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# Research on the Innovation of Physical Education Teaching in Higher Vocational Colleges based on Mixed Teaching Mode

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**Abstract:** In the process of traditional physical education, more attention is paid to the training of skills, the lack of flexibility, the teaching method is relatively simple, can not cultivate students' interest, so it needs to be rectified. Mixed teaching is a new teaching method. It is helpful to improve the quality of physical education by applying information technology and realizing the mixed teaching method of online and offline.

**Keywords:** Blended teaching; Physical education teaching; Innovative research

Physical education is an important part of higher vocational colleges, but the traditional teaching mode will be limited by time and space, the teaching quality is not good, can not attract students' interest. With the advent of information technology, blended teaching methods have also come into view. By using online and offline teaching methods, students' sense of experience can be improved, which is conducive to improving the quality of teaching

## 1. Problems in physical education teaching

### 1.1 Ignoring students' interests

In the traditional physical education teaching stage, mainly to train students skills and physical fitness. The main teaching task of teachers is to impart professional skills and train students' physical fitness, but they have neglected to develop good sports habits and stimulate students' interest. In addition, students can only have access to sports-related knowledge in class, and the training of physical skills is limited to the physical education class. However, due to the limited class time and the long time between each class, the training effect is not obvious.

### 1.2 Single assessment method

Adopt the traditional enterprise assessment and evaluation method, focus on fixed standards, and only take the final exam as the final assessment score. As the main body of the classroom, teachers have neglected the process and emotional experience of students. In addition, there is no targeted guidance for students' individual differences, which leads to the failure of students to complete the complete physical education course in the assessment stage. In addition, students' interest will be reduced. Assessment is to urge students to work hard, not to complete the task of learning. If the evaluation has no emotional color, it will lead to students' confidence in learning sports completely lost, which is not conducive to sports teaching.

### 1.3 Lack of flexibility in teaching content

In the teaching process, teachers and students need to interact to complete the teaching purpose. The content of PE teaching involves methods, rules, theoretical knowledge and movement skills. In general, in the selection of teaching content stage, some teachers can not use textbooks, a set of dance, a set of boxing form a semester of courses, because the content is relatively simple, unable to stimulate students' interest, so the teaching process is lack of flexibility.

## 2. Innovation of physical education teaching methods in higher vocational colleges with mixed teaching

### 2.1 Reform the teaching content

Teachers should arrange the teaching content reasonably and teach in real time. According to the physical level of students, we should give targeted teaching and formulate targeted development direction. Guide students to exercise scientifically, and gradually enhance students' attraction to sports. In the teaching stage, we should be close to students' life, so that students' interests can be satisfied. First, if students need

to be at the desk for a long time in the future, they can recommend sports that protect the spine, back and cervical vertebrae. If the student is going to do marketing, long-term walking or standing work, they can recommend knee joint protection projects. If students need to work in the operation room for a long time, they can recommend exercises to protect the wrist and strengthen the arm. Second, make full use of information technology. In the teaching stage, teachers should take students as the center, actively develop curriculum resources, adopt mixed teaching methods, and make teaching means and teaching resources more abundant. You can learn the essentials of sports movements by making micro-videos. Before class, students can preview in micro-class. It can also be reviewed after class, which can not only make full use of classroom teaching time, but also provide good guidance for follow-up physical exercise. Teaching software or online resources can be introduced to enrich teaching resources and provide students with good teaching channels. Third, increase the offline teaching group items of physical education classes to ensure the exercise intensity of physical education courses, in order to improve the cardiopulmonary function of students, can strengthen quality exercise, so that students' interests can be satisfied. Try to set up some courses that students like to meet the needs of the school for personalized and diverse. Fourth, do a good job of physical tests and extra-curricular morning exercise. The extra-curricular morning exercise is included in the evaluation process, the students' early exercise is tracked in real time, and the exercise effect is improved through the use of punching time and other ways.

## **2.2 Reform of examination methods**

In the course of physical education, in order to encourage students to improve their physical quality, we should pay attention to the process assessment. The mid-term exam results can be evaluated in proportion to daily results to enhance the weight of daily assessment. The focus of the examination content should be able to reflect the quality exercise of the student's heart and lung function, and the importance of the examination right is higher than 30%. By adopting online and offline examination methods, the assessment results are diversified and scientific. For example, increasing online real-time assessment content and encouraging students to do extracurricular physical exercise. Score points for students by participating in sports competitions, and the total score cannot be higher than 100 points.

## **2.3 Innovative teaching methods**

The hybrid teaching method is adopted to implement the online and offline mixed teaching mode according to the resources and design of physical education courses combined with teaching. The virtual learning space is created for students through the online teaching platform, which can avoid the limitation of time and space, and students can learn anytime and anywhere, which is of great significance for improving the learning effect and the initiative of students. In the process of teaching organization and implementation, teachers need to strictly implement teaching documents, maintain standard writing, reasonable teaching, and maintain correct teaching attitude. The teacher's demonstration actions and explanation should be standardized and clear, and the teaching method should be creative, targeted and diversified. It is helpful to adjust the atmosphere between teachers and students and make the interaction between teachers and students active. The website of the college of Sports students is rich in content and has the advantages of large amount of information, which can provide students with comprehensive sports knowledge and venue use location. The school has sports course selection, student evaluation, convenient operation, score registration and other functions.

## **2.4 Construction of teaching staff**

The level of teachers in teaching quality is directly related to the level of classroom teaching. If we want to improve the teaching quality, we need to cultivate the professional quality of teachers. In response to the online and offline teaching mode, it is necessary to improve teachers' information-based teaching level, encourage teachers to create more teaching platforms, encourage teachers to record micro-lessons, and set up teaching research teams and teaching reform groups in schools to carry out teaching research and academic sharing from time to time. Guide teachers to develop detailed business learning plans, and the school can conduct school group learning activities every three weeks. To clear the theme, have specific learning content, highlight the learning effect. Encourage school teachers to participate actively, so that teachers in the school can reach a good level, teachers are capable of teaching more than 2 courses. Through organizing various kinds of competitions to improve teachers' ability.

## **2.5 Building sports culture**

In the stage of carrying out sports activities, teachers need to enrich students' extracurricular life and let students get daily exercise. Combine students' favorite sports categories, set a variety of optional, time-limited sports items. After class, colleges and universities should provide sports conditions for students and organize students to participate in at least three extracurricular sports activities on a regular basis. It can not only exercise students' physical fitness, but also allow students to have 1 hour of exercise time every day. Promote student to student communication, so that the school sports atmosphere can be driven. Through the convenience of the school gymnasium, students are organized to participate in individual clubs or sports associations, and strict organizational plans are formulated to encourage sports activities and

make the sports tradition on campus more distinctive. Schools can also cooperate with off-campus colleges and universities to learn from each other's excellent teaching models. By carrying out teaching content through multiple channels, students' teaching quality and physical fitness can be improved, and the overall level of school sports work can be improved and driven.

To sum up, blended teaching under the background of information-based teaching provides solutions to the problems existing in traditional teaching, changes the limitations of traditional teaching by space and time, realizes the organic combination of information-based teaching and traditional teaching, and also updates the teaching concept. Nowadays, the teaching content, assessment methods, scientific research construction and other aspects of physical education have been improved, but there is still only theoretical knowledge, therefore, we should combine the practical content in the later period to improve the quality of physical education.

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