

Original Research Article

On the Application of Outward Bound Training in Junior Middle School Physical Education

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Abstract: With the development of the new curriculum reform, physical education teaching methods in junior middle schools have changed, but the traditional physical education teaching mode still occupies a dominant position, and the teaching mode is single and the content is tedious, which makes it difficult to arouse students' interest. Outward bound training is a brand-new form of sports, which can greatly enhance students' participation and train students' collective consciousness, and is widely used in physical education. This paper mainly introduces the characteristics of outward bound training, tells the necessity of outward bound training in junior high school physical education, and briefly describes the specific application strategies of outward bound training in physical education.

Keywords: Junior High School Physical Education; Outward Bound Training; Apply

1. Introduction

Under the background of the new curriculum reform, physical education class is one of the core courses in quality education in primary schools, which plays an important role in ensuring the healthy development of students' body and mind. However, the traditional physical education class teaching content is less, which can not only arouse students' interest in learning sports knowledge, but also affect students' actual learning effect. At this time, if effective outward bound training on the basis of innovating the concept and mode of physical education teaching can be actively carried out, then students' physical education knowledge in class can be consolidated and the effectiveness of physical education teaching can be enhanced.

2. The characteristics of outward bound training

Outward bound training is a kind of training method introduced into China from the West, which is used in physical education in China, and is conducive to improving students' sense of unity and cooperation, and also helps to temper students' personal will. Quality development training has higher requirements for students' physical quality and flexible ability of mind, and has been more and more quoted in physical education in China. Outward bound training has the incomparable characteristics of traditional physical education teaching mode.

(1) It can increase the degree of students' participation. Individual projects in outward bound training can greatly increase students' participation, stimulate students' interest and stimulate students' personal potential.

(2) It can enhance students' sense of teamwork. In group training in outward bound training, everyone needs to actively participate. Only by doing their best and taking care of each other can we achieve the final results. Therefore, outward bound training can effectively enhance students' sense of group cooperation, enhance students' trust and bene-

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fit the unity of classes.

(3) It can enhance students' satisfaction. Compared with conventional physical training, outward bound training is challenging. Students can overcome difficulties in the process of participating in outward bound training. Students will succeed after all kinds of difficulties, which can greatly enhance their satisfaction.

(4) It can review and summarize, and sublimate the theme. In sports development training, physical education teachers usually distribute tasks and students complete them independently. After the activity, the teacher will lead the students to review and summarize, and tell everyone the purpose of outward bound training, which can sublimate the theme of the activity and make the students understand some truth.

3. The necessity of expanding training

3.1 To enhance students' physique

Strengthening students' physique is an important goal of quality development training. In the traditional junior high school physical education teaching mode, students' participation in sports events is not high, and students are not interested in sports, whether organized by students or teachers. Because of the low training intensity, it cannot improve students' physique. The use of outward bound training in junior high school physical education has a relatively strong training intensity and a high degree of students' participation, which can effectively exercise students' physique and enhance their physical fitness. Because the outward bound training is competitive and requires the whole class to participate, it greatly improves the students' participation degree and enthusiasm, and can improve the physical quality of the whole class.

3.2 To improve students' thinking level

Outward bound training components can not only strengthen students' physique, but also train students' thinking level. To a certain extent, outward bound training can make students think fully. It can enable students to quickly analyze the conditions that help them, train students to grasp the completion of tasks, enable students to effectively analyze the advantages and disadvantages, exercise students' mental thinking, and improve students' thinking level.

3.3 To strengthen students' sense of group

Outward bound training is mostly group training, which can enhance students' group consciousness. In the process of outward bound training, it is inevitable that there will be students who can't keep up with their physical quality, and accidents will happen from time to time. In the face of this situation, teachers generally choose to leave it to the students themselves, which can enhance the students' feelings of sharing weal and woe and increase the emotional connection between students. In the process of outward bound training, students share weal and woe as a whole, and solve problems together, which can shorten the distance between students, enhance the trust between students, and make students trust each other.

3.4 To meet the requirements of physical education reform

In recent years, with the reform of education, the reform of teaching philosophy is in full swing in various subjects. In the Curriculum Standard of Physical Education and Health issued by the Ministry of Education, the first guiding ideology is health. The emergence of outward bound training meets the requirements of physical education reform, which can improve students' physical quality and provide a good physical foundation for students to learn other subjects.

2.5 Conform to the concept of modern curriculum

With the changes of people's living standards, people's ideological level has been effectively improved, and the requirements for education have gradually changed to quality education, and students have become the main body of education. Outward bound training can effectively improve students' learning and thinking ability, improve students' personal qualities, make students have good moral character, enhance students' sense of unity, help students improve their comprehensive quality, conform to the concept of modern curriculum, and promote students' all-round develop-

ment.

3. The specific application strategy of outward bound training

3.1 To renew teaching philosophy and improve teachers' development quality

Under the background of core literacy teaching reform, the cultivation of students' ability has become an important content of subject education. The application of new teaching mode requires improving teaching skills and renewing teaching concepts. Solid teaching basic skills and sports literacy are the basic guarantee for optimizing and expanding training. In the actual outward bound teaching of junior middle school physical education, teachers should optimize the design according to the students' physical and mental development process and the cultivation content of will spirit. The most important thing is to stimulate students' interest in training based on their physical condition. Facing all kinds of situations in junior middle school during outward bound training, teachers should consider in place and prepare emergency plans to strengthen guidance. Junior middle school physical education teachers should assume their own teaching functions, and constantly optimize the outward bound training according to the scientific theory to improve the teaching level:

For example, updating teaching concept is the premise of expanding training optimization design, and making careful preparation with all teaching resources is conducive to improving classroom efficiency. Junior high school students have distinct group characteristics and are in the golden stage of adolescent physical and mental development. In view of students' interest in physical education and the process of physical development, innovative development training needs to be guided by scientific training methods, and physical education teachers should update and integrate into the student group to guide and organize specific activities in development training. Learning the representative teaching methods of outward bound training is a prerequisite for PE teachers to continuously improve their teaching level, which is conducive to enhancing the scientific and orderly development of outward bound training.

3.2 To innovate teaching forms and guide students to actively participate

Giving full play to students' dominant position is the core guiding ideology of junior middle school physical education outward bound training teaching. Creating positive teaching situations needs to be linked with physical education classroom contents and students' interests, especially the rational use of game teaching situations is conducive to enhancing students' participation enthusiasm in challenging themselves. Games are the most interesting teaching activities for primary and secondary school students. The integration of outward bound training and game teaching mode is beneficial to cultivate students' sports interest and team consciousness. Teachers should design interesting teaching activities according to the physical and mental development characteristics of adolescent students, pay attention to the improvement of students' physique and physical fitness, and ensure safety and efficiency. As an effective teaching activity, game teaching needs teachers to grasp the teaching opportunity and introduce it. Innovative outward-looking training that meets the physical and mental needs of junior middle school students is conducive to enhancing enthusiasm and sports literacy.

For example, teachers can design sports activities that are practical and conducive to giving full play to students' enthusiasm in junior high school sports development training, and attaching importance to the interest principle enhances the value of game teaching. Athletics is an important teaching content of junior high school physical education, including 100 m, 1000 m and 4 *100 m, which are common test and assessment contents. Junior high school students often introduce game teaching because of poor performance due to physical problems, which is conducive to stimulating students' enthusiasm for outward training. For example, teachers can divide the game activity groups to carry out relay race activities. According to students' physique, the groups should pay attention to collocation and ability to formulate fair and objective competition rules, stimulate competition awareness and improve the quality of junior high school development training.

3.3 To optimize the teaching content and stimulate the positive emotion of sports

Different from other disciplines, physical education attaches importance to students' participation in sports activities and the guidance of their psychological state, and stimulating positive academic emotions is conducive to promoting the all-round development of students' morality, intelligence, physique and beauty. Combining with physical education teaching content, grasping the degree and amount of outward bound training is conducive to enhancing the innovation and guiding of the training content. Junior high school students' psychological and physical qualities have personalized characteristics. The characteristics of outward bound activities facing most students make teaching optimization design an important content. In the outward bound training teaching, it is necessary not only to teach sports skills and sports spirit, but also to promote the healthy development of sports mental health and change students' attitude towards sports subjects so as to enhance and establish lifelong sports consciousness. The integration of outward bound training and physical education class is beneficial to sharpen students' will and improve their physical quality, especially to stimulate positive psychological experience, which makes students face study and life objectively and positively.

For example, the optimized design of outward bound training meets the needs of team activities and arouses students' training enthusiasm. For example, in team development activities, teachers can design interesting projects, and tests students' reaction ability and agility when applied to classroom teaching content, which can stimulate students' participation in training. First, teachers can divide students into several development groups to specify the number of people in each round of games. In games, teachers should stop music as the beginning of competition until the last one sits on the stool, which is the winner. It is important to pay attention to students' development training and play team games to enhance students' sense of cooperation and improve the overall teaching quality of development training.

3.4 To carry out extra-curricular development training to improve students' training effect

In order to further improve the effect of outreach training for junior high school students, it is far from enough to rely solely on the objectives and contents of conventional physical education textbooks. It is necessary to scientifically design some extracurricular outreach training practice activities for junior high school students according to their physical and mental development characteristics, so that they can improve their comprehensive physical education quality in practice activities. Considering that the current junior high school students are Z generation, and most of them are only children, they are loved by their parents at ordinary times, and have developed a strong dependence psychology, and their psychological quality and self-care ability are weak, so they cannot cope with the increasingly complex social environment. Therefore, in the actual development training, it is necessary to train students' ability to solve problems.

For example, in the usual holidays, teachers can organize students to carry out some extracurricular activities such as winter camp or summer camp, and organize them to actively carry out outdoor training and practice activities such as "looking for treasure", and set up some treasure hiding points for students in advance in outdoor venues, and set some treasure hunting routes and tips for students, so that students can find treasure hiding places faster than others or groups. With the help of this kind of extracurricular outward bound training activities, it can not only increase students' interest in outward bound training, but also help students improve their overall physical quality in practical training.

4. Conclusion

In a word, junior middle school physical education should be paid attention to as an important content of students' physical education theory and intensive training. Teachers should combine physical education knowledge and skills teaching to carry out outward bound training, and put forward targeted outward bound training teaching methods according to students' actual situation, which is beneficial for students to actively participate in training activities to enhance their physical literacy.

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