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Research on the application of sports games in college PE teaching

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Abstract: University physical education teaching is an important part of promoting the development of students' physical and mental health. This study uses literature research, interview method and investigation research to explore the effective application of sports games and its impact. This study provides a new teaching mode for the field of university physical education, expands the teaching means, enriches the teaching content, is conducive to improving students' physical literacy, so as to improve the overall teaching quality, and provide more effective strategies for university physical education.

Keywords: Sports games; University sports teaching; Teaching mode; Team spirit; Teaching quality

Introduction

With the innovation and reform of education mode in recent years, the ways and methods of teaching activities are becoming more and more rich and diversified. The university physical education teaching mode is also responding to this changing trend, through diversified teaching means to improve the teaching quality, in order to meet the increasing needs of students. For university physical education teaching, how to use effective teaching methods to improve the teaching effect is an important subject. This study focuses on the application and effect of sports games in college PE teaching. We conducted a comprehensive investigation and analysis from both theoretical and practical levels by means of literature research, interview method and investigation research.

1. Overview of the application of sports games in college physical education teaching

1.1 Basic concepts and types of sports games

Sports game is an indispensable part of physical education teaching. As a teaching means, it has its unique value. The uniqueness is not only reflected in its form, but also reflected in its profound meaning. In order to have a deeper understanding of the use of sports games in college physical education teaching, it is necessary to understand the basic concepts and types of sports games.

Sports game refers to the form of sports that can achieve a certain purpose through certain rules and programs. It originated from the need of human beings for survival, and may initially just be a way of entertainment in life, but with the development of society, sports games have become an important part of physical education teaching^[1]. Sports games can be used as a teaching method, and as a way of exercise to improve students' physical quality and skills.

There are various types of sports games, including traditional ball games such as football and basketball, as well as competitive games such as track and field and swimming, as well as intellectual sports games such as chess and billiards. Each type of sports games has its own unique style and characteristics, which adds a rich teaching content to the university physical education teaching.

1.2 Current situation of sports games in college physical education teaching

The application of sports games in college physical education teaching is an extensive research subject matter. Part 2 of Chapter 1 will focus on the current situation of sports games in college physical education teaching.

Under the modern teaching mode, sports games are more and more widely used in college physical education. From some basic team sports, such as football, basketball, volleyball, to some individual competitive sports, such as table tennis, badminton, tennis, as well as some freehand gymnastics and strength training, have been included in the curriculum system of college physical education. These courses, in the form of sports, allow students to understand the basic techniques and rules of various sports in the participation, and experience the fun of team cooperation and personal challenges, aiming to improve students' physical fitness and physical and mental health through sports games^[2].

1.3 The importance of sports games in college physical education teaching

Sports games play an important role in college PE teaching. Sports games can improve students' participation, stimulate students' interest and enthusiasm, and make them more actively participate in sports activities. Sports games cultivate students' team spirit and communication skills, achieve common goals through cooperation and coordination, and cultivate students' teamwork ability. Sports games can improve the vividness and effectiveness of teaching, through the way of sports games, so that students can learn in activities, improve the learning effect.

2. The influence of sports games on college physical education teaching

2.1 Improve students' participation

As an interesting and interactive teaching method, sports games can effectively improve students' participation in university physical education teaching. Sports games can stimulate students' interest in sports, so that students more actively participate in physical education teaching. Through participating in sports games, students can personally experience the fun of sports and get a sense of achievement, so as to stimulate their interest and love for sports and improve their enthusiasm to participate in physical education teaching.

2.2 Cultivate students' team spirit and communication skills

Another important influence of sports games on college physical education teaching is to cultivate students' team spirit and communication skills. In sports games, students need to work closely with their teammates to work together to complete tasks or competitions. This requires students to effectively communicate and coordinate with their teammates, clarify the division of labor, formulate strategies, and achieve the unity of individual ability and team goals. Through participating in sports games, students can learn to listen to others, respect others, cooperate for win-win results, cultivate team spirit and communication skills, and lay a solid foundation for their future study and work^[3].

2.3 Improve the vividness and effectiveness of teaching

Sports games can also improve the activity and effectiveness of teaching in college PE teaching. Traditional physical education teaching often focuses on explanation and demonstration, and students' participation and interest in learning are limited. Sports games through the creation of situations and role-playing way, let students to practice and experience in the game, give full play to their initiative and creativity. By participating in sports games, students can learn and practice sports knowledge and skills in a relaxed and happy atmosphere, and improve their interest in learning and learning motivation. Sports games can also help teachers to better understand students' learning situation and learning needs, adjust teaching strategies in time, and improve the pertinacity and effectiveness of teaching.

3. The effective use of sports games in college physical education teaching

3.1 Design and select suitable sports games

Design and choose sports games is an important part of college physical education teaching, and the goal is to find suitable activities for college students and improve their athletic skills and interests. Students' health status, professional background, gender ratio and interests should be considered, and their sports preferences can be understood through questionnaires. Game design should be guiding and challenging, and consider game security. Teachers should constantly evaluate and adjust the games to ensure that the games meet the needs of student participation and learning. There are a variety of games that can be selected according to students' needs and interests, such as team sports, single-player sports and skill development^[4]. In general, good sports game design and selection can improve students' participation and motivation and improve the quality of teaching.

3.2 Establish the teaching objectives and teaching strategies of sports games

The effectiveness of sports games in college physical education teaching depends largely on the clarity of educational goals and the effectiveness of teaching strategies. Clear teaching objectives and effective teaching strategies are the premise for sports games to realize their educational function.

Full attention should be paid when setting the teaching objectives of sports games. The teaching objectives should not only be set according to the age, gender, interest and physical quality of the students, but also be consistent with the requirements of the national physical education syllabus. College physical education teaching not only focuses on the improvement of students' technical skills, but also focuses on the students' physical and mental health, the change of lifestyle and the cultivation of team spirit.

3.3 Improve the teaching quality through sports games

In the process of physical education teaching, sports games can well attract students' interest, mobilize students' initiative, so as to improve the quality of teaching. On the one hand, sports games are full of fun and competitive, which can stimulate students' learning motivation and enthusiasm, so that they can actively participate in a relaxed and happy atmosphere, so as to improve the teaching efficiency and the teaching effect can be significantly improved.

Sports games are not simply to let students play, but to pay attention to cultivating students' sports skills and spiritual quality. When teachers use sports games to teach, they should not only consider the fun of the game, but also fully consider the educational and scientific na-

ture of the game, so as to effectively improve the teaching quality through sports games.

4. The innovation mode and influence of sports games in college sports teaching

4.1 Build the innovative mode of sports games

Students' needs are diverse and complex, including physical exercise, enhancing teamwork ability and improving skills, etc. Teachers need to design sports games that are both physical exercise and beneficial to skill improvement and teamwork. Also need to take into account the fun of the game, let the students learn sports in happiness, improve the initiative of learning.

Based on this, the construction of the innovative model of sports games can be considered from the following aspects:

(1) Design and develop students' characteristics and needs by understanding students' physical and mental development, combining students' physical and psychological needs, and community cultural background.

(2) Clear game goals: Game design should be as good as possible, not only to have the function of physical exercise, but also beneficial to the improvement of skills, but also to cultivate teamwork and communication skills.

(3) The combination of gameplay and education: to attract students to participate in the gamification way, emphasizing the combination of games and learning content. For example, by stimulating the competition mechanism, to promote students' active participation.

(4) Innovative teaching methods: Through the combination of games, teamwork, competition and other teaching methods, students can improve their skills and quality in a diverse learning environment.

Through these thinking, teachers can flexibly use and change the traditional teaching methods according to the actual situation and needs of students, and use sports games and other innovative means to improve the vividness and effectiveness of teaching.

4.2 The influence of innovation mode on students' physical literacy

The influence of innovative mode on students' physical literacy is reflected in several levels. Literacy includes several key aspects, such as core skills, physical fitness, sports attitude, and team spirit. Through the innovative mode of sports games, these aspects can be comprehensively and effectively improved.

Innovative models can improve students' core skills. These patterns usually contain more complex motor skills, guiding students to experiment and master in the game. For example, the use of deformation basketball games, can help students practice shooting, dribbling, defense and other skills. Such models encourage students to exercise skills in more diverse environments and further improve skill levels.

Using the innovative mode to complete the integration of skill improvement, physical enhancement, attitude shaping and team building, which undoubtedly provides a new possibility for university physical education teaching.

4.3 Influence and value of innovation mode on college physical education teaching

Innovative sports game mode has an important influence and value on college physical education teaching. Through the innovative game mode, teachers can better stimulate students' interest and participation in learning, and improve the teaching effect and quality. Innovative game mode can make the teaching process more vivid and interesting, so that students can get more fun and harvest in the game^[5].

It is of great significance to the improvement and development of constructing innovative sports game teaching. Innovative game models can not only improve students' participation and interest, cultivate their team spirit and communication skills, but also enhance the vividness and effectiveness of teaching. In the university physical education teaching, we should constantly explore and innovate the mode of sports games to improve the teaching quality and cultivate students' sports literacy.

5. Tag

This study systematically discusses the effective use of sports games in college physical education teaching and its impact. The study found that using sports games as a teaching means can not only improve students' participation in learning, enhance the vividness and effectiveness of the teaching process, but also exercise students' physical quality and team spirit through teamwork and competition, and enhance their communication ability and cooperation consciousness. Therefore, sports games play a positive role in promoting college physical education teaching. In future studies, we will further explore more innovative and better PE teaching models that meet the needs of students, so as to provide more effective strategies for university physical education teaching.

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