The Value and Effective Strategy of the Teaching of Classified Teaching of Physical Education

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Abstract

In this paper, we focus on the necessity and implementation of the teaching of physical education. Sports classification teaching necessity is mainly reflected in the physical education curriculum reform, improve the teaching quality of physical education, the relative fairness between individuals and groups, differences in physical health, lifelong sports foundation etc.. There are many difficulties in the implementation of hierarchical classification teaching, mainly in the large amount of small sites, part-time teachers, classroom time is limited and so on. In order to improve the quality of teaching and the relative fairness of teaching, some schools have introduced the teaching concept of sports stratification. However, there are many difficulties in the implementation of the program, which is reflected in the small size of the school stadium, classroom time is limited, as well as a large number of classes, etc.. In order to effectively implement the hierarchical classification of teaching, the school also needs to start from the target, evaluation system, as well as the way the class, the analysis of student learning.

Keywords: Physical education, individual difference, stratified teaching

Introduction

As the name suggests is hierarchical classification teaching sports contains two kinds of meaning, is a kind of hierarchical teaching, the teaching is the teacher in the teaching process according to their different personality and different knowledge based on knowledge and the ability to accept the teaching goals and teaching methods in planning, in a certain distinction degree; another is the classification of teaching, the teaching method is based on the interests of students and the age of these aspects of arrangement of teaching content, to cultivate and promote the students' love interest in sports. The stratified teaching of physical education is to combine the two teaching methods, take the essence and discard the dross.

In the hierarchical classification in the process of teaching, students can not only eliminate the previous movement because of its poor to bring their own pressure and frustration, but also continue to enhance their confidence in their training process, play to their potential. However, in the present situation, the research on the teaching of sports stratification is very rare. Therefore, it is necessary to strengthen the research on the teaching of physical education. Classification teaching is based on students' different interests, age characteristics, gender differences, and so on, choose different teaching content, in order to promote the different characteristics and needs of students to master their favorite sports skills teaching. Layered teaching is in line with the principle of teaching from the reality. Hierarchical classification teaching is helpful for students to eliminate the psychological pressure and frustration caused by the difference in the level of exercise, so that students can give full play to their potential in practice, establish self-confidence, etc.. However, there are few researches on the problem of

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the stratified teaching of physical education. Therefore, it is necessary to strengthen the teaching of sports stratification.

The Proposed Methodology

**Individual difference.** From the actual situation of the universities, the health level of students have obvious differences, for different students in different levels of health, need to take different intervention measures in the process of sports teaching, and the system for different students take physical education measures will inevitably there is a huge difference. Therefore, in the process of physical education, it is necessary to make specific teaching plans and teaching objectives according to the principle of "individual to individual". The use of hierarchical classification of teaching methods to fully respect the individual differences between students, reflecting the physical needs of students, on the basis of improving the pertinence of physical education, enhance the pertinence of physical education.

**Cultivating lifelong sports concept.** Through the teaching of physical education, college students can help them lay a good sense of sports, sports and sports habits. Colleges and universities can help students form the correct sports concept on the basis of respecting the individual differences of students, which has an important influence on the formation of the correct concept of lifelong physical education. However, from the current teaching practice of physical education in China, the relationship between physical education curriculum and lifelong physical education in our country is not strong, and some of the sports settings, does not meet the characteristics of lifelong sports. Therefore, in order to help students to establish the concept of lifelong physical education, we must pay attention to the individual differences of students.

**Fair teaching method.** To realize the equity of physical education is an important goal of the stratified teaching. At present, our country adopts the principle of three levels of management, which takes into account the differences between universities in different regions.
In addition to the provision of national curriculum, college sports need to develop school-based curriculum according to the actual situation of the school. Colleges and universities need to make full use of the characteristics of teaching in the process of teaching and teaching. Although there is a huge difference between colleges and universities, it is impossible to realize the equal teaching of physical education, but it can make the students enjoy the equal opportunity of teaching.

![Figure 2. Number of higher education institutions.](image)

Since the expansion of higher education in China, the number of students in colleges and universities has been increasing rapidly, which leads to a large number of students participating in physical education. At this time, on the basis of respecting the students' interest, we can divide the students into different interest groups. So in the process of sports teaching, the same teacher need guidance for different learning groups, in this case, led to a different group of classroom time is relatively compressed, thus resulting in a waste of time, to improve the effect of physical education teaching has adverse effects.

From the current situation of the construction of the teaching staff in colleges and universities, the weakness of the current construction of college teachers is mainly reflected in two aspects. At present, the number of physical education teachers in colleges and universities is limited. The quality of physical education teachers in colleges and universities needs to be improved. From the current point of view, colleges and universities to carry out the physical education curriculum is based on the traditional and common sports based, and for the construction of all unusual sports teachers is insufficient, which leads to the students cannot meet the needs of physical education curriculum.

In the process of sports teaching in hierarchical classification, the traditional large class into small class teaching, compared to the same class and the traditional teaching mode, teaching occupies more space, it will put forward higher requirements for the sports teaching facilities, and relatively well-off teaching space, in the hierarchical classification teaching will appear crowded again, this will bring a lot of inconvenience to the sports classification teaching.

In the course of the hierarchical classification teaching in colleges and universities, the hierarchical teaching of physical education is usually referred to as the teaching organization in the process of learning the basic textbook. At present, the time of classroom teaching physical education curriculum is generally in 50 minutes, in teaching, physical training and teaching preparation teaching will take a long time, but the real time was compressed due to the actual
teaching, it will undoubtedly greatly increase the difficulty of teaching sports stratified classification.

**The implementation strategy of hierarchical classification teaching.** In this paper, the author analyzes some difficulties in the process of hierarchical teaching in Colleges and universities, and points out that the current physical education teachers in Colleges and universities are not enough to carry out the classified teaching. Therefore, colleges and universities need to take measures to strengthen the construction of teaching staff in the teaching of physical education. In view of the existing problems in the construction of college physical education teachers, to strengthen the construction of college teachers can be mainly from the following aspects.

In the process of construction of PE teachers, in order to actively recruit a group of teachers, there is relief the hierarchical classification of university sports teaching, present situation of insufficient number of teachers, resolve the problem of classified teaching dilemma.

In the process of the construction of the physical education teachers, we should adjust the structure of the teachers reasonably, and take the students' interests and other factors as the starting point. This requires that the physical education teachers in colleges and universities can have the ability to carry out a variety of physical education courses, which is a short board in the teaching of physical education in colleges and universities.

In the physical education teaching process in colleges and universities, the implementation of hierarchical classification teaching, the lack of sports hardware facilities to improve the teaching level of sports stratification has a direct impact. We think it is divided into the following several levels to strengthen the teaching of physical education in colleges and universities and to strengthen the construction of educational sites to ensure the smooth progress of physical education. In the course of the construction of physical education teaching field, we should strengthen the construction of the functional area of the sports field, and ensure the material basis of the classified teaching. To strengthen the construction of sports equipment, the different teaching classification, according to the specific requirements of practical teaching, strengthen the construction of sports equipment, only to have the physical education equipment sufficient, in order to ensure that the sports teaching can smoothly carry out classification.

In the hierarchical classification of college sports teaching, teachers should pay attention to the students' autonomous learning and more independent ties with process of practice teaching, which can make the university sports teaching classification effectively.

On the evaluation results, the comparison between the different objects, such as grade, class or individual, should be reduced, and it is necessary to establish a comparison of the development of individual students. This evaluation will not dampen the enthusiasm of students to learn, self-esteem, while each student has their own development goals, rather than the goal of catching up with others compared with others. As a result, it is possible to achieve a reasonable evaluation based on different interests and preferences of students, different physical and sports basis, cognitive ability, etc..

**Conclusion**

Hierarchical classification teaching reflects the sports teaching the concept of people-oriented, and meet the needs of college students physical exercise in a large extent, this is to improve the comprehensive quality of college students, has a positive significance to promote the all-round development of college students. At present, universities in the hierarchical classification teaching still have some problems. Therefore, this requires all colleges and universities in the
process of the classified teaching, we should take effective measures to actively solve, can really play its due role in the classified teaching. In the stratified, students can according to the actual situation, their selective practice, some practice less difficulty, and some practice is difficult, so that we can avoid the teacher practice level and fuzzy judgment rules for blind students. In the classification, in addition to reflect the students choose their favorite sports content and form, but also can take the initiative instead of passive participation in the classification of learning. Students know their own interests, but also the students themselves to the most authentic grasp of their ability to exercise. Therefore, from the choice of the students' autonomy, the hierarchical classification teaching can be realized. In this way, it can fully reflect the students' subjective initiative. The influence of a variety of factors and the restrictions of the adverse conditions for a long time plagued the first line of teachers on the concept of flexible teaching and implementation. However, when we focus our attention on the appropriate opportunities for students to exercise their own autonomy, stratification and classification are easy to operate.

References