

Study on Prevention of Potential Dangers in Physical Education

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Abstract

This article analyzes the function of school physical education, and analyzes the lack of performance and reasons of life education in school physical education, clarifies the significance of life education in the process of students' physical and mental development, and guides students to understand life and respect The concept of life and enjoyment of life puts forward the construction strategy of life education in school physical education.

Keywords

Teaching; physical education; life education.

1. Introduction

For students, physical education can effectively help students improve their physical fitness and exercise. At present, physical education in schools generally has problems such as insufficient content, novel methods, and lack of life education. These problems directly affect the value of students' physical activities. Therefore, the construction of life education in school physical education is very necessary and is justified.

2. School Physical Education Function

The basic function of school physical education can be directly linked to the benefits to students and is inseparable from the design of physical education curriculum. In physical exercise, students can master relevant exercise skills and basic physical education knowledge through physical education in schools, guide students to focus on psychological and physical development, and guide students to think about the meaning of life and sports. For example, exercise between classes, although the amount of exercise is not large, but moving every part of the student's body can enhance the student's physical fitness.

Physical fitness is the basis of learning. Only by training a strong body can you complete the learning task. Physical exercise is closely related to theoretical learning. For students who study in the classroom all year round, proper physical exercise can help reduce the stress of learning, strengthen the body's blood circulation, improve their immunity, and lay the foundation for better learning.

Sports is a universal sport in the world. It can not only help students acquire knowledge and body, but also help the country's economic and diplomatic development. For example, China and the United States are famous for "table tennis diplomacy" and use small balls to promote the establishment of diplomatic relations between big countries. The scope of physical education teaching has been expanding, and people at every level can find their own sports. Sports economic functions are mainly reflected in the rise of sports goods and investment in the sports industry. The political function of sports is mainly reflected in the country's pursuit of sports power.

3. Lack of Life Education in School Physical Education

Limited by the theoretical level of teachers and traditional teaching concepts, life education concepts have not been implemented and applied in school physical education, which is very unfavorable for students to understand the relationship between humans and nature. In the actual teaching process, school physical education teaching does not integrate the concept of life education. When formulating teaching content and curriculum, it is necessary to separate students from their physical and psychological characteristics and emphasize that students perform mechanical and repetitive normative actions, which is difficult to achieve all-round development. Judging from various performances, school physical education teaching is severely deviated from the concept of life education.

From the life school physical education teaching, the teaching of life connotation can be ignored. There is basically no answer to where students come from, where they go, and it is difficult to train students to respect life, treat life well, and enjoy life. School physical education theoretical knowledge mainly includes the knowledge points and training skills that need attention in the process of physical exercise. There is almost no introduction to the meaning and knowledge points of life education, or it is passed by. There is no special physical education curriculum designed to explain the meaning of life.

The value of life includes not only the changes in students' physical fitness, but also the spiritual essence that students have gained in challenging the difficult process, and the pursuit of life value. In the actual teaching process, school physical education generally attaches great importance to the pursuit of physical education performance, but does not fully understand the value of life education, which makes the teaching form formal and blind, neglects the quality of school teaching, and is not good for students' physical and mental development. From the perspective of students' mental state, students' outlook on life, values and world needs to be guided. School physical education neglects the value of life, which is very unfavorable to students' future development.

4. Reasons for the Lack of Life Education in School Physical Education

Due to the deviation of life education in ideology, this is an important reason for the lack of life education in school physical education. In the process of student growth, teachers generally have the idea of quick success and quick success, attaching importance to the pursuit of test results, and neglecting the overall development of students' physical and mental health. The value of life education.

Parents as students 'enlightenment teachers have a direct impact on students' future development. Due to comparison thinking and quick success ideas, parents take up a lot of time for students, apply for tutoring classes, etc., to help students improve cultural learning performance, but pay less attention to physical education, know little about life education, value, and connotation. Not strong, coupled with parents' control over student learning, it is not conducive to life education.

The improper implementation of the life education concept has a direct relationship with the unreasonable teaching mechanism in schools. First, schools do not provide sufficient training space for physical education teachers. Due to the limited knowledge level of physical education teachers, it is difficult for teachers to effectively integrate life education and physical education. But because the school does not provide an effective training platform, it is difficult for teachers to improve their teaching level and update their teaching concepts. Second, the school does not have a reasonable curriculum. For physical education teaching, the school does not combine the curriculum standard requirements and outline standards to rationally design the physical education teaching content, which leads to the disconnection between life education theory and

practice, which is not conducive to the in-depth development of teaching. Third, the school does not have an effective assessment mechanism. It is difficult to mobilize the enthusiasm and initiative of teachers for the proper implementation of life education.

With the continuous acceleration of the process of network informatization, students are exposed to a large amount of network information every day. These network information includes a lot of negative information, such as violent information, videos, audios, etc., "Mercurial Animals" video networks are everywhere, due to violent And irritating, students are curious, and they are likely to produce imitation behaviors. This kind of information that seriously deviates from the life education concept directly affects the students' values and life concept. Due to this negative information guidance, students 'understanding and grasp of life education concepts are prone to deviations, which leads to difficulty in understanding and behavior deviation, which is not conducive to students' future development.

5. The Significance of Life Education in School Physical Education

School physical education is not a simple project training and physical movement training, but to integrate life education into school physical education, so that students feel the value of life, learning will respect life and appreciate life. Through theoretical teaching methods, students can grasp the meaning of life from "where to go" and allow students to have a clearer positioning on life planning. Through physical activities, exercise students' physical quality, understand the meaning of life from a higher level, and sense the value of life, which is the proper meaning of school physical education. The value of people is measured by the value of life. School physical education is an extension of respect for life. It is a process of organic integration of life education and human body functions. The reform of school physical education must be consistent with social development and progress. This is a school physical education curriculum. The inevitable requirement of reform is also a necessary condition for the cultivation of students' psychological quality. The reform of physical education without life education is difficult to achieve, and it is also inconsistent with the development of society. Only by relying on the value and connotation of life education, can we train students to develop their physical and psychological qualities and deepen their physical and mental synchronization. Social employment and work lay a good foundation. These must be based on respect for life. Only in this way can we build a good and orderly social order.

Human value is the value of life. Students need to understand the value of life. Through life education, students can grasp the value of life, understand the value of life, establish a correct world outlook, outlook on life, values, realize their own value, create value for society, and achieve healthy growth of students. Through school physical education training, students can have a further understanding and understanding of the value of life, learn to treat life well, learn to care for life, and become useful talents in society. School life education starts with the natural attributes of people and achieves the synchronous development of mental attributes through physical exercise. This is the essence of life education. Through the study of the concept of life education, students can have a deeper understanding of life, realize that each life is valuable, can effectively screen the information that disrespects life on the Internet, and can obtain better development. Students can gain a healthy and strong body through physical exercise, but also purify their minds. In the process of physical training, students can cooperate with each other to cultivate a better experience of life value. Through the essence of school life education, students can grasp the true meaning of life, and thus establish the concept of treating life well. The core of life education is to train people who develop in all aspects of body and mind, and to achieve the organic unification of natural life and value life. Through school life education, cultivate students' awareness of life development, realize transcendence in learning, learn to enjoy life, continuously improve their quality of life, and continuously surpass the value of self-

life. Maximum value of activities. To enjoy life is to realize its own value through social activities and make more contributions to society on the premise of respecting and understanding life. The society needs high-quality talents for all-round development. Schools must cultivate outstanding students with comprehensive development of moral, intellectual, physical, and labor. In the process of school physical education, we must integrate physical education and life education into one. Life education should originate from the human heart, extend from the body to the heart, cultivate a strong mind, and shape the correct concept of life value. School physical education should use life education to run through the entire process of school physical education, promote students' moral, intellectual, physical and aesthetic development, and provide society with high-quality talents.

6. Construction Strategy of Life Education in School Physical Education

6.1. Throughout Life Education

School physical education is inseparable from the connotation of life education. Only in this way can the concept of life education be penetrated into the whole process of school physical education. It can guide students to better understand the meaning and meaning of life, and it can help students to create life value. Educational philosophy is the key to carrying out physical education activities. The educational concept directly affects the effect of school physical education. As schools and physical education teachers, they must have a deep understanding of the meaning and source of life education, a deep understanding of the spirit of life education, a clear connection between physical education and life education, and a connection between life education and the development of students' physical and mental health. Comb. Taking the development of students' physical and mental health as the starting point of research, and closely linking physical education and life education in schools, the point is quality education. Establishing a life teaching system for physical education will help students improve their own life concepts and guide teachers to better carry out teaching. Life education should respect the people-oriented teaching concept, rely on students' personality differences and age characteristics, and formulate a reasonable teaching plan based on the students' actual conditions, which not only helps students exercise, but also gives full play to students' main body status, so that students can achieve all-round physical and mental development. With the continuous progress of society and technology, a globalization pattern has been formed, and various kinds of information have come to the surface, including some negative factors. These negative information directly affect the formation and development of students' life concepts, and are not conducive to the development of students' physical and mental health. For example, "suicide games" appearing on the Internet, with the encouragement of game directors, encourage participants to complete suicide games. Fundamentally speaking, this is a departure from the concept of life education. At the same time, it also reveals that some people have problems such as weak will, which is also related to the lack of life education in schools to a certain extent. In the process of school physical education, we must implement the concept of life education throughout the entire process, abandon the teaching concept of pursuing training performance as the goal, take life education as the ultimate goal of school physical education, and use the concept of life education to cultivate more high-quality personnel .

6.2. Properly Designed Teaching Curriculum

The design of school physical education curriculum should be integrated with the content of life education. While instructing students to carry out physical training, teachers must incorporate knowledge about life value, life meaning, and life origin into the training, and let students master the life through the form of training. True meaning, guide students to actively think about the meaning of life, in the course design, we must pay attention to training students' endurance and anti-frustration ability, and cultivate students' enterprising spirit. Physical

education should not be regarded as dispensable, but should be paid full attention to. When schools design teaching courses, they must provide sufficient time and teaching space for physical education. The content of life education includes multiple aspects, which can be divided into theoretical and practical aspects. First, we must design theoretical courses. In the teaching of physical education in schools, we must intersect physiological knowledge so that students have a clearer understanding of their body structure, and let students know how to live and survive better in special circumstances. Teachers can use multimedia and other audio-visual videos to show students the source of life, development and other processes, enhance the enthusiasm and initiative of students, and strengthen students' cognition and understanding. Secondly, it is necessary to carry out practical teaching, through the way of physical exercise, to allow students to realize an organic combination of theoretical knowledge and practical operations, to exercise physical fitness, strengthen the theoretical foundation, and guide students to learn basic physical exercise skills and knowledge. Teachers can raise the enthusiasm and initiative of students by asking students to challenge some difficult sports, cultivating students' spirit of not being frustrated, and daring to work hard. In the process of actual physical education, we must focus on cultivating students' sense of teamwork, so that students have a deeper understanding and understanding of human social attributes, so that they can gain a better sense of life collaboration.

6.3. Strive to Build A Security System

A sound life education should include system guarantee, environmental guarantee, and teacher guarantee. Schools need to build a sound institutional security system. School physical education should combine life education with curriculum outlines, and develop a comprehensive teaching management system, including formulating a perfect teaching plan, optimizing the assessment mechanism, and setting a training system, to guide teachers to set targeted physical education content. Targeted and purposeful life teaching. Schools should build a sound environmental system. Schools should create a good atmosphere of life education environment, publicize the concept and connotation of life education, integrate advantageous teaching resources, infiltrate the connotation of life education to all corners of the school, and realize the subtle influence on the development of students' physical and mental health. Schools should build a comprehensive training mechanism. As the main body of life education, physical education teachers, teachers' recognition level and teaching ability directly affect the learning effect of students. Therefore, it is necessary for schools to strengthen the construction of teachers, provide complete teaching space and training mechanisms for physical education teachers, strengthen the concept of life education, improve the knowledge system, and ensure that physical education can be fully integrated with life education. Schools must establish a complete assessment mechanism, assess the results of life education for students at the end of the year, test the results of teachers' life education, and implement a reward and punishment system. Teachers who do not implement the concept of life education shall be notified and criticized. Physical education teacher, moderate praise. Through the above-mentioned ways, the concept of life education has been deeply rooted in the hearts of the people and has been recognized by teachers and students. Schools should strengthen the construction of teachers, and in accordance with the current situation of life education, recruit teachers with advanced knowledge concepts from the society to strengthen the construction of the school's teaching staff, optimize the structure of the teaching team, improve the teaching goals, and promote the organic integration of physical education and life education.

7. Conclusion

Life education plays a vital role in students' personal development. Only by paying full attention to the application of life education in school physical education can we achieve the all-round

development of students' physical and mental health. This article comprehensively analyzes the problems and causes of life education in physical education in schools, and proposes corresponding countermeasures, hoping to provide some reference and reference for physical education workers.

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