

# Strategy Selection and the Classification of Sports Teaching Mode

## Research

Hang Su<sup>1, a</sup>

<sup>1</sup>Department of Basic Education, Chongqing Vocational College of Finance and Economics, Chongqing 402160, China

<sup>a</sup>suhangcq@126.com

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**Abstract.** Along with the reform and development requirement of sports teaching, sports teaching mode which has profound impact on overall physical education reform has increasingly become the focus for people to explore. Sports teaching mode is a link between sports teaching theory and practice, is the embodiment of sports teaching system and teaching process and actualization. It is a special teaching program formed to achieve the teaching goal of the regulations or task under the guidance of certain teaching thoughts, in the specific teaching environment, including the relatively stable structure of teaching process and the corresponding teaching method system. Research on sports teaching mode has great significance on promoting the implementation of quality education in physical education teaching, strengthening the connection of sports teaching theory and practice, improving the teaching quality, promoting the development of the physical education reform and sports teaching mode innovation.

### 1. The concept and connotation of the sports teaching pattern

Since the 1980s, although a variety of teaching modes appeared, but few people were involved in the concept of sports teaching mode. After the 1990s, some research of the connotation of sports teaching began. In the latest edition of the *Dictionary of Sports Science*, it is defined as "physical education teaching model theory and teaching activities according to a theory of sports teaching or teaching design, with appropriate structure and function." It includes five main factors: the teaching theory and teaching guiding ideology, teaching aim, teaching conditions, operating procedures and combination of teachers and students. Dr Mao Zhenming is the creator of this period, he defined sports teaching pattern as "some kind of teaching program with teaching thoughts in the *Sports Teaching Model Research*, which includes a relatively stable structure of teaching process and the corresponding teaching method system, Mainly embodied in the teaching unit and the design and implementation of lesson."

The connotation of sports teaching mode is "teaching method system corresponding to the structure of teaching process", eliminating the minor factors, such as teaching conditions, teaching group, factors such as the content of teaching materials, making the sports teaching model can accurately express the concept of connotation, but also has the characteristics of simplicity. On the other hand, the design and implementation of teaching mode implement in defining the key link and techniques, namely: "mainly reflecting in the teaching unit and

lesson". The Weir and the Joe with great internationally influence defines it as: "teaching mode is a curriculum and course, choosing the teaching material, suggesting a paradigm of teacher activities and plans."

In domestic definition of teaching mode, the majority of acceptance is defined as: the teaching mode under the guidance of certain teaching idea or theory to build various types of teaching activities and activity program and its implementation method strategy system in practice for the design and organization of teaching. Teaching mode is established on the basis of the teaching thought and teaching theory this specific environment to accomplish the teaching task and teaching activities.

## **2The characteristics of the sports teaching mode**

Sports teaching model is a mediation of abstract teaching theory transferring to practice, is not empty speculative, but abstract theory embodied, superficial nature teaching process. Sports teaching pattern is set up in the sports teaching practice guided by a certain physical education teaching thought and theory. For example, happy sports teaching model is gradually formed under the guidance of "joyful sports teaching" thought in the sports teaching practice. Without the guidance of sports teaching theory, the sports teaching model is not complete, one of the reasons is that it lacks scientific basis. Any sports teaching mode is to express specific teaching thoughts for a specific teaching goal, teaching content and teaching environment, applicable to the specific teaching objects and scope. This reflects the unique characteristics of physical education teaching mode. On the one hand, the sports teaching mode must accept and learn new teaching idea or theory, it is the precondition of its continuous repair and improvement; on the other hand, sports teaching pattern with the innovation of physical education teaching is constantly updating and perfecting. So the sports teaching model is an open, dynamic developing mediator between theory and practice of the sports teaching.

The optimal effect of sports teaching pattern appears in two aspects: firstly, it is simplify procedures of teaching practice and teaching activities summarized in the practice, the forming process is also the optimization of teaching activities; secondly, once it was formed and was confirmed by practice, its application will improve the teaching effect. But to gain good teaching effect in teaching practice, sports teaching mode must pass through the reasonable selection and application, the key is to choose corresponded teaching mode to certain teaching goals.

Sports teaching mode has the characteristics of stability just as other teaching models. Stability is the premise for it to apply in practical operation, as any teaching mode including physical education teaching mode is useless without the characteristics of stability. The stability of the physical education teaching mode is relative but not absolute, because the sports teaching method and teaching organization form it containing are not stick to one pattern in the sports teaching practice.

## **3The classification of sports teaching mode**

### **3.1Functional goals**

#### **3.1.1 "tribasic" mode**

Tribasic sports teaching model refers to teaching the basic sports knowledge, techniques and skills as the main target. It mainly includes the following three modes.

1) Systematic study the teaching mode. It is a kind of activity strategy in the basic of mastering tribasic as the center through overlapping between teachers and students. Teaching philosophy: emphasizing on learning motor technology as the center. Teaching program is a closed loop body explained by demonstration, students' practice, teachers' guidance, technical evaluation standards. Teaching methods are mainly on demonstration method, decomposition and complete practice method and etc.

2) Program learning teaching mode. It refers to a complete sports action technology study is decomposed into several steps, students follow steps to learn and repeatedly to strengthen practice the desired goal of a sports teaching activity strategy.

3) Learning teaching mode. It refers to diagnosis and evaluation of teaching as the breakthrough point, following the principle of their aptitude so that the students can grasp the learning content of teaching strategies. The guiding ideology: let all the students can achieve the desired learning objectives

### 3.1.2 "Developing" sports teaching model

"Developing" sports teaching model keeps the ability cultivation and quality development of body and mind as the main target functions. The traditional sports teaching mode only attaches great importance to the technology and skills taught, it does not pay attention to the cultivation of the students' ability and the subject status of the disadvantages in the sports teaching practice gradually conceived, it mainly includes the following modes:

1) Discovery learning teaching mode. It refers to students independently and actively explore under the teacher's dominant. Teaching philosophy: the learning process of teacher-leaded and set up "discovery" to mobilize the enthusiasm of students to understand and explore.

2) Problem solving learning teaching mode. It refers to transfer the physical education into "problem teaching". Students independently solve problems in learning to master the knowledge and skills under teacher's guidance. Teaching philosophy: students-oriented giving full function of students.

3) Target learning teaching mode. It refers to the design of target situation both teachers and students that students choose targets independently according to their own learning ability and interest. Teaching philosophy: based on the students' autonomous learning to achieve the expected teaching goals, develop students' thinking ability, improve the students' sports participation and master the ability to tribasic.

### 3.1.3 "Emotional" sports teaching model

"Emotional" sports teaching model refers to cultivate the students' attitude, personality, emotions and etc. as the main functional goals of physical education teaching mode. This kind of teaching mode mainly includes three parts:

1) Independent learning. Students participant actively, choose its own goals, free combination practice, self-goal, self-assessment under the guidance of a teacher. Teaching philosophy: to be born, to actively guide the student to participate in the teaching process, exert students' initiative, enthusiasm and creativity, cultivate students' cognitive ability of sports, mental ability and practice ability, forming active sports consciousness and attitude, meet the demand of students' body and mind in sports.

2) Small group learning teaching mode. It refers to the students to participate in the "interactive, mutual assistance and mutual contend" study group to acquire knowledge skills, exercise willpower, and edify disposition, perfect personality development and teaching strategy of

cultivating collectivism spirit. Teaching philosophy: giving full function to the advantages of group and appeal through the interaction and communication between students and teachers, cultivating correct sports code of conduct and good group consciousness, laying the certain social skills.

3) Happy teaching. It refers to putting sports as the basic means, adopting appropriate teaching methods to make the students have fun in the process of learning experience. Teaching philosophy: it is formed under the thought of "happy sports" in recent years both at home and abroad, advocating to make the students in the mastery of sports skills and physical exercise at the same time, also make them experience the fun of successful sports experience, and gradually form the habit of lifelong sports practice through the experience aspirations.

### **3.2 Structure of the sports teaching mode**

#### **3.2.1 According to education theory**

Advanced education theory in sports teaching mode is the kernel of a sports teaching mode. Education theory with a long history, especially the modern education theory of rich period flavor provides a rich theoretical resources for the sports teaching model, such as foreign master learning, discovery learning, cooperative learning, lifelong education and etc., domestic self-study tutorship, collective teaching, club and etc. The above theories give out a series of physical education teaching mode, such as learning teaching mode, found learning teaching mode, teaching mode and so on.

#### **3.2.2 According to teaching target**

The goal of sports teaching is updated constantly with the development of The Times, the general process from the emphasis on "tribasic" to "ability" to "emotional experience", and it increasingly get connection with general control of the quality education. So it can be divided into the following categories: giving priority to in order to master "tribasic" teaching mode; teaching mode to stimulate students' interest and cultivate ability as the main goal; give priority to students' emotional experience.

#### **3.2.3 According to the education teaching method**

In this way the sports teaching mode can be divided into six modes: the modern education technology learning mode; interactive teaching mode; strategy learning mode; autonomous learning mode; situational teaching mode; teach - teaching mode.

### **4. Choosing strategy to sports teaching**

Sports teaching strategy is to accomplish specific teaching tasks. Teachers design sports teaching process and teaching methods according to the expected teaching environment and conditions and adjust thought and strategy of teaching procedures and methods according to actual situation. This shows that the teaching strategy is beyond the design thought and method of the teaching strategy, its work is embodied in the teaching process and methods of design and control with the six basic characteristics: thoughtful and theoretical, technical and operational, comprehensive and systemic, specificity, and specifically to sexual, changeable and regulation, gradation and graduality.

The pursuit of the effect of physical education teaching is the core of the sports teaching goal, and to ensure the realization of teaching goals, teachers must master the relevant teaching strategies, coordinating the relationship between each factor in sports teaching. However, the teacher in the operation of the actual teaching, to achieve effective teaching, choose in creative

teaching methods, teaching means will be their own emotional thinking, teaching attitude, teaching values. Smoothly, it is well known that sports teaching process teachers of physical education teaching design, the choice of selection of teaching content and teaching methods, the teaching principle and teaching rules to follow the most important factor is how to understand why physical education teach and what problem.

For physical education curriculum teaching goal and the teaching material content to set questions, is why "teaching" and "teach what". And every discipline curriculum should consider and determine the problem first. Sports, as a source of combination of a variety of cultures with complex permeability, different countries, different historical period, its value and function is different. It contains multi-functions: when different people participate in sports, values to participate are different, in order to avoid the phenomenon in the sports teaching of teaching too simple, not profound, learning badly and cannot master skills", teachers can arrange all kinds of materials according to the actual situations. Any sport program before entering into the classroom teaching is just a "material", it is only through the teaching material to become "teaching material", and "teaching material" again after developing can become the real "teaching content".

Visible, when choosing what to teach, teachers need to choose the suitable material for students from a large amount of sports material with appropriate age characteristics, physical and mental development characteristics, and then classify, process, sort and arrange, make it the optional textbooks, which is called sports teaching material

## **5. Summary**

Sports teaching mode is a kind of teaching program reflecting the physical education guiding ideology, is the link of the sports teaching thoughts and the physical education teaching practice. With the deepening of new curriculum reform, to improve teaching effectiveness and build efficient classroom become our common goal. How to scientifically apply the sports teaching mode to the practice of physical education teaching activities, which is how to make the two organically combines with each other. Finding the best point of contacting between them is the key to solve the problem in the sports theory with practice, so we should think and redouble our efforts to constantly together.

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