evaluation process, I rely on the power of the Internet to establish a "micro reflection" column, so that students can exchange the problems existing in the process of the movement, and put forward effective methods to solve these problems. Through the construction of "micro reflection" column, the distance between students is closer, and they can timely summarize the problems existing in the process of sports, share their sports experience, and provide valuable reference for other student sports. Secondly, I also encourage students to upload their sports videos to relevant platforms, and carry out excellent sports video evaluation activities. The video with the most likes is selected as "golden video", so that each student can participate in sports and master more sports skills. In addition, I also carry out "micro" competition activities, using micro blog to show students videos of various competition activities, such as single gymnastics competition, team basketball competition, etc., in order to cultivate students' competition consciousness through this mode, so that the sports concept can be rooted in their own heart. Based on basketball competition, I also introduced a number of evaluation contents, including professional movements (3 points for head, 3 points for hands, 4 points for footwork, with a full score of 10 points), classroom performance (competition awareness, task completion, etc.). In this way, the best group can be selected to promote students' sports ability.

4 Concluding remarks

Micro class is a new teaching mode, and its integration into college physical education is inevitable for the development of the times. Under the background of the new era, teachers should deeply analyze the advantages of micro class and activate

the classroom atmosphere by introducing "micro" games; Establish "micro" system to broaden students' learning channels; Establish "micro" platform to help students choose courses independently; Optimize the "micro" evaluation, improve students' sports ability and other ways, highlight the educational wisdom of physical education curriculum, help students form a correct concept of sports, enter the sports process, temper their strong and unyielding character, and then promote the cultivation of their academic literacy.

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