

Construction of High-Quality Classrooms in Junior Middle School Sports under the Background of Learning-Practice-Competition Integration

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Abstract: Taking learning as the basis, practice as the path, and competition as the promotion. In the process of coordination and unity of learning-practice-competition, it can promote students' learning motivation, strengthen students' practice motivation, and promote students' active performance in competition activities. Under the influence of positive self-efficacy performance, active sense of achievement, etc., it can promote students' interest and experience in sports activities, strengthen students' learning effects, and promote the active construction of high-quality sports classrooms in junior high schools. Next, this article will discuss the effective construction of a high-quality junior high school sports classroom under the background of the integration of "learning-practice-competition" based on its own junior high school physical education teaching practice.

Keywords: Junior High School Physical Education; Learning-Practice-Competition Integration; High-Quality Classroom; Strategy

1. Preface

In the design of the curriculum concept of Physical education and Health in Compulsory Education Curriculum Standard (2022 edition), it is pointed out that in physical education and health curriculum, it should be "based on students' learning needs and interests, for all students, implement the requirements of 'church, practice frequently and play regularly', and pay attention to the integrated teaching of 'learning, practice and play'". In physical education teaching practice, combining with students' interest experience, create a positive learning situation and activate students' learning motivation. On the basis of fully activating students' subjective consciousness, activate students' learning activities, so that students can actively participate in the process of exploring and researching learning activities under the influence of stimulating and driving their independent consciousness in learning. Feel the effect of combining scientific sports knowledge and skills with specific learning activities. In the process of active inquiry practice, students can feel the perceptual effect between knowledge learning and specific operation, and their positive initiative will be effectively stimulated and mobilized in the process of active learning practice inquiry, especially when their own perception and experience with specific learning activities produce positive practical results. Students will burst out of the heart of the infinite dynamic experience. Practice is a process of subjective construction and objective. In the process of practice, students constantly combine the perceptual knowledge and experience gained in the learning process with specific practice activities. In the process of combination, students constantly adjust the methods and skills, correct the wrong methods and techniques according to their actual situation. In the competition activities, in the real activity collision, stimulate students' sense of learning efficacy, promote students' sense of achievement in learning, in the active competition activities experience and practice, promote the effective construction of high-quality physical education classroom.

2. Creative learning, fun practice, game competition

The nature of physical education and health courses is obviously different from that of mathematics, science and chemistry courses. The former is an operational cognition, which directly points to students' actual participation in physical activities and the

practice of forming healthy behaviors, so as to improve students' life, survival and quality of life. The latter directly points to understanding and transforming the objective world. Learning sports and health is closer to life and life, so it is necessary to implement the trinity practice of "church, diligent practice and regular competition". Among them, "church" as the first test of teachers, let students learn the value, principle and method of physical education and health, students form physical education skills and generate learning motivation for physical education and health courses. Here, how to let students learn is the primary problem for PE teachers to think about. In-class learning is the most important way for students to acquire PE knowledge and experience. In the in-class teaching activities, teachers carry out purposeful, planned and regulated teaching implementation for students in combination with students' interest experience and regular characteristics, so that students can effectively activate their interest experience. Actively join in the physical learning practice of the specific process.

Interest is the best teacher. The importance of learning interest for students to learn knowledge is obvious to all, so stimulating students' learning interest will become the basis of building an efficient classroom. Students can learn by playing, master knowledge and experience, get positive discovery and perception, and actively find ways to improve and improve problems in the process of playing. Then through active learning, practice, competition combination, promote the positive presentation of high quality class.

For example, in the teaching design practice of the basketball unit "Dribbling and passing the ball with both hands in front of the chest", the teacher combined with the creative music game "Little Fish Net". First, the running area was divided with markers to emphasize safety matters. Most students played the role of little fish and two students played the role of fishing net, and the fishing net held hands to touch other students running in the prescribed fishing field. Other students dodge, dodge can continue to run in the fishing ground, hiding can not open to join the fishing net, and then chase other running students, and so on four fishing nets, six fishing nets, with the increasing number of fishing nets, the students escape more and more difficult, until the last remaining one player game over.

Through simple games, the students learned how to dodge and dodge between people and how to protect themselves most effectively in a real confrontational environment. On the basis of the motivation of the dodge game, the teacher guided the students to imagine that if they joined the basketball, the students would learn to hide, and to prevent, certainly in a hurry, but at this time and require us to protect the ball, but also to protect themselves, what do we do on the court? At this time, it naturally leads to the need for close cooperation between partners, so as to ensure that the ball is as safe as possible, and organize students to go through the following group training to feel in the real training competition -- while improving their skills, they also need cooperation between teams, so that they can not only teach new knowledge, but also penetrate moral education and cooperation between people. Teamwork is an important factor in winning games. At the same time, in the process of basketball dribbling and passing, as the students on the offensive side, if they want to seize the ball, they must find the loopholes and flaws of the other side, choose the right time, and quickly, mercilessly and accurately receive the ball to their team, which is also closely related to the cooperation of the team.

Arouse students' interest in dribbling and passing in a positive situational experience; In the learning activities, the students studied and studied the technical movements of dribbling and rushing the ball. Two people passed the ball in situ, four people played the ball in situ, and passed the ball after dribbling. In the process of dribbling and passing, the students demonstrated each other, the teachers explained, the students explored and tried again and again, and the joy of success raised the desire of students to further study. On the basis of perceptual learning, teachers introduce the rules of game competition to further enhance students' enthusiasm for learning.

Another example: In the teaching design of learning throwing unit "Throwing solid Ball in front of hands and heads", the teacher assigned students to carry several newspapers and a roll of tape in the first class. The team adopted a circle style and placed a sign pole in the center. Students fold the newspaper into an airplane and see who can fly the airplane farther with one hand and touch the flag on the top of the pole. Secondly, the teacher's demonstration changed from one hand to two hands, from the original paper airplane to paper ball, and then guided the students to practice; With the increase of the number of exercises and newspaper, the students' throwing ability is constantly improved. Finally, the throwing scoring competition is held according to the throwing area drawn by the teacher.

Teachers use newspapers in the first class rather than the traditional sense of directly holding the ball, can arouse students' curiosity, arouse students' interest, and take the initiative to think about the content of the lesson, will be higher concentration in

learning. When flying the paper airplane with one hand, students can realize that if they want the paper airplane to fly far and high (touching the flag on the sign pole), they must shoot fast and at a high Angle, which is also the point we need to pay attention to in the solid ball project. Secondly, when the paper airplane turns into a paper ball and one hand turns into two hands, the feeling of power will be completely different. In addition to speed and Angle, the teacher will give proper guidance in the process of practice, as well as the coordination and power of the whole body. At the end of the shooting exercise, students' mastery of knowledge was tested in the way of small games, and students' competitive spirit was stimulated. The classroom atmosphere was unprecedentedly high. Teachers gradually penetrate knowledge points in the process of games, and students are more willing to accept new knowledge and have higher participation in class.

As can be seen from the above two examples, in the active game competition experience, students are guided to find a strong sense of satisfaction in learning in the process of active knowledge application and practice. Under the action of the internalization consciousness of active motor skills, they can use the knowledge they have learned to win the competition, so as to better promote the effective construction of high-quality sports classroom.

3. Multiple learning, interactive training, creative competition

Students entering middle school have more diversified and rich ways to receive and acquire knowledge. In learning activities, some students complain that the angles presented by teachers in class are not comprehensive enough, or they cannot see clearly in some angles, and they cannot learn new movements quickly and accurately. To this end, the teacher combined with a diversified learning platform, in the form of video to show students standardized and standardized actions. It has to be admitted that the introduction of modern information technology allows students to quickly skim over the content they have mastered while watching sports action skills, and when they encounter sports skills they have not learned yet, they can watch them repeatedly through the mode of pause or loop play. In this way, students' interest in learning is greatly aroused, and they will not feel that learning is a boring thing, but an interesting activity.

On this basis, teachers guide students to achieve the effective construction of high-quality physical education classroom through various ways in specific learning practices, such as interactive practice, interactive practice, creative practice and other forms, under the scientific combination of learning, practice and competition, and on the basis of coordination and unification.

For example, in the study of rhythmic exercises, students combined with the characteristics of rhythmic exercises, through multiple media platforms, search for the music that fits the rhythm of rhythmic exercises, students through repeated combination, find the music that fits the rhythm of rhythmic exercises, and even students modify and adjust some unreasonable places on the basis of multiple exchanges. Of course, with the development of the Internet and the progress of science and technology, many schools have been equipped with large screens on the playground for PE teachers to teach, but there are still some schools unable to provide professional equipment. In view of the characteristics that middle school students are willing to show themselves and hope to be recognized by teachers and classmates, I introduced the "little teacher" in class, that is, select or volunteer 1-2 students with standard movements in each group to lead other students to learn, and the "little teacher" is responsible for guiding other students' movements in the group. Of course, "little teacher" can be rotated. When the students or teachers in the team think that a student's movement is more standard than the "little teacher", he can become the new "little teacher" of the group. In this way, in the classroom everyone will be in order to be a "little teacher" and study hard, and has been successfully elected "little teacher" students in guiding other students to practice at the same time, strengthen the foundation, and help others. Based on this method, the learning atmosphere of physical education classroom is unprecedentedly high, and the students' interest and enthusiasm for learning are also more intense. Everyone changes from forced learning to active learning, learning with enthusiasm, and this atmosphere is bound to greatly optimize the teaching efficiency and quality of junior high physical education classroom.

In the practice activities, students combined with the music situation, interactive practice, interactive practice. Students learn from each other and complement each other's strengths. In the process of positive revision and improvement, students can realize the positive performance of rhythmic exercises. On the basis of the students' effective learning and integration of rhythmic exercises, the team members' learning achievements will be evaluated by taking the opportunity of inter-group competition. It is not only the understanding of the learning situation of the students in this class, but also increases the competitiveness, which helps the students to

improve the collective sense of honor. In addition, active competition can also be carried out in the whole grade. The tension features of the competition will greatly enhance the subjective consciousness of students in learning activities, and students will be more invested in learning, and the cohesion of the class will be more obvious at this time. At the same time, students in the competition have a higher degree of internalization of rhythmic exercises. On the basis of the positive combination of learning and practice, promote the positive embodiment of the efficient competition effect.

4. Independent learning, flexible practice, multiple competition

Under the integrated background of "learning-exercise-competition", the construction of high quality physical education classroom in junior high school changes the traditional passive learning and rigid acceptance of physical education teaching, and enables students to actively and autonomously integrate into learning activities on the basis of fully stimulating their subjective consciousness and fully mobilizing their initiative. In the process of independent learning, active practice and effective reinforcement, In the process of the organic combination of lively sports learning activities and competitions, we can realize the active and effective construction of high quality sports classroom.

For example, in the learning practice of traditional sports events, the school allows students to independently choose the traditional sports events they are interested in based on their interests and characteristics. In the learning activities, students can not only learn and understand the learning objects through learning activities in class, but also visit regional sports celebrities and inheritors of traditional sports events. Or network platform learning and other methods, in the active independent learning practice, to expand the positive knowledge accumulation of learning objects.

Take fitness Changquan and Kick spline for example, students can learn certain content in class, can also enrich themselves through online learning, and even can visit local famous experts during holidays to further improve their knowledge. Through their own knowledge and experience acquired through independent channels, students actively interact and integrate efficiently in the process of interactive learning and flexible practice. At the same time, on the basis of the combination of learning and training, schools can organize school activity league, under the guidance of the sports concept of "One school, one style, one school, one color, multiple development", firstly carry out the knowledge and skills competition of bodybuilding Changquan and kicking shuttlecock within the class, then develop it between classes and within the school.

In the active competition activities, the students will consciously combine the collective honor of the class with the personal gains and losses of honor and disgrace. At this time, their learning is no longer simply a personal thing, the students in the process of practice activities are fully stimulated the sense of responsibility, the students' sense of mission is effectively mobilized. Under the premise that the intrinsic motivation and vitality of the students are effectively stimulated, the students will prepare actively before the sports competition, respond actively and demand themselves strictly in the competition activities, and constantly improve their own sports quality and sports skills. In the competition activities, the students actively involved in, go all out to deal with, in the process of diversified competition interaction, promote the positive construction of high-quality physical education classroom.

5. Conclusion

In a word, learning motor skills is not only to know and understand, but more importantly, to actually use, and whether it is the formation, consolidation, mastery and application of health function and motor skills, all need a lot of practice, in order to achieve proficiency, mastery and even automation. Students' participation in sports practice, participating in various appropriate sports competitions or demonstrations is itself a passionate, dynamic and attractive part of the campus cultural activities. Students' learning, practicing and regularly competing are also the most valuable part in effectively promoting their health and all-round development. Under the integrated background of "learning-exercise-competition", the construction of high quality physical education classroom in junior middle school will combine "learning-exercise-competition" flexibly and effectively on the basis of conforming to students' learning characteristics and development rules. On the basis of the active motivation and activation, it will promote the accumulation of students' effective knowledge and experience, promote the significant improvement of students' skills and technologies, and promote the effective and rich experience of students' practical exercises. Efficient physical education classroom is actively constructed on the basis of the effective integration of "learning-exercise-competition".

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