

Research on the Cultivation of Students' Enthusiasm in Physical Education Teaching

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Abstract As the concept of quality education is more and more advocated, schools are paying more and more attention to artistic courses. As one of the artistic courses, sports is also one of the compulsory courses, and it has received more attention than ever before. In this context, We must also recognize that the goal of physical education is not only to help students master sports skills, but to cultivate students' enthusiasm for sports, to help students develop lifelong sports awareness, so that students can use their leisure time even when they are not in physical education. Time to exercise. This paper focuses on the study of students' enthusiasm in physical education.

1. Analysis of the reasons for the low enthusiasm of students in physical education

1.1 society Aspect factor

The students' enthusiasm for physical education is related to several reasons, which are related to the students' psychological endurance. Because most of the students are now only children, they are favored by parents since childhood, which leads students to not try sports. Even because of the influence of traditional concepts, many parents and students think that physical exercise is not necessary, and it is not important to have physical education. Because students' attitudes toward sports learning are not correct, it will naturally lead students to not learn from sports, and even think that sports is an extra course. In actual physical education, there are indeed many students who pay great attention to the study of professional courses, but do not care about the study of physical education.

1.2 School factors

In the process of students learning sports, the school will also have a great impact on students' enthusiasm for learning. For example, when the school's sports facilities can't keep up with the students' learning needs, the students' learning enthusiasm will naturally be hit, and at the same time, the school. When the sports atmosphere is not good enough, it will also hurt students' enthusiasm for learning. To a certain extent, the relationship between students' enthusiasm for learning and the quality of physical education in schools is very close. If students lack enthusiasm for learning, then the quality of teaching in physical education. Naturally, it is not ideal. Schools should invest more funds in physical education and purchase more teaching facilities to meet the learning needs of students, stimulate students' enthusiasm for learning, and help students develop physical exercise habits. The richer teaching facilities can also make students more motivated in learning sports knowledge and learning sports skills, and can also make students' learning needs more satisfied, instead of limiting students' interest in sports to traditional. In sports activities, it can develop in multiple directions.

1.3 The impact of physical education teachers

The teaching level and professional level of physical education teachers will have a great impact on the quality of students' learning. The behaviors and behaviors of physical education teachers will also bring different degrees of influence to students, because students will unconsciously imitate the behavior of teachers, so teachers. In the explanation of sports knowledge, we should also try to guide students to understand and master sports knowledge in a guided tone, instead of ordering students to master the teaching content, which will only arouse students' dislike. Therefore, teachers should pay more attention to their behaviors and behaviors, and prevent their influence on teaching quality and

teaching efficiency for their own personal reasons.

1.4 The impact of individual student differences

In general, boys and girls, whether physical or psychological, are very different, so boys and girls have great differences in their enthusiasm for physical education. Most boys are more active in sports learning, while girls are less active. This is due to the physiological conditions of boys and girls and the long-term environment. The expectations and requirements of the society for boys and girls are different, so the interest of boys and girls in things will show obvious differences. However, when faced with the differences between boys and girls, teachers should also take different measures to maximize the enthusiasm of girls for sports learning, because even the national Olympic Games will be divided into male and female groups, and girls can also do sports. Doing well, should not be limited by gender thinking, but should be actively tried.

2. Training methods for students' enthusiasm in physical education

In view of the lack of enthusiasm for students' physical education, physical education teachers must further reform their teaching concepts and teaching methods to help students establish a lifelong sports learning concept and find ways to improve their sports interests. As a physical education teacher, we should actively explore ways to cultivate students' enthusiasm in physical education and improve students' initiative and enthusiasm. In combination with my teaching experience, this paper focuses on the analysis of students' enthusiasm in physical education from the perspective of physical education teachers:

2.1 Strengthen publicity and education to establish a lifelong sports concept

As we all know, physical exercise can enhance people's physical fitness, but there are not many people who really insist on participating in physical exercise. Therefore, publicity and education should be strengthened to help students establish a lifelong sports concept and deepen students' understanding of sports learning. Specifically, you can tell the students about sports fun through sports theory classes or special lectures, and at the same time, clarify the purpose of physical exercise, master the evaluation methods of various sports events such as football, basketball, synchronized swimming, and also use the students' star-seeking psychology to talk. The growth process of sports stars such as Liu Xiang, Sun Yang, Lin Dan, Wang Junxia, etc., deepen students' understanding of sports value and increase students' interest in sports learning. Through the understanding of these sports stars, students can also learn more sports knowledge and expand their sports knowledge.

2.2 Adapting teaching content to improve students' enthusiasm for learning

The content taught by teachers is interesting and novel, and it can attract students' attention, stimulate students' interest in learning, and let students explore more relevant knowledge on their own. Therefore, the reform of teaching content in the reform of physical education is also a top priority. For example, when students are running, if the teacher runs the time to stipulate the running performance of the students, then the enthusiasm of the students naturally does not. So high, but if the teacher turns the time running into a group competition, then it can stimulate the students' desire to win and lose, and also help students develop cooperation ability. And through the group competition, the teacher should also better observe the students' problems in sports, and also promote the friendly communication between the students. Compared with the time running, the group competition plays a greater role in promoting the students' sports, so the teachers The teaching method should also be appropriately changed at the appropriate time.

2.3 Diversified evaluation teaching to enhance students' achievement experience

Some students are hard to improve their physical performance because of their innate physical fitness. However, in this respect, teachers should not demand students, but should encourage students to help them develop sports awareness and students. Lifelong sports concept. At the same

time, in order to maintain the self-confidence of these students, teachers should change the evaluation method, and should also see the efforts of these students, because perhaps these students pay more than the students with good physical fitness, but they get The results are still never as good as the innate students. Therefore, teachers should also affirm students, encourage students, and adopt diversified evaluations to look at students' efforts. They also divide the evaluation into two parts, one is the student's sports performance, and the other is the student's usual performance. .The students' daily performance and the efforts made by students for sports are more important than the students' sports performance. Teachers should also encourage students in daily teaching activities to stimulate students' enthusiasm for sports learning.

3. Conclusion:

In short, the influencing factors of students' enthusiasm in physical education are diversified. As a physical education teacher, we should constantly explore the reasons that affect the enthusiasm of students in physical education, study the variables in depth, find a breakthrough, and improve students' learning of sports. Enthusiasm. When students have the enthusiasm of sports, students will be more active in sports and gradually develop good sports habits.

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