

Research on the Cultivation of Students' Personality in Physical Education

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Abstract—With the continuous development of society, the speed of knowledge update is getting faster and faster, and more and more ways for people to accept new things make the society put forward higher requirements for the quality of people. Quality education refers to an educational model that aims to improve the quality of all aspects of the educated. The education system carries the heavy responsibility of cultivating talents and the education group is oriented to every student. Therefore, to improve the basic quality of each student and to make them become useful talents for the society, "people-oriented" education is particularly important. School physical education is an important part of all levels of education. It is an important guarantee to improve the quality of physical education by vigorously promoting the development of students' personality and making them gradually regularized and perfected.

Keywords—*physical education; students; personality training; research*

I. INTRODUCTION

The Chinese Communist Party's 18th National Congress proposed that the latest education policy is to adhere to education to serve the socialist modernization drive, serve the people, regard the moral composition and cultivating people as the fundamental task of education, comprehensively implement quality education, and cultivate socialist builders and successors of all-round development of morality and strive to do a good job in the education that the people are satisfied with. Here, the "physical" is defined to be cultivated with morality, intelligence and beauty, which embodies the importance of "physical".

Physical education is a discipline of sports people, and students should take the initiative to participate in physical education classes. However, in reality, physical education classes are too serious, less lively, and the classroom atmosphere is dull, and the phenomenon of rigid and excessive control is still widespread. Due to the influence of traditional concepts over the years, students in physical education classes should stand neatly and listen carefully to the teacher. Otherwise, the physical teachers will be considered not serious and irresponsible. Therefore, the teaching model of most physical teachers is still in the traditional way, which to some extent curbs the development of students' personality. In physical education, only by

breaking through the traditional way of thinking, boldly carrying out the reform of physical education, breaking through the old forms of teaching organization, reforming and innovating teaching methods, fully demonstrating the characteristics of fitness, entertainment and openness of modern school sports, can schools create a teaching environment suitable for the development of students' individuality, inspire students' active nature, and create a lively and dynamic classroom teaching atmosphere, so that students' personality can be fully developed and make physical education become the cradle of student personality development.

II. THE IMPACT OF PHYSICAL EDUCATION TEACHING ON THE DEVELOPMENT OF STUDENTS' PERSONALITY

A. Impact on Competition Awareness

As is known to all, since the birth of sports activities, competition has been its most prominent feature, and this kind of sense of competition is the distinctive feature of students at all levels of school. The physical education process usually adopts the methods of competition, test and entertainment games to cultivate students' competitive consciousness. Students in these links have got self-satisfaction of releasing their nature. Actively encouraging students to participate in the activities of competition and self-expression is conducive to cultivating students' sense of competition and improving their competitiveness.

B. Impact on Students' Personality

The formation of a person's character is a long-term process. People's understanding of personality is also different. Some people are quiet and introverted and quiet as a pussy; some people are outgoing and cheerful as an escaped hare. The formation of personality is a complex process, such as the family environment, the school environment and frequent contact with the surrounding people and so on. Students are most exposed to classmates and teachers every day. Among the many subjects studied, physical education plays a huge role in shaping students' personal aspects. Different sports have different requirements for the personality characteristics of the participants. Therefore, participants can develop their own favourable character and transform the weaknesses of personality by carrying out different project activities. For

example, football is a collective sports program. Students should not only have good physical quality in the process of participation, but also need to have good reaction capacity, coordination ability, and have the courageous fighting spirit and the psychological quality of being not elated by success nor disturbed by failure. Therefore, for those students who are timid and weak-willed, emotionally indifferent and vulnerable and indecisive, often participating in similar sports can cultivate their good character, make up the individual defects of this group, and make them gradually become brave, decisive, optimistic, aggressive, and dare to face difficulties and challenges.

C. Impact on Will Quality, Ability and Emotion

The school's physical education is different from professional sports training. The school's physical education teaching object is all students. Each student's physical quality, individual ability and personality are different. In the face of such a group, it is necessary to consider teaching them in accordance with their aptitude in the process of physical education. However, it is necessary to make a premise request that there may be individual differences in the physical aspect, but the cultivation of the will to overcome difficulties cannot be compromised. Through this unified requirement, students can improve their self-discipline and ability to overcome difficulties and obstacles, and it can also correct the spoiled and arrogant habits of most of the only children. Only long-term efforts to "hold on" will be more beneficial to the development of the will.

The school's physical education teaching runs through all levels of schools. The multi-functional role of sports is reflected in the active participation in physical exercise and participation in physical education, which plays an extremely important role in cultivating students' abilities. Students participating in physical education and teaching can not only improve their physical ability, but also improve their self-awareness, coordination, self-learning and interpersonal skills. Students can experience a lot while participating in sports. For example, during the sports competition, they can experience the tension of confrontation, feel the joy of victory and taste the sorrow and grief of failure. For students, the diversity and attractiveness of sports programs will induce their interest and hobbies; the complex and varied sports environment, the input experience of the sports process will produce emotional feelings such as satisfaction, acquisition and excitement in the students' psychology. Of course, the experience of setbacks and failures is not ruled out. Only if you are not afraid of difficulties and dare to work hard, will you truly experience the greatest joy of success.

The impact of school physical education on the volitional quality, ability and emotion of students is crucial. The student body is huge. When the students' outlook on life, values and world outlook have not really been established, it is necessary to seize such an opportunity to cultivate their courageous, tenacious and optimistic feelings. From the perspective of the particularity of school physical education to the cultivation of students' individuality and the role of students' individuality training, it is of great significance to

strengthen the individuality training of students in school physical education. Only in this way can it help the healthy growth of primary and secondary school students. Teachers who work in the front line of physical education in schools should strive to improve their own business level, study the teaching methods, and grasp the frontier areas in teaching research to meet the requirements of comprehensive quality education implemented by the state. On the other hand, physical education teachers should also have noble morality and good conduct, so that they will play a pioneering role and lead role in the teaching process, affecting students subtly, and students can develop and cultivate their individuality in the learning process.

III. WAYS TO DEVELOP STUDENTS' INDIVIDUALITY IN THE PROCESS OF PHYSICAL EDUCATION

A. Cultivating Self-awareness and Stimulating Subjective Initiative

The process of physical education is carried out step by step. Now the center of physical education has changed from the original teacher-centered to the student-centered, so the role of students' self-consciousness in the physical education classroom is particularly important. Students' self-awareness includes many aspects, and with age, self-awareness will gradually strengthen, which will also be influenced by factors such as social politics, economy, culture, morality and national spirit. As physical education teachers, they should grasp the critical period of student growth, strengthen the guidance of students to establish a correct "three outlooks", cultivate a healthy self-awareness, absorb good social influence factors to dominate the internal driving force of students' sports learning and create an ideal sports environment for individuality cultivation and development. In teaching, teachers should clarify the subjective position of students, stimulate the initiative of self-activity as much as possible, give students full trust and respect, provide more freedom and change the situation of students' passively participating in sports activities to active pursuit. According to the students' own characteristics, it is necessary to organize a variety of sports teaching competitions, and according to students' gender, physique, skills, technology and other differences, it is necessary to add interesting and confrontational sports programs to stimulate students' subjective initiative.

B. Strengthening Psychological Counseling and Paying Attention to Human Care

The object of physical education is all students. In physical education, teachers are not faced with individuals. As the saying goes, "everyone has their own view", students' mental state is also different. Therefore, physical education teachers must conduct in-depth analysis of students in a targeted manner, and positively affirm and praise students who are enthusiastic, optimistic, and tolerant towards setbacks; for students who can't afford failures and frustrations and escape difficulties, teachers should give affirmation to the process they have experienced, and use some famous sayings such as "failure is the mother of

success" and "thousands of miles come from single steps" to encourage them; meanwhile, teachers need to use some self-improving celebrity stories such as "Robinson Crusoe" and "Edison's Story" to encourage them. The degree of self-regulation can be achieved by training students in different forms of favourable circumstances and adverse situations. In addition, for students with poor physical quality, teachers should encourage and help them to build confidence, take the initiative to give them care, let them feel caring and love, then this group will gradually build up confidence.

C. Establishing a Good Physical Education Environment, Dividing into Classes and Groups and Teaching According to Students' Interest

The physical education teaching environment is the sum of the conditions that affect "teaching" and "learning" in the process of physical education, including the conditions of system, collectivity, atmosphere and material and so on. According to this requirement, in the formulation of the physical education teaching plan and implementation, it is necessary to establish a good relationship between teachers and students, as well as to be thoughtful in the selection of courses. Is the content of the course selected to meet the unified teaching requirements of the country? Does it meet the physiological and psychological characteristics of adolescents? Is it possible to develop a sense of morality and responsibility of students?

Einstein said: "Interest is the best teacher". Interest can stimulate people's creative enthusiasm and curiosity; therefore, interest is also one of the many important factors affecting physical education. Each school's students, each class's students, and even each student's interests are different. They often have different interests in the same textbooks and content, resulting in a very different final result. In order to ensure the quality of teaching and to cultivate students' individuality, teachers can choose group teaching according to students' interests. Since small groups of students are willing to participate in learning because they love a certain sport, the motivation for learning must be positive. Such an organizational arrangement will not only mobilize the interest of students to participate actively, but also facilitate the completion of teaching tasks, and it also enable students to appreciate that physical education is a pleasure.

IV. PROBLEMS THAT SHOULD BE PAID ATTENTION TO IN THE CULTIVATION OF STUDENTS' PERSONALITY DURING THE TEACHING OF PHYSICAL EDUCATION

Physical education activities are different from other subjects and have their unique characteristics. Specifically, in the physical education class, it is necessary to have venue equipment and facilities as hardware support, and students also need to invest in various sports to carry out physical exercise. Physical education involves a wide range of sports, such as athletics, gymnastics, football, basketball and volleyball and so on. Due to different sports, the sports equipment used in various projects is also different. There are some risk factors for students to participate in sports. In addition, because the physical fitness of students is different,

the intensity of exercise in various sports is different, and in teaching design, teachers should first be predictive and anticipate unexpected situations that may occur during the event. Therefore, it is necessary to have predictiveness when organizing this kind of exercise, and to strengthen safety education for students.

V. CONCLUSION

Physical education is an important part of school education. It is an indispensable educational content for students to develop in an all-round way and an important means to develop students' individuality. On the one hand, in the process of physical education, students' participating in sports activities can strengthen their body, temper their will and release their own nature. On the other hand, physical education can cultivate the excellent quality of students, make them experience the fierce competition according to the rules and the win-win or multi-win of group cooperation, and improve the adaptability to society as soon as possible. At the same time, students can also experience success in sports, accept setbacks, learn to communicate, experience the joy of sports and the joy of success, which can effectively promote the healthy development of students' individuality.

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