

DOI:10.18686/cle.v2i3.4743

# Construction of Innovation System of College Physical Education Teaching Mode Facing Sunshine Physical Education

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**Abstract:** The goal of innovating sunshine physical education teaching mode is to promote the reform of traditional physical education teaching, ensure the all-round development of students' physical and mental health, promote the improvement of students' comprehensive quality, and create a good campus health culture. Therefore, for colleges and universities, we should pay attention to the reform and innovation of physical education teaching mode, enhance students' physical and psychological quality, enhance their sense of collective honor and teamwork, and promote the further spread of campus sports culture. This paper analyzes the way of constructing physical education teaching system in colleges and universities under the background of sunshine sports, aiming at promoting students' all-round development and improving their comprehensive quality.

**Keywords:** Sunshine sports; College physical education teaching mode; Innovation system; Construct

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Sunshine sports is a new sports concept that pays attention to outdoor sports and the participation of the whole people, which brings a new direction for colleges and universities to promote the reform of physical education. At the stage of colleges and universities, students are under pressure from studies, employment and other aspects. How to strengthen students' physique, improve their psychological quality and improve their teamwork ability through sports activities has become the key content of current college physical education teaching innovation. Sunshine Sports attaches great importance to the organic combination of outdoor sports and health education, which has far-reaching significance for promoting students' comprehensive quality and building campus sports culture. For colleges and universities, the key task at present is to innovate the physical education teaching mode and formulate a perfect physical education teaching system under the guidance of the concept of sunshine sports.

## 1. The significance of constructing the innovation system of college physical education teaching mode for sunshine sports

### 1.1 Promote the healthy development of students' body and mind, and enhance their physical and psychological quality

Sunshine physical education teaching mode emphasizes the organic combination of health education and physical activities. By encouraging students to carry out physical exercise activities in the sun, not only can students' physical fitness be enhanced, but also their psychological health can be promoted. By carrying out sunshine sports activities, students' learning pressure can be relieved and their ability to resist pressure can be enhanced. College students are under pressure from their studies and employment. Regular outdoor sports can improve students' emotional management ability and enhance their self-regulation ability. Colleges and universities carry out sunshine sports teaching activities, so that students can feel endless fun in physical exercise, enhance their physical and psychological quality, and promote the realization of the educational goal of "health first". In the long run, sunshine sports teaching activities can not only help students develop good living habits, but also lay a solid foundation for their future work and life <sup>[1]</sup>.

### 1.2 Improve students' comprehensive quality and cultivate team spirit and cooperation ability

Sunshine Sports emphasizes team activities and collective cooperation, which plays an important role in cultivating students'

sense of cooperation and team spirit. Sunshine physical education teaching mode emphasizes the infiltration of cooperation, teamwork and other elements in physical education curriculum activities, so as to improve students' comprehensive quality. For example, in the sunshine sports activities, teachers can organize various forms of activities such as team competitions, group projects and group performances, so as to cultivate students' communication ability, cooperation ability and collaboration ability, and enhance students' sense of collective honor. This kind of practical activity can not only deepen students' understanding of cooperative forces, but also enhance students' social communication ability, which is very helpful for students' future work and life. In addition, the cultivation of students' sense of responsibility and leadership can be realized by carrying out sunshine sports activities, which requires colleges and universities to organize sunshine sports activities, strengthen the cultivation of students' leadership ability in practice, let students correctly understand the relationship between individuals and collectives, and improve students' teamwork ability. This will not only enhance students' physical fitness in an all-round way, but also promote their all-round development in morality, intelligence, physique and aesthetics.

### **1.3 Carry forward healthy culture and create a positive sports atmosphere on campus**

Sunshine physical education teaching mode is not only an important way to enhance personal physical fitness, but also an important way to spread healthy culture. For colleges and universities, in the process of innovating sunshine sports teaching mode, we should pay attention to creating a good campus sports atmosphere and stimulate students' enthusiasm for participating in sports. By carrying out rich outdoor sports, students can feel the pleasure brought by the natural environment and encourage them to participate in campus sports activities. Diversified and interesting sunshine sports activities help students develop their interest in sports and enhance their enthusiasm for participating in sports. Colleges and universities should create a campus atmosphere of advocating sports on campus and let sports activities penetrate into students' lives. In addition, colleges and universities can organize sports culture week and sunshine sports festival and other forms of activities to promote the combination of sports and campus culture construction, which will not only bring students a richer sports experience, but also enhance the cohesion of the campus [2].

## **2. Measures to build the innovation system of college physical education teaching mode for sunshine sports**

### **2.1 Interest-oriented, to stimulate the enthusiasm of students to participate in sunshine sports**

In carrying out physical education teaching activities, colleges and universities should fully consider students' interests and hobbies, fully stimulate students' enthusiasm for participating in sports activities, and cultivate students' good habits of participating in sports activities for life. In the past, in carrying out physical education teaching activities, the course content was mainly fixed teaching content, which lacked enough attraction for students, and it was difficult to ignite students' interest in physical exercise, let alone arouse their enthusiasm for participating in physical activities. For colleges and universities, we should optimize and adjust the course content, increase interesting sports such as badminton, table tennis, rock climbing and yoga, and guide students to choose their own sports independently from their personal interests. In addition, teachers carry out interesting activities and group competitions and other forms of activities to increase the challenge and interest of physical education courses. In addition, the school can organize community competitions and fun sports meetings to create a relaxed and pleasant sports atmosphere, so that students can feel the endless fun of participating in sports, thus increasing their sense of accomplishment in sports. At the same time, teachers should attach great importance to students' individual differences in teaching design, especially pay special attention to students with weak sports foundation, guide these students to gradually participate in sports activities, and help these students build up their self-confidence in sports, so that they can feel endless fun in sports activities and gradually improve their physical quality [3].

### **2.2 Innovative teaching mode to enhance the effectiveness of sunshine physical education teaching**

In order to ensure the ultimate effect of sunshine sports, it is very important to innovate the physical education teaching mode. We can use the teaching mode of combining physical fitness with skills to carry out targeted physical training and technical teaching activities to cultivate students' comprehensive sports ability. In addition, we can carry out interdisciplinary sports teaching activities, such as combining health education courses with physical education courses, widely popularizing sports science knowledge, sports nutrition and other related contents to students, so that students can realize the importance of sports and related methods. In addition, under the background of information age, teachers should attach importance to the use of information technology to enhance the diversity and interactivity of teaching activities. For example, through the use of motion tracking software, students' sports data are recorded in detail, so that students can have a deeper understanding and understanding of their physical condition and progress. In

addition, through the use of virtual fitness coaches and real-time data feedback tools, students can make personalized exercise plans according to their own conditions. In addition, through the use of online teaching resources and video-assisted teaching, students can understand the basic knowledge of sports before the start of physical education, and concentrate on practice in the physical education classroom to promote the overall quality and efficiency of physical education teaching. In short, by adopting a more flexible physical education teaching model, not only can students' interest in physical education be ignited, but also the openness and diversity of physical education teaching can be enhanced.

### **2.3 Improve the evaluation mechanism, and enhance the incentive effect of Sunshine Sports on students**

In order to ignite students' interest in sunshine sports, it is necessary to build a perfect evaluation mechanism. In the past, when evaluating students, physical fitness test scores were the main evaluation criteria, but there was a lack of necessary evaluation of students' progress and personal efforts in physical education learning activities. For colleges and universities, diversified evaluation standards should be formulated to comprehensively evaluate students' physical fitness test, classroom participation, skill performance and teamwork. For example, colleges and universities can define the evaluation criteria of personal growth, and examine the progress of students by comparing and analyzing the results of physical fitness tests at the beginning of the semester and final exams. In addition, we should attach importance to the application of process evaluation, record students' performance in the course and provide positive feedback. In addition, when evaluating students, we should evaluate students' teamwork ability and leadership ability. By encouraging students to participate in team activities and collective competitions, we can improve students' sports skills in an all-round way and enhance their sense of responsibility and collective honor<sup>[4]</sup>. In addition, schools can set up a credit incentive system to link credits with sports achievements, so as to encourage students to actively participate in sunshine sports activities. By adopting a multi-level and multi-directional evaluation mechanism, this paper makes a comprehensive and systematic evaluation of students' progress and growth in sunshine sports, so that students can more deeply understand the significance of participating in sports activities.

## **3. Conclusion**

The innovation of college physical education teaching mode based on sunshine sports is not only an important reform of physical education curriculum, but also reflects the promotion and development of healthy culture on campus. By carrying out team cooperation activities and spreading healthy culture, students can have colorful sports experiences, thus promoting their all-round progress and development. In addition, by constructing the sunshine sports teaching system, implementing the educational concept of health first, creating a positive campus sports atmosphere, while ensuring the quality of physical education in colleges and universities, promoting the all-round development of students' physical quality and psychology, thus shaping students into outstanding talents with all-round development of morality, intelligence, body, beauty and labor required by social development.

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