

Original Research Article

Cultivation Methods of Students' Lifelong Physical Education Consciousness in High School Physical Education

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Abstract: In recent years, under the reform of new curriculum education and teaching in China, students' learning pressure in cultural courses is getting bigger and bigger, especially in senior high schools. Due to the increasing learning pressure of cultural courses, students' physical fitness is neglected in education, which makes students' physical fitness decline, thus directly affecting the learning state of senior high school students. Therefore, in the education of senior high school students, attention should be paid to physical education methods, students' lifelong sports awareness should be cultivated, and the quality of physical education methods should be enhanced so that students' physical fitness can be improved and their full physical and mental state can be put into study.

Keywords: Lifelong Sports Consciousness; High School Physical Education; Teaching Strategies; Status Quo; Culture Method

1. Introduction

The teaching goal of high school physical education is to improve the physical quality of high school students, and to develop them morally, intellectually, physically and aesthetically. But in fact, in the past high school teaching, due to the old teaching methods and teaching concepts, high school students' sports awareness training has not been taken seriously at all. With the continuous improvement of the new curriculum standards, people pay more attention to themselves and their children's health. Under such circumstances, the cultivation of senior high school students' lifelong sports awareness has become increasingly important. From this point of view, it is very important for senior high school physical education teachers to cultivate lifelong physical education consciousness.

2. The importance of cultivating students' lifelong sports awareness in high school physical education

2.1 Reduce the learning pressure of high school students

Cultivating senior high school students' awareness of lifelong physical education in senior high school physical education can help senior high school students reduce their learning pressure. Students in senior high school have great learning pressure, and the ease of physical education in senior high school can help senior high school students release their learning pressure effectively, which is of great help to their healthy development. It can be seen from this that in high school physical education, the cultivation of lifelong physical education awareness by high school physical education teachers can help high school students relax and reduce learning pressure, so as to help high school students improve their learning ability and realize the healthy development of high school students.

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2.2 Improve the physical quality of senior high school students

Physical education in senior high school can be said to be for the purpose of training students' health and improving their physical quality^[2]. Establishing high school students' lifelong sports awareness can make high school students understand the importance of sports, so that they can exercise physically in the process of learning, so as to realize the combination of work and rest for high school students. In fact, it can be seen that cultivating students' lifelong sports awareness in the process of high school physical education can help high school students to exercise and improve their physical fitness, thus strengthening their physical functions and helping them grow up healthily.

2.3 Improve high school students' innovative thinking and practical ability

In fact, the high school stage is an important stage in the development of high school students. In this stage, high school students can not only learn a lot of theoretical knowledge and practical knowledge, but also help high school students form good thinking habits, thus effectively promoting the improvement of high school students' thinking ability. At this stage, carrying out physical education and cultivating lifelong sports consciousness for senior high school students can not only exercise their physical quality and help them form a healthy body, but also make senior high school students directly feel the infinite charm brought by sports in the process of actually participating in sports activities, and even make senior high school students promote their practical sports ability by participating in high school sports activities. Therefore, it can help high school students improve their innovative thinking ability and practical ability, and then achieve the goal of comprehensive training of high school students.

3. The current situation of high school students' lifelong sports awareness

First, senior high school students do not have a correct and sufficient understanding of lifelong sports consciousness. At present, high school students in China only have a superficial understanding of sports, and most of them think that sports are just for keeping healthy, but they don't fully understand its true value and significance, and the related sports knowledge they have learned and mastered is even less, and their understanding of lifelong sports is rarely touched. There are many reasons for this situation, such as inadequate publicity, too much emphasis on cultural achievements, etc., the latter reason is the most important, which leads to the students' lifelong sports awareness cannot be effectively cultivated in physical education.

Second, high school students lack the habit of long-term exercise. High school students basically do not form good exercise habits. In high school, students have great pressure to study in college and enter higher schools. Under the current exam-oriented teaching, students have to pay attention to the study of cultural courses in order to better enter higher schools, and they also review cultural knowledge after class. Therefore, students' physical exercise is basically carried out on the physical education class every week, so it is difficult to effectively form the habit of lifelong exercise and sports awareness.

4. Measures to effectively cultivate students' lifelong sports awareness in high school physical education

4.1 Create a good sports learning atmosphere

Physical education teachers create a good sports atmosphere, thus effectively enhancing students' interest in participating in sports. Schools can effectively create physical education learning conditions according to students' hobbies, age and personality, such as setting up health education classes and physical education festivals. In addition, besides sports games, students can also carry out various sports activities to better release their learning pressure and further exercise their bodies; Schools can also increase the publicity of sports, such as radio and campus publicity columns, and organize students to watch international sports competitions. In addition, the school can also organize some teachers and workers to participate in sports activities, teachers set an example for students, and fully stimulate students' interest in sports; Finally, the school can also organize more physical education lectures, so that students can establish a good

sense of lifelong physical education and correctly recognize the importance of physical exercise

4.2 Enrich the teaching forms

Usually, physical education class is carried out in the campus or playground, so teachers don't have to pay too much attention to one teaching method in the teaching process, and can adopt various teaching methods, which may yield unexpected results. When teachers arrange the teaching content, they should choose the items that students are interested in as much as possible, and then add health education for senior high school students to carry out various forms of teaching for students.

For example, teachers can explain the connection between sports and health to students by means of film and television, and then present the picture vividly through multimedia, so that students can identify with it in their hearts and gradually form subjective consciousness. Teachers can also play some competition highlights and replays to students, such as NBA, Rio Olympic Games in 2016, etc., and explain relevant theoretical knowledge to students, so that students can have more interest in watching.

At present, in physical education, sports events are basically unified, and teachers also use unified standards to assess students' sports achievements, so that most high school students will have coping psychology and lose their initiative consciousness of participating in sports events slowly. When carrying out physical education on campus, teachers should teach students in accordance with their aptitude, select sports events according to the interests and hobbies of all students, and formulate the teaching objectives and assessment standards of sports events together with students. For example, some students have a high enthusiasm for skipping rope, but they lack strong arm strength. Teachers can let students set their own standards, or how many jumps per minute will pass. In this way, students are more motivated to participate in their favorite sports. When students become interested in a sport, they will have the idea and consciousness of participating frequently for a long time, so that they will participate in the sport for life, and then form a good lifelong sports consciousness.

4.3 Assist students to establish the concept of lifelong sports

When cultivating students' lifelong sports awareness, physical education teachers should help students effectively establish the concept of lifelong sports. At the same time, teachers should constantly improve their professional quality and skills, and effectively combine sports knowledge with psychological knowledge in the teaching process, so as to provide students with more scientific teaching programs. In actual teaching, physical education teachers should first demonstrate sports action standards to students. If sports are difficult, teachers can guide students on the spot, and find out the problems in students' practice in time and solve them effectively. In addition, physical education teachers can fully understand students' interests and hobbies, and then choose appropriate teaching methods, so that students can discover their own sports advantages and effectively cultivate their lifelong sports awareness.

4.4 Cultivate students' lifelong sports awareness in teaching practice

In high school physical education, sports are usually carried out on the playground, and students have a larger activity area. In this way, students can't learn sports knowledge effectively. In view of this situation, teachers can explain knowledge in a class and the first half of the class in the classroom. The content is mainly sporting that students can generally accept, such as teaching Taijiquan and gymnastics, so that students can get better exercise and lay the foundation for subsequent sports. Teachers can apply the competition teaching method to students' free learning, and launch a small competition for the sports they practice.

For example, in basketball teaching, the "three to three" street basketball method can be applied, and students take turns to compete. This method can not only effectively cultivate students' sports consciousness, but also further improve their team ability and cooperation ability, and students will make more efforts for their own team. In addition, from the perspective of competition, students will maximize their potential to win. In this process, students' sports consciousness is greatly stimulated. At the same time, students can learn sports skills from each other in the process of competition, so as to improve their mastery of sports skills and establish a strong sense of lifelong sports

Senior PE teachers should not ask students some mandatory requirements in the specific teaching process. For example, students must master several skills within 45 minutes, so that students will have greater pressure and their spirit will always be in a tight state, which will not only improve learning efficiency, but also lead to a decline in learning enthusiasm. Therefore, high school physical education teachers should let students learn physical education in a relaxed and pleasant atmosphere, and effectively stimulate their lifelong physical education consciousness.

4.5 Strengthen the construction of stadiums and facilities

In order to further cultivate students' good lifelong sports consciousness, a very important link in high school is to increase investment, build better sports venues and buy more sports equipment. First of all, schools should strengthen the construction of sports venues to provide better space for students' exercise. Secondly, to buy a certain amount of equipment and facilities, teachers should teach students the correct use of these equipment, so that students can master more exercise skills. Finally, the equipment management system is formulated effectively. Students can rent the equipment from the equipment management office, increase extracurricular activities, and further improve students' awareness of physical exercise.

5. Conclusion

To sum up, in the teaching of high school physical education, great importance should be attached to physical education methods, and the quality of physical education methods need to be enhanced. It is also necessary to improve students' physical quality, make students pay attention to the study of physical education courses, and gradually cultivate students' lifelong sports awareness, so that students can have better development in the future.

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