

Research on Modern PE Curriculum and Its Development Trend

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Abstract. University sport is a compulsory course in university course. Its main goal is to improve students' physical fitness and promote the comprehensive development of students through classroom teaching, sports competition and field training. This paper discusses the current situation and existing problems of college physical education curriculum. Project, curriculum standards and teaching materials, school sports hardware construction and other aspects of the development of university sports curriculum trends.

Introduction

Sports is an important part of education, through the physical activity and other auxiliary means to develop the body, enhance physical fitness, to teach the body to exercise the knowledge, skills, cultivate moral and will quality of purposeful, planned, organized education Process; is the process of nurturing and shaping the human body; is to develop a comprehensive development of an important aspect. In the past 60 years since the founding of the People's Republic of China, the sports has always been an important part of Chinese education with the same moral education and intellectual education as the period of socialist construction. It has been reflected in the educational policy of different periods in our country. On the basis of scientific understanding of socialism and socialist education, the central government departments have made different changes and adjustments to the educational policy in order to make education meet the needs of the country and the needs of the educated people, and reflect the basic laws of educational development. In the process of continuous adjustment, physical education is always an important aspect of the education policy, but also an important part that cannot be ignored. Sport is not only a discipline, not only an integral part of school education, but also contains people's own understanding of life and sentiment.

School sports on the role of education are a full range of students, there is a great potential and profound connotation. The physical education curriculum is the core problem of school physical education. It reflects the goal of physical education, reflects the content of physical education, determines the specifications of teacher training, and plays an important guiding role in PE teaching. Sports curriculum with education, fitness, entertainment and other functions, but its ontological function should be heritage sports culture. Through the physical education courses to students to systematically teach the cultural achievements of sports, the development of students' sports practice ability to meet the students in sports fitness, entertainment and other activities in the physical and mental experience, so that students in physical fitness, health, quality and ability to develop a long and rich sports culture makes the content of the sports curriculum rich and colorful, while the sports culture with the progress of society and constantly improve and develop.

With the change of the diversity of talent demand, the curriculum should also enrich and improve the connotation of the curriculum itself, so that the choice of the contents of the PE curriculum and the goal of personnel training. Therefore, the school physical education curriculum construction is the school physical education should be due attention and serious research, in order to promote the scientific development of physical education curriculum.

The Development Trend of PE Curriculum Goal

The goal of physical education curriculum is the starting point of the compilation of physical

education curriculum, the standard of PE curriculum evaluation, and the end of the implementation of physical education curriculum. The current trends in the development of domestic and international sports curriculum goals are:

Develop the Student's Body and Enhance the Student's Constitution. Chinese 1960 years after the primary and secondary physical education syllabus put the "exercise of the students body, enhance student physique" as the school physical education curriculum first task. Domestic scholars in this issue are consistent with the understanding. In the survey, 61.8% of the teachers believe that the main objective of physical education is "teaching and exercise combined, and to exercise the main body of students," 64.8% of the teachers believe that the main goal of physical education is "to teach and learn sports Knowledge, skills, skills, "which shows that the main objective of physical education and physical education, the main goal is not equidistant. American scholar Bucher argues that physical education courses are aimed at developing students' bodies and that students are guided by teachers to the direction of conscious learning; Japan emphasizes the need for students to participate in various activities to develop a strong body while trying to cultivate strong will And improve physical fitness; Canada proposes to promote the health of all students goals, through physical exercise to improve physical fitness, to enhance health.

Pay Attention to Sports Health Care Teaching. Contemporary scholars have advocated that physical education cannot only pay attention to the effect of temporary sports practice, but also pay attention to improve the students' sports culture. School-specific physical education, its fundamental function is to protect students' physical health and scientific exercise to provide theoretical knowledge and methods of guidance, as in the weekly section of a limited number of classes on the physical and physical development of students the impact or the second thing, therefore, the content of the physical education curriculum should include the basic knowledge of sports culture and health care. This can also be reflected from the survey: 86.8% of the teachers that "increase the physical exercise knowledge teaching, so that sports and health education combined" is the focus of Chinese current sports reform. Many countries around the world attach importance to imparting knowledge of sports health care to students. Japan requires teachers to teach students important skills and skills, and use them in a variety of complex conditions effective means; the United States requires students to master the knowledge of the body in order to better control their own body, better adapt to where Of the environment; Germany emphasizes students to learn about the body's knowledge, through physical activity to master the movement and the game to carry out the method.

Put Emphasis on Training Students Lifelong Sports Attitudes and Abilities. Cultivate students' interest in sports and hobbies and independent exercise of the body and lay the foundation for lifelong sports. This is a common trend in the reform of sports curriculum in various countries. Americans think that training is more important than improving athletic skills and physical fitness, emphasizing the need for students to love sports, to develop their interest in sports activities, and to enjoy a pleasant enjoyment in sports, to stimulate long-term interest in physical exercise And the desire to establish a lifestyle of hobbies; Japan through a variety of reasonable exercise practice, while improving athletic skills, so that students can experience the fun of sports, cultivate a clear, healthy life ability and attitude, Safe to participate in the attitude of the movement; Germany requires students to learn physical education in the classroom applied to the outside, so that students love sports. The ability to develop students' lifelong sports cannot simply reduce it to a level of athletic ability. Physical ability includes the basic ability of the body, athletic ability, self-exercise ability, self-evaluation ability and students should have the ability to engage in sports activities for life.

Development Trend of Physical Education Curriculum Content

Scientificity is the outstanding performance of the modernization of physical education curriculum content. Effectiveness is to strengthen the basic knowledge, skills transfer and basic ability to cultivate the premise, to enable students to master those modern society, the most useful and basic sports knowledge and skills, to enhance student physique and life-long physical exercise to lay a comprehensive foundation The Interest is the physical education teacher should pay attention to

heuristic teaching, so that students understand the physical education materials and the value of knowledge and exercise, full experience of the fun of exercise, inspire students to learn creatively, take the initiative to try.

The content of physical education curriculum is increasingly integrated and diversified. The content of physical education courses is subject to the objectives of physical education curriculum, for this sports curriculum content to be comprehensive and diverse. (1) sports knowledge, primary school junior grade 2-3 school hours, primary school in the high grade of 4 to 6 hours, junior high school began to 6 ~ 8 (1) sports curriculum, the overall reform of the content of the experiment to pay more attention to this point, Hours; (2) sports materials, exercise material cannot be eternal, so teaching should be comprehensive, cannot be biased to certain projects. In a specific section of physical education, its content arrangements both technical teaching, but also exercise content, the project diverse, students, moving.

After World War II, the contents of the school sports curriculum in developed countries increased, leisure sports, tennis, archery, golf, bowling and other projects into school sports, especially the contents of life-long sports greatly increased. German sports courses include physical education and all-round education, its content is rich and colorful; the Japanese believe that the value of the movement is not only to improve the level of sports technology, they are widely used in school fitness exercise prescription content, played a very good role in enhancing the physical strength of students, (2) to solve the physical problems of maintaining and promoting health as the center; (3) to ensure that the quality of life as a long-term study of sports can be carried out smoothly.

The developed countries in the modern school sports reform generally formed a concept that is the development of individuality, adhere to the physical education curriculum content, methods, teaching organizations, diversification, flexibility, individualization. The main points are: (1) the development of personal characteristics, the flash point that is potential creativity; (2) to expand the freedom of choice of individual sports opportunities, to take various measures to promote sports diversification, flexibility and individualization. As a result of many different, in the goal to engage in a standard, a specification, in the method of using a model, a program, in the time required "one size fits all", "walking" is bound to work.

Therefore, the physical education materials should not only have the flexibility and flexibility to adapt to the actual situation of schools around. The United States is the western developed country school sports curriculum content flexibility of a country, they selected textbooks from the physical and mental characteristics of students starting to increase the choice of teaching materials to strengthen the teaching materials and social and life closely linked, flexible, Many, free choice, sophomore, third grade is elective. The rest as Japan, Germany, Canada and other countries in the flexibility of sports content has a similar approach.

Athletics is the main material of the content of physical education, in many cases cannot be directly moved to the classroom sports, the need for its processing and restructuring, which is the so-called competitive sports teaching material. (1) in the specific content of the textbooks, and gradually change the purely competitive, adult sports, pay attention to the contents of national sports and local sports (sports), sports, sports, sports, sports, sports, sports, sports, sports, content. (2) the rules of the game is for high-level athletes to develop, no matter what the situation according to the rules of activities on the lack of vitality, should be based on the physical and mental characteristics of students, to seize the main factors in the movement to simplify the rules, which first requires a strong teacher adaptation, application ability, according to the student's interest, attention, ability to use the rules flexibly. (3) physical education courses can be simplified according to the need to: as long as the development of leg strength, agile goal, not only height can be selected by the amount of money, practice can also vary from person to person, short jump, Climb up to jump, good athletic skills in the air can be added to the swivel or landing to turn over. (4) In order to improve the effect, physical education equipment can be properly converted: If some places to the basketball frame to lift, the football field set four doors, joint training equipment and amusement equipment combination, the campus space on the painting _ available Activities of the pattern, the sports field side set up multi-function wall panels, etc., changed the equipment of the competitive, adult status.

According to the function of teaching materials, equipment can also be replaced, such as jumping jump on the textbook, no jump box, you can use ping pong table or step instead. (5) physical education within the extracurricular integration. Sports extracurricular activities are very beneficial to students' interest in sports, ability and ideological and moral cultivation. General physical education as a basic form of organization, extracurricular sports activities is to continue to extend and supplement physical education. In fact, classroom teaching and extracurricular activities, the opposite function, just can make up each other. To physical education as the basis, to carry out extracurricular activities, extracurricular integration, which is a new teaching system required.

Conclusion

With the deepening development of PE curriculum reform, it is of great significance to reform the evaluation system of physical education to improve the effect of actual sports and the quality of PE teaching management. Reforming the current system and method of assessing sports performance by means of sports evaluation and evaluation, how to establish a performance appraisal system centered on strengthening physical fitness is still to be further studied.

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