

A Practical Research of Core Literacy on Classroom Theory of P.E. Teachers And Students

Xudong Wang* , Yuchen Ren

Sports Department, Shaanxi University of Chinese Medicine, Xian yang, Shaanxi, China

Abstract: The new curriculum standard carries the vision of national curriculum reform and development. As the main component of students' core literacy development, physical education and health curriculum plays a crucial role. Guiding students to participate in physical exercise and cultivating students' core literacy is the only way to realize the curriculum vision. It has strong theoretical significance and practical effect for guiding students' practice teaching.

1. Introduction

Under the new situation, the curriculum of physical education and health should accurately grasp the core quality of students.

1.1. Moral education is the fundamental task

Moral cultivation is the fundamental task of the reform and development of educational cause[1]. In order to better serve students, give full play to students' independent initiative, give play to the core role of physical education curriculum in the direction of talent training, further improve the comprehensive education level, and promote the all-round development of students' moral, intellectual and physical beauty. Core quality is to gradually form the equipment character and key ability to adapt to one's own personal development in the process of continuous education.

From the perspective of value orientation, the core quality of students' development is the embodiment of educational policies, the combination of macro education concepts and training objectives, and the close connections in concrete practical teaching.

1.2. Application of core literacy in PE curriculum teaching

The development of sports core accomplishment means that during physical exercise, students can master their independent initiative, improve the necessary character and key ability for their own development, and take all-round development as the core. It is divided into three aspects: cultural foundation, independent development and social participation, and comprehensively manifested in six elements: humanistic heritage, scientific spirit, learning, healthy life, responsibility and practice and innovation[2]. They are closely connected with each other, complement

and promote each other, and give play to their own characteristics and advantages in different situations.

Observing the various attributes of physical education from different angles, practical content is the main part of students in physical education practice teaching. By giving full play to the quality of students' will in practice, students' enthusiasm to participate in exercise is mobilized. Unlike other disciplines, physical education has its own advantages, which means continuous participation in practice, understanding the details of movement structure, improving skills and better participation.

1.3. Better integration of core qualities in the implementation of physical education curriculum

The cultivation of core literacy is a lifelong process, which is enlightened at home, trained at school, and perfected between work and life. In the stage of school education, it must rely on the perfection of school physical education curriculum and the application of practical teaching, so as to maximize students' independent choice and initiative, and give full play to the unique contribution and role of physical education curriculum in students[3]. It is an urgent problem to integrate the values of cultivating students into it.

The core quality of sports refers to the students' special sports character that meets and ADAPTS to the development needs of The Times, the sports ability and healthy behavior shown in competitive sports, and the sports morality shown in sports activities. It can better reflect the comprehensive expression of knowledge, skills and attitudes. The proposal of physical education core literacy has a profound impact on the formulation of curriculum objectives and the choice of content, and can promote the reform and development of the implementation of physical education and health curriculum.

* Corresponding author: 790086212@qq.com

2. Value orientation of curriculum implementation

2.1. Focus on student development

Curriculum implementation is the basic path for the existence of curriculum value and the realization of objectives[4]. Different curriculum value systems have different positioning and strategies. The physical education curriculum has the distinctive characteristics of outdoor sports activities, which can mobilize the development of students' physical quality, develop students' knowledge, skills and methods, and highlight students' personal differences. The teacher-centered explanation gradually changes to the student-centered goal of cultivating students' core quality and value system, and highlights students' main position.

2.2. Cultivate students' core qualities from the knowledge framework system

In the face of students, teachers should pay attention to the individual differences of students, appreciate the emotional experience of students, treat students as the master of learning, guide students to actively participate in physical education curriculum activities, independent and active to cooperate and probe learning, and obtain successful experience through hands-on knowledge. The curriculum reform of basic education based on core literacy focuses on exploring the social characteristics of the new era and poses new challenges to the development of individuals, society and education. To understand the core literacy of the development of physical education, from the three-dimensional goal to the cultivation of physical education methods, and realize the transformation from physical education and health knowledge, basic skills and methods to the cultivation of physical education core literacy[5].

The teaching effect is always the internal pursuit and external manifestation of the physical education and health classroom effect, whether it is the past emphasis on knowledge and skills teaching or the present emphasis on subject core quality training. The decline of students' physical fitness and health has a lot to do with the change of life style. Physical education courses generally emphasize process rather than result, ignoring whether classroom teaching can promote students' concrete progress and development and improve the performance of physical fitness function. Starting from the demand of serving students' core quality of subjects, we should constantly emphasize both process and result to achieve the effect of transformation.

2.3. Optimization of curriculum training efficiency

According to the interest and ability of students, the improvement of students' learning ability should be cultivated. Students' persistence and choice of sports items must be based on their love. Interest is a form of expression of students' psychological quality, and it is also an

important basic index for students to devote themselves to sports learning activities. Actively pursue the experience and experience of engaging in sports learning, experience the influence of different stages on students in the structure of sports core literacy, and jointly maintain the possibility and stability of students' sports knowledge and skill structure.

The core quality structure of physical education consists of four aspects. First, it is based on students' good physical education ideology, morality and cultivation, and runs through the whole discipline. It recognizes the value of physical education morality and cultivation in helping students to build a better physique, cultivate noble sentiments and shape fine personality quality. Secondly, sports interest and ability should be selected, organized and technical on the basis of ensuring students' sports interest. The understanding of sports teaching value should be checked according to the requirements of physical education teaching objectives, and the knowledge points should be connected in series to organize and form a unity of physical education knowledge points that integrates sports theory, health behavior, sports technology and teaching ability. The content knowledge of physical education subject should be constantly improved, the teaching methods of physical education teachers should also be changed accordingly, and physical education projects should be constantly updated and developed to cooperate with the smooth development of students' core literacy of physical education subject, strengthen the teaching process, urge students to establish good health behaviors and habits, and better provide high-quality health teaching activities. Analyze the improvement of teachers' teaching ability, the integration of existing school resources, the pertinence of improving the core literacy of physical education subjects, the ability of physical education teachers to flexibly create physical education teaching scenarios, and the awareness of interaction, dynamics and continuity in the formation of students' sports quality and will. The situation model created by ourselves is consistent with the students' sports quality and volition-behavior, so as to ensure high operability in physical education and carry reasonable physical education functions.

3. Action strategies for cultivating students' PE core literacy

3.1. Agglomeration technique exercises

Sports ability, health promotion and sportsmanship are different from the structure of the knowledge system. They are taught to students by teachers, but are unconsciously formed by students in the process of learning knowledge and acquiring technical practice methods and experiences. The more sports knowledge, skills and methods are mastered, the higher the sports core literacy will be. Therefore, the prerequisite for cultivating sports core literacy is to consolidate technical practice, and technology is the basic guarantee, so that more students can participate in the ways and methods of mastering knowledge[6].

Condensed technical practice is particularly important in physical education curriculum. It takes learning technology as the main line, technical movement practice as the main content, highlighting the importance of technology, physical exercise as the basic means, competitive sports skills as the learning content, giving full play to the guidance of teachers and students' initiative of independent learning, enhancing the cultivation of athletic ability, and mastering the ability of effective movement. In the teaching technology as the core, condensed movement practice.

In the value-oriented analysis of technical movements, only by deeply and correctly interpreting the meaning and value behind the key points and methods of movements can we understand that more core sports qualities of students can be developed in teaching. Each technical movement of table tennis needs single practice, and combined movements need combined continuous practice to achieve results. Combined with the test of technical and tactical level and psychological quality, the technical movement can be rationalized to show the effect of training and learning.

Systematic analysis of sports events, each sports event will have systematic teaching content, so that technical movements throughout the whole process of teaching, reasonable use of the standardization of each technical movement, systematically improve the coherence of technical movements, pay attention to the integration of each single technology, increase the intensity and density of exercises, combine the fun of exercises, save time and cost[7]. Improve the quality of the class.

3.2. Pursue the principle of application

Theoretical operation is for better practice, and the pursuit of practicality refers to the flexible use of technical movements in sports actual combat or life competition scenes. Placing technical movements in specific activity practice scenarios for simulation exercises is conducive to promoting the effective development and improvement of sports ability and literacy. Physical education is a very

practical course. The results of learning physical education are not reflected in the mastery and accumulation of knowledge points, but in the enhancement of physical fitness, the mastery and deepening of skills, the change of emotional attitude and ideological character, the improvement of people's cognitive and practical ability in sports, and the mastery of knowledge and skills in the process of physical exercise with different characteristics[8]. Learn to find problems, put forward problems and learn to solve them by themselves, develop good and healthy behaviors, and form positive emotions, attitudes and values with others in teaching activities.

3.3. Give full play to the influence of extracurricular physical exercise and competition

From the perspective of curriculum implementation, extracurricular physical exercise and health classroom teaching are two important ways to achieve the goals of physical education and health curriculum, and jointly undertake the responsibility of cultivating the core quality of physical education and health discipline. In the practical work of school physical education, the development of extra-curricular physical exercise is restricted by various factors, including economic factors, policy factors, understanding and methods, habits and cultivation, external conditions and extra-curricular homework pressure, which are important factors hindering teenagers' extra-curricular physical exercise, and have distinct differences in gender, age, region and school characteristics. Reasonable design of extracurricular sports activities according to their own conditions, and give full play to the important role of extracurricular physical exercise in promoting students' healthy growth. Competitive sports have their own rules, but also challenging, the result of the game is uncertain, so there will be more fans and friends attention, for the training of the core quality of sports morality has a unique role. as shown in figure 1.

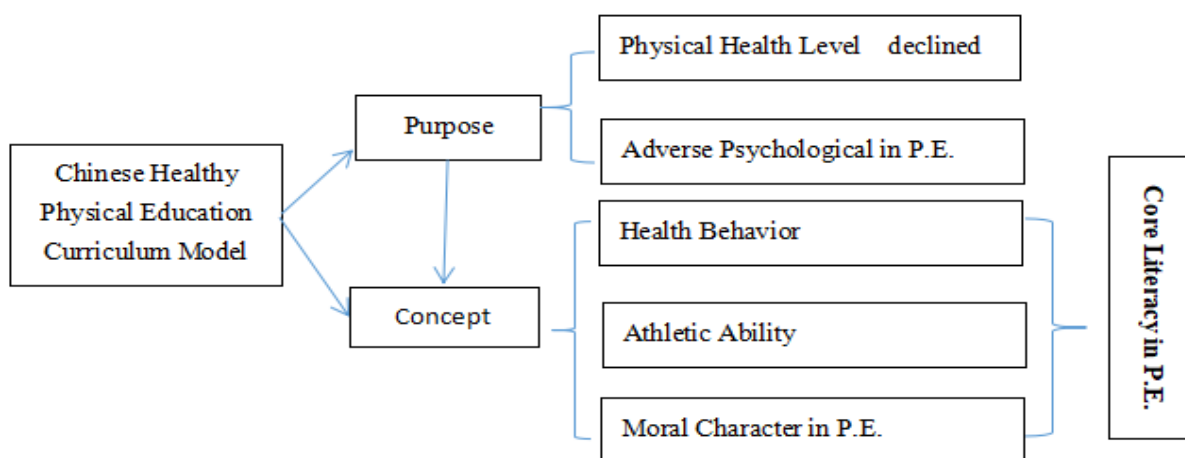


Figure 1. College students physical health curriculum model concept diagram under core literacy

4. Suggestions on PHYSICALS EXERCISE based on core literacy

4.1. Improve teachers' standards

Physical education and health curriculum is an important national curriculum, leading the direction of local and school development. The physical education curriculum schedule gives a macroscopic overview of the curriculum objectives, contents and evaluation system of the curriculum standards. Classroom teaching is the first line, highlighting the microscopic nature, and physical education curriculum should link the previous to the next. The development of local guided physical education curriculum should focus on digging deep into the effective strategy and value function of cultivating core literacy in teaching content, improving the relevance of policy documents, highlighting reasonable and selective evaluation in practice, providing more evaluative indicators to guide the development of core elements, carrying forward the core literacy of physical education, and interpreting the entire curriculum system in multiple directions. Combining the problems of PE teachers and students in the actual class, find out the solutions.

4.2. Dig deep into students' core qualities

In the learning process, students think with problems, find the differences between learning skills and cultural courses, and have their own understanding of the theoretical basis and structural elements of the core quality of sports[9]. In class, skills combined with humanistic quality give play to their own advantages, which is conducive to students to find their own problems in learning and correct them in time.

4.3. Improve teachers' feelings for students' core literacy

Teachers need to constantly improve their communication with students in class, skills learning, knowledge point memorization and core literacy[10]. They should explore basic theoretical issues on core literacy of effective physical education from their own professional perspective and practice, and provide education services.

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