

The innovation and practice of teaching methods of moral education

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Keywords: ideological and moral education; physical education teaching; method; carry on

Abstract: Permeating the ideological and moral education into the physical education teaching, its characteristic is to give education to students in sports activities, it has obvious advantages advantaged conditions compared with other disciplines. This article discusses the idea that in the sports teaching to carry on the ideological and moral education is an important task of physical education teaching, and discusses the methods to permeate the ideological and moral education into the physical education teaching. In physical education teaching, deliberately to carry on the ideological and moral education can exercise the student's will, what is more important is to cultivate the students' spirit of patriotism and collectivism, train the students' psychological quality of obeying the organization, observing discipline, brave, strong and positive, raises the students' good sports morality and personality.

1. Introduction

Ideological and moral education is an important part of school education, to strengthen students' ideological and moral education, is an important task of physical education and the important link of improving the quality of physical education teaching. I think that deliberately to carry on the ideological and moral education in the sports teaching, can not only can exercise the student's will, but also to cultivate the students' spirit of patriotism and collectivism, to cultivate students' civilized behavior of obedience, discipline, taking good care of public property, to cultivate students' psychological quality of honest and wit, positive enterprising, striving to forward. Therefore, according to the students' thought, emotion, personality behavior performed in physical education, physical education teachers should master their characteristics, follow the principle, permeating the ideological and moral education into each link of the process of sports teaching.

2. Why do we carry on the ideological and moral education in the sports teaching

Permeating the ideological and moral education into the physical education teaching, its characteristic is to give education to students in sports activities, it has obvious advantages advantaged conditions compared with other disciplines.

(1) Sports discipline is the oldest discipline in schools, is the only compulsory course be open from a kindergarten to the university. Students receive physical education in all kinds of school life, through the sports teaching, ensure that the students can accept the ideology and moral character education from kindergarten to university,.

(2) Ideology and behavior performance of the students is general not in oral, but showed in their

action. And the sport and health teaching is different from other disciplines, it mainly through a variety of physical exercises and activities. Teachers timely and targeted carry on ideological and moral education according to students' language and behavior, it is both concrete and practical, some disciplines cannot get the same effect. It is easy to receive the double effect.

(3) Sports discipline teaching content, itself has broad and strong ideological content and rich education factors, it is closely linked the person of ideological and moral and the will quality together.

3. The influence of sports on the ideological and moral education.

Mixing the ideology and moral character education into physical education teaching, can make the students to cultivate the ideological style of brave and strong, bearing hardships and standing hard work, courage to face setbacks, overcoming the difficulties at the same time to master and improve sports technology, skills, enhance physical fitness; Foster unity love, the spirit of helping each other in the collectivism and patriotism; Cultivate such character of tact flexible, calm decisive, modest and prudent, it is conducive to better accomplish the mission of physical education teaching with quality education.

(1) Sports can effectively exercise the will quality of the students. Whether in sports learning, training or competition, participants must with the greatest efforts to overcome personal physiological and psychological difficulties and obstacles, victory also often depends on insisted.

(2) Sports competition performance can cultivate people's sense of competition and enterprising spirit. Sports gradual performance taught people to give up of values, and tend to be long-term unremitting pursuit of values; the collaborative and integrity of sports can make people understand of the value of individual in collective, evaluate themselves objectively, straighten the relationship between the individual and the collective, to improve organizational discipline, and cultivate the spirit of collectivism, to establish a harmonious interpersonal relationship.

(3) Sports can make people learn to control and regulate mood, can keep moderate emotional responses in treat things and transfer and comfort negative emotions produced in the difficult timely, improving their psychological adjustment ability, so as to improve people's resilience and social adaptation ability.

(4) In strict discipline and strict organization, there is a vivid factors of moral education, helping to improve the students' sense of responsibility, helping students learn to correctly deal with individual and collective, freedom and discipline, the relationship between individuality and commonness, form a moral character of unity and mutual assistance, consciously abide by discipline of ideology and. In the sports teaching, must pay attention to the cultivation of student's sports morality consciously, the influence on the growth of children and even the whole life will have a positive impact.

4. Carry on ideology and moral character education in the sports teaching

In physical education teaching, integrating into moral education consciously, not only can exercise the Students' will ,what is more important is to cultivate the spirit of patriotism and collectivism, trains the student to obey the organization, observe discipline, brave, strong, , raises the student good sports morality and personality. School sports with its rich and colorful activities, attracting young students, most of young students have motivated, curious, active and other characteristics, in the teaching, if we can combine the characteristics and requirement of all kinds of sports, young people can get more comprehensive ideological and moral education and character cultivation. In the sports teaching, pay attention to cultivate the students' patriotic ideas. Physical education teaching, we should take it as the core to cultivate the students' patriotic enthusiasm, can

make full use of all time and all the possible use of conditions to strengthen patriotism education for students. Especially in the rainy day that can't go to outside of class, guiding students to understand the frustrations of old China and the Chinese nation's sports course, understand the process of the rapid development of China sports, thus causes the student to understand our country sports in yesterday, today and tomorrow. Cultivate the students' self-esteem, self-confidence, and pride, understanding objective gap, stimulate the desire to do better. Use advanced deeds to educate students such as our athletes on the field working hard, won a medal for country, our country competitive sports from zero breaking through to world, make them to get all-round development, aim for new heights, determined to win honor for our country. The education process of osmosis will have a positive impact in cultivating the students' patriotic emotions.

In the sports teaching, can use the middle-long-distance to train students to bear hardships and stand hard work, the indomitable spirit not fearing of the difficulty. Long-distance running is teaching material with excellent quality to cultivate Students' willing, because the distance of the "pole" phenomenon, is a severe test to student's character. Athletics and artistic gymnastics class study, not only effectively improve the students' physical quality, but also cultivate their brave indomitable good thought quality. In the sports teaching, pay attention to cultivate students' good personality cultivation. Gymnastics and martial arts project learning, to cultivate students' good personality cultivation, in the beautiful music, they can best show their lively and cheerful personality and able to create agile action and beautiful shape, to cultivate their composure, witty, decisive character and self-control, and make them full of confidence and vigor of youth. In the sports teaching, pay attention to cultivate students' good sports morality. Sports ethics is code of conduct that all of the people involved in sports activities have an obligation to abide by. In sports activities, especially in the antagonistic game is more obvious, mainly including abide by the rules, comply with the order, love the collective, solidarity and cooperation, respect each other, respect the referee, to win without pride and lose with grace, protect public property, etc. PE classes and extracurricular sports activities are the effective means of moral education. School sports has a positive role in correcting for bad conduct students, educating students with fault. Some students often make mistakes, because of too much blame, punishment they are lack of self-confidence, but also lack of collective sense of honor. However such students are often energetic, thinking active, active, if we can attract them into the sports, can make their spare time to develop sports talents, and can put their competitive personality into the sports competition that is reasonable and constrained. Because there are certain rules for sports competition, in violation of the rules should be punished, this has a significant effect on cultivating self-control to their behavior.

In addition, timely education are important features of the sports teaching in the ideology and moral character education. Such as gymnastics bar in the campaign is most easy to produce the fear psychology, teachers must give the education guidance according to students' psychology timely, students are encouraged to set up courage, determination and willpower to overcome the difficulty. At the same time, strengthen the protection measures, and once appear, should immediately be sure and praised. So with highly targeted, can receive a better education effect.

5. Implementing methods of moral education in PE teaching

Penetrating ideology and moral character education in sports teaching is an important task of physical education teaching, how to put the moral education infiltration in the sports teaching, is also our goals in sports.

(1) Method of love that injection

Education is a kind work influencing the others, to influence students with "love", is a strong internal power, is the most effective education method. Junior high school students in the

"psychological weaning period", the understanding of the subjective and objective contradictions, psychological barriers, physical patients and so on, they need the teacher's care, cherish the teacher's love, subtle guidance even friendly smile, also is a kind of encouragement, a trust, a warm. Love the students, care about students, sincerely to help students to solve the ideological, learning, the practical problems in life, give a piece of love to the students, taking "love" into their hearts, is a shortcut in ideological and moral education, can have twice of the result with half of the effort.

(2) Posture signal method

Undertaking ideological and moral education with posture signal method is one of the popular sports education methods. In the process of correcting students' bad behavior, protect students' self-esteem, avoiding produce rebellious attitude, so that make the students completely convinced. For example, in teaching we find that some students are lack of concentration and doing little tricks, at this time teacher walk over to the student , give a look or a sign to remind or stop, this method is more better than to suspending the teaching to criticize and educate students by name.

(3) Method of seizing time and opportunity.

Ideological and moral education in sports teaching is mainly carried in the process of all kinds of physical exercise that the students are taking part in. Students in the activities of the collective or individual activities, are bound to reflect the various performance and behavior. Teachers in the teaching should use "all eyes and all ears", from the students' language, attitude and behavior to find all kinds of thought and behavior emotion, "targeted" and timely to carry on the ideological education, eliminate the undesirable tendencies in the bud. For example, in hot summer class, some of the female students often use the practice opportunity to shade down, according to the situation, in a timely manner, take the education of the benefits to human body of "sunbathing" and the "beauty of health", so that to transform students' thinking, receiving better results.

(4) Method of rivalry contest.

Our students can adapt to the development of the society, has the time feeling and the positive enterprising, have the spirit of competition. And the formation and development of these qualities have larger space in the sports teaching, because the competition is the prominent characteristics of sports, sports project has antagonism and competitive, especially in the game, the confrontation and competition factors reflect more strongly. It tends to make the participants bear the psychological and physiological load of high strength, and must also to achieve their goals with the stress. Consciously take teaching and training that is adversarial and competitive, that can improve the students' physical and mental endurance, get psychology and behavior quality of brave struggle, indomitable enterprising. Such as in the sprint running training, only in the short time of "get set! Go!", in order to grab the launching time more accurately than others, students will focus the whole body energy, at the same time to improve self-control, preparing to act decisively, instant lax means irreparable failure. In distance running teaching and training, take the form of competition, to compete and against, it is means that students should not only adhere to run all the way, but also have a certain velocity, make long-distance running training is actually a battle of willpower.

6. Conclusion

If a school get a solid in sports working, it well not only can make students have a strong physique, with abundant energy, but also has a strict organizational discipline, will form a positive good school spirit. In the sports teaching, the teacher should elaborate design clever arrangement, in order to make the finishing point to reveal, guide students to understand and experience, so that the students can grow up to be all-round development of qualified personnel at the same time in learning and mastering sports knowledge and technical skills, they can be cultivated and educated unconsciously. In view of the above understanding, we should be in the full implementation of

education policies to actively support the school moral education work at the same time. Take various measures to pay special attention to the management of sports and the infiltration of moral education work, gradually make physical education and moral education be our school's implementation of quality education, promoting the quality education of the school.

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