

# Research on the Application of Modern physical Education Spirit in School physical Education Teaching

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**Abstract** In sports activities, the importance of sports spirit is beyond doubt, because sports spirit can affect the mental state of athletes, and it is necessary to cultivate students' sports spirit in school physical education teaching. In the process of cultivating students' sports spirit, it can also cultivate students' perseverance will, and can ensure the sustainable development of students, so that students have a positive mental state. Sports spirit has always existed in the development process of sports activities, and the sports spirit is higher than sports activities. The school to cultivate students' sports spirit is also in the cultivation of students' sense of cooperation, so that students can develop in an all-round way.

## 1. The concrete expression of Modern physical Education Spirit in School physical Education Teaching

### 1.1 patriotism with a strong physique

Sports can play a very important role in cultivating students' patriotism. First of all, sports spirit can promote students to carry out physical exercise in order to defend the motherland. Secondly, sports spirit can help students strive for higher sports results and add glory to the motherland. In modern sports spirit, patriotism is the core spirit, but also the basis of the development of modern sports spirit. In sports activities, students can not only strengthen their physique, but also improve their sports skills, at the same time, they can also promote the modernization of socialism with Chinese characteristics.

### 1.2 strong sense of teamwork

When organizing students to carry out sports, schools should give full play to the role of sports, so it also requires schools to observe discipline when organizing students, to promote students to help each other, so that students can complete physical education learning tasks under the condition of cooperation, and in sports activities, students can more deeply understand the difference between individual spirit and collective spirit, as well as the difference between individual interests and collective interests. When students cooperate with other students to complete sports tasks, they can understand the importance of obeying the collective interests of physical and personal interests. No matter who wants to achieve better results, they need to have a certain degree of cooperation, and learn. Born in sports activities, we can get the cultivation and improvement of cooperative ability.

### 1.3 strong optimism and confidence

Sports can help students to cultivate better character, at the same time, sports can also make students more positive, because students in the process of sports, can get the cultivation of team spirit, and can learn to respect others, and "transcendence" is also one of the core of sports spirit, students can find a sense of achievement that constantly transcends themselves in sports, and constantly upward, beyond themselves. Find your own value and strengthen your confidence. It is very important for students to have a positive and optimistic attitude, because when students encounter setbacks, as long as students have a positive attitude, students can keep moving forward and will not give up halfway.

### 1.4 Dialectical practical rational spirit

Sports activities can help students to cultivate correct values, and in sports activities, students'

observation ability and analysis ability can also be exercised, and students can solve problems from a more objective point of view, in a real sense, after using their own ability to solve problems, students can enhance their self-confidence, and students can also see their own progress.

### **1.5 standardized and orderly spirit of competition**

each sports activity has its own rules of activity, which is also designed to ensure that health activities can be carried out continuously, and that students can learn to distinguish right and wrong in the course of physical education, and the students can make the difference between the right and the wrong more clearly, The students' equity consciousness and the competition consciousness can also be cultivated.

## **2. The Application of Modern physical Education Spirit in School physical Education Teaching**

### **2.1 emphasize the application of sports spirit in physical education teaching, so as to be attached importance to by teachers.**

First of all, when teachers carry out physical education teaching, they should make clear the importance of sports spirit, because sports activities are an important channel to transmit sports spirit, so when physical education teachers convey God to students through physical activities, students can feel the charm of sports activities and the significance of sports spirit through teachers' communication, and students can also get the cultivation of sports spirit. The success of the first Olympic Games held in China has shown the success of China to the world, and because of the rise of Chinese power, schools have also begun to pay attention to sports activities, began to spread the spirit of sports, and exercise the physical quality of students. Secondly, physical education teachers have the ability to pass on. In the mission of broadcasting sports spirit, physical education teachers should help students cultivate sports consciousness when spreading sports spirit, and should also make students clear the importance of sports spirit in sports activities. Finally, teachers should also grasp the use of physical education teaching materials, seriously study physical education teaching materials, convey the content and characteristics of sports spirit to students, so that students can really participate in physical activities combined with physical skills and sports spirit, then school sports activities can not only be successfully carried out, students' physical skills can also be enhanced, physical quality can also be improved.

### **2.2 emphasis on different forms of sports focusing on the display of different sports spirit**

First of all, physical education teachers should strengthen physical education spirit education, and there are many ways to strengthen physical education spirit education, that is, there should be strict teaching in classroom teaching, both the examination system and the attendance system should be more perfect. Because many students do not care about physical activities, teachers should actively mobilize the enthusiasm of students, and should also correct students' learning attitude. Students who violate the rules should also be punished, and teachers should also cultivate students' moral awareness while students make mistakes. In addition, teachers should also expand the content of extracurricular sports activities, that is to say, teachers should be in the body. In the school's physical activity, the students can not only experience the true physical spirit, but also can build up the physique and develop good exercise habits. In the end, the teacher should organize the sports competition from time to time, mobilize the students' enthusiasm for sports, and let the students take part in the sports activities, and the teachers can also let the students take part in the sports role, and make the students find the sense of the sports in the sports, and the students face the sports competition, It is also possible to know the true meaning of the struggle and the true meaning of the struggle and the ability of the students to judge and to adapt to the psychological adaptation. The force can also be strengthened.

### **2.3 constantly improve the evaluation standard of physical education spirit in school physical education teaching**

At the present stage, the teaching evaluation of physical education in the school is mainly to evaluate the students' sports skills, but because the sports evaluation system is not well enough, there are still many problems in the implementation of the sports evaluation. The spirit of sportsmanship can therefore not be better promoted. When the school is developing the standard of sports evaluation, it should be clear that the core of the sports spirit is the patriotism, the students want to know the meaning of the sports, and also understand the significance of the sports to the nation. At the same time, the school should add to the development of the character training of the students in the evaluation system, and also train the students' unity consciousness, so that the students can lead the students in the physical education True sportsmanship.

### **3. Conclusion:**

When formulating sports spirit, schools must adhere to people-oriented and students' needs, and schools should also persist in cultivating students' sports spirit, so that students can understand sports spirit and human value from many aspects and angles. In modern physical education, school physical education teaching is a very key link, which can help students cultivate the spirit of cooperation. Students' physical and mental health can also be promoted in the process of sports activities. Teachers should also encourage students to participate in sports activities, help students to cultivate sports spirit, but also exercise students' body, enhance students' physical quality.

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