

# The Thinking on Physical Education Teaching in Colleges under the Background of "Sunshine Physical Education"

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## Abstract

Sunshine Sports puts forward new requirements for college physical education, which not only promotes the improvement of physical education quality, but also requires college physical education to respect students' individual differences, attach importance to students' mental health and stimulate students' interest in sports from the perspective of students' overall development and self-value realization. Therefore, this paper from the current situation and problems of physical education in colleges and universities, the positive role of sunshine sports in physical education and new requirements and other aspects of thinking.

## Keywords

Sunshine sports; Colleges and universities; Sports teaching.

## 1. Introduction

Our country attaches great importance to the physical education of college students, strengthening the physique of teenagers and promoting the healthy growth of teenagers is a major event related to the future of the country and the nation. It is of great significance to vigorously promote quality-oriented education and train qualified builders and successors of the cause of socialism with Chinese characteristics.

## 2. The Present Situation and Existing Problems of Physical Education Teaching in Colleges and Universities

### 2.1. Lack of Attention to Physical Education

At present, colleges and universities pay more and more attention to physical education, but there is also a situation that they pay more attention to learning than to physical education. They invest more in cultivating students' knowledge and skills, and only stay in completing the curriculum content of the training program in physical education. The sports facilities in some colleges and universities are not perfect enough to meet the requirements of students' physical education and sports training, and the investment in physical education is not enough, and the research on physical education curriculum construction and integration of physical education in and out of class is not enough. In the final analysis, the cognition of the importance of physical education is not enough.

### 2.2. The Content of College Physical Education Curriculum Is Single

In colleges and universities sports curriculum, track and field sports is a large space, for students, a single course content to make the students not interest in learning sports education, especially the lower grade students, give priority to with physical training and testing, course task centered, long jump, arm length of gun trailer, sit-ups and other basic training. Students in junior high school and senior high school have mastered these basic motor skills, resulting in lack of freshness in class. Properly in the basic physical quality training at the same time, enriching the content of courses, and increase education psychological quality, cultural quality

and physical aspects such as learning ability training, make the students in physical education in colleges and universities can have a different experience, it can not only make them growing understanding of the sports culture, can also help them build on sports interest, Lay the foundation for lifelong physical education.

### **2.3. College Physical Education Assessment System Is Not Perfect**

Although the physical education courses in colleges and universities have examinations at the end of each semester, there are still some imperfections in this examination, because the evaluation standard of the physical education courses at the end of the semester is mostly based on whether the students' examination items reach the standard, but ignores the students' performance in physical education. There is also no reasonable evaluation of students' other sports psychology, sports ability and other qualities. There is little process assessment and lack of sustainable training. In addition, colleges and universities do not have a perfect and sound college PE assessment system for students' performance in PE class, lack of daily supervision system, and the implementation of PE class is weakened. Some students regard PE class as a relaxing curriculum activity, and their enthusiasm is not high, which is very unfavorable to the development of college PE curriculum.

## **3. The Positive Effect of "Sunshine Sports" on Physical Education Teaching**

In order to implement the spirit of the CPC Central Committee and The State Council's Opinions on Strengthening Youth Sports and Improving the physical fitness of young people, China has carried out "sunshine sports", encouraging students to get out of their dormitories and run in the sun and get involved in physical exercise.

### **3.1. Improve the Physical Literacy of College Students**

Sunshine sports claims on the students' physical education is to enable students to consciously to participate in sports activities, let sunshine sports education content can be fully integrated into the college physical education class, the students' physical quality, sports ability, physical quality to be able to get promoted, which is consistent with the purpose of the university sports education, committed to improve the students' physical quality, The implementation of "sunshine sports" is crucial to effectively encourage students to feel the sun, feel the nature, and improve their physical literacy.

### **3.2. Promote the Diversification of Physical Education Curriculum**

The implementation of sunshine sports makes the traditional physical education in universities have diversity, not only limited to running, jumping, ball games and other courses, but also more sports culture and sports psychology education, so in sunshine sports Under the college physical education and sports training will have a variety of forms of change, from the improvement of individual sports quality to the improvement of the sports quality of the whole team class, but also can be expanded to some team competitive sports activities, sunshine education makes students have more interest in sports courses

### **3.3. Promote Harmonious Teacher-student Relationship**

The relationship between teachers and students is particularly critical for schools, because a good relationship between teachers and students not only plays a positive role in classroom discipline and classroom effect, but also has a great impact on the improvement of students' learning motivation. PE is no exception. The PE teacher establishes prestige among students, and the teaching quality of PE class will also be improved accordingly. "Sunshine sports" concept of the harmonious relationship between teachers and students training plays an important role, under the "sunshine sports", the teacher will traditional sports classroom running, long jump, etc that boring course content development for some teachers and students

can promote unity personalized teaching activities, such as sports skills game, team competition, etc., such not only can make the students enjoy the class, Feeling happy in class can also make students get full exercise and gradually form a new form of physical education curriculum teaching under the "sunshine sports" education mode.

#### **4. The New Requirement of "Sunshine Sports" to Physical Education in Colleges and Universities**

##### **4.1. Establish the Correct Concept of Physical Education Teaching**

Colleges and universities should set up the correct concept of physical education teaching, give full play to the positive role of sunshine sports in the physical quality training of college students to improve physical education teaching in the process of physical education teaching, sports teaching training Sports psychological health and other aspects of the content of the combination, change the students' cognition of physical education class, improve the quality of classroom teaching, establish students' confidence in sports.

##### **4.2. Train Students to Form the Habit of Sports**

At present, there are not many college students who have the habit of sports and insist on physical exercise for a long time. Sunshine Sports is committed to stimulating students' interest in sports, cultivating students to form the habit of sports and forming lifelong sports awareness. At the same time, in the physical education curriculum design, combined with students' own quality and personal interest, to train students with sports skills, improve physical ability, to achieve the meaning of sunshine physical education.

##### **4.3. Experience the Joy of Sports in Teaching and Learning**

The implementation of sunshine sports is to let students move, exercise their bodies in the sun, relax their body and mind, combine what they have learned in sports teaching, have a strong interest in sports, and let students feel the happiness of sports in teaching and learning. Give sunshine sports more rich teaching content and teaching form, stimulate students to participate in sports class and sports enthusiasm and initiative, compatible with learning and fun, let students enjoy sports class, love sports.

##### **4.4. Respect the Individual Differences of Students**

Under the background of sunshine sports, physical education teaching should start from the actual situation of students' physical quality, pay attention to the progress of individual students' sports enthusiasm and sports skills, attach importance to the pursuit of individual students' sports value and growth process, rather than to measure the same standard. In physical education teaching, students physical skills physical skills physical form of an assessment, using the form of questionnaire, collect students physical exercise personal goals and needs. At the same time, in the process of physical education, we should pay attention to students' individual physical education psychological health and psychological experience of participating in sports, which puts forward higher requirements for physical education. Under the guidance of the sunshine sports concept, students participate in the process of sports teaching in a positive and upward way, respect individual differences, enhance the sense of participation in sports and pleasure, improve students' physical and mental health level.

##### **4.5. Establish A New Physical Education Curriculum System**

Concept of sunshine sports, college physical education teachers to try innovative physical education curriculum mode, give full consideration to the students exercise tendency and sports skills at the same time, attach importance to students' physical exercise participation, arouse students' subjective consciousness of voluntary movement, inspire students' sports

thinking, close to the student life, the sports teaching and students' happy combination of sports and sports activities. In addition, new media such as sports APP and applet are used for daily sports assessment and supervision. In the process of physical fitness test, students are allowed to test and clock in the teaching process during the semester until students achieve personal satisfaction. The effective extension of physical education classroom teaching, the combination of physical education teaching content in class and extracurricular physical exercise activities, realize the integration of physical education, enhance students' physical quality, edify students' sports sentiment, hone students' strong will.

## 5. Conclusion

Under the background of sunshine sports, college PE teaching should continue to innovate and develop, establish new PE teaching ideas, and improve the basic sports skills of college students to adopt sunshine sports according to students' individual sports needs, sports interests and psychological needs. Internal and external integration of sports teaching, enrich the sports teaching form and content, attaches great importance to the quality of physical education class teaching, raise students' interest in participating in sports, guide students to establish a long-term consciousness and habit of physical exercise, cultivate students through physical exercise to enhance physical fitness, edify sentiment, a rich personality, developing relationships, individual sports specialty and self exercise ability, implementation Students' overall physical and mental development and self-worth will lay a solid foundation for students to establish lifelong sports habits.

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