

The Main Problems and Improvement Measures of Applying Stratified Teaching Method in Physical Education

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Abstract: In the current education system, physical education curriculum, as an important part, has a profound influence on the development of students' physical and mental health, the improvement of physical and mental quality, the cultivation of core literacy, and so on, which is related to the future development of students. With the further development of education reform, physical education teaching is important to more educational experts and scholars, which also puts forward higher requirements and standards for physical education teaching. As a novel teaching mode, layered teaching method can meet the learning needs of different students, respect students' main position and improve students' learning efficiency. The application of layered teaching method to physical education is bound to further promote the innovation and development of contemporary physical education and improve the overall level of physical education.

1. The Main Problems of Applying Stratified Teaching Method in Physical Education

The basic purpose of the hierarchical teaching method is to meet the students' learning needs, aiming at the quality difference between the students, and to realize the stratified teaching by dividing the hierarchy and treating the students differently. The rational application of stratified teaching method in physical education can be more close to the students' learning situation, fit the students' physical and mental characteristics, meet the students' physical education learning needs, and ignite the students' enthusiasm for physical education learning. Because each student's own condition is different, also causes the objective existence of the quality difference, which also brings the bad influence to the contemporary physical education teaching, also has the obvious difference to the physical education subject content understanding and the mastery, which brings the restriction influence to realize the modern education idea under the physical education teaching goal. Therefore, this paper mainly uses the main problems and improvement measures of the layered teaching method in physical education, and carries out the following analysis in order to improve the overall level of physical education teaching.

1.1 The Concepts of Stratified Teaching and Group Teaching are Confused

Because the traditional teaching method of physical education has long been deeply rooted in the hearts of the people, it is easy to confuse it with the concept of group teaching when quoting stratified teaching in physical education teaching, so it is difficult to realize the innovation and transformation of physical education teaching, and also to make up for the defects and shortcomings of the bad traditional physical education teaching. [1]. A few PE teachers simply let the students take the group as the unit, without deeply understanding and mastering the intrinsic meaning of the stratified teaching method, which leads to the existence of many problems in physical education teaching, which makes it difficult to ignite the students' enthusiasm of physical education learning and affect the overall level of subject teaching. In addition, because PE teachers reverb each other's concepts of stratified teaching and group teaching, the lack of scientific and hierarchical management makes it difficult for students to find the direction of physical education development in accordance with themselves, and reduces the efficiency of students' physical education learning.

1.2 The Reference Basis of Stratified Teaching Method is too Single

At present, stratified teaching method has been cited and practiced in most physical education teaching, its essence is to deeply understand the students' learning situation, comprehensively consider the students' various factors, and carry out stratified teaching. However, when a few PE teachers refer to the hierarchical teaching method, they only carry out the teaching according to the students' interest and specialty, which makes the reference basis of the stratified teaching method too single, and causes neglect to the students' personal physical quality and so on. A single hierarchical teaching method will further influence and limit the effect of physical education teaching, which is not conducive to the comprehensive development of students.

2. Improvement Measures of Applying Layered Teaching Method in Physical Education

2.1 Deeply Grasp the Inner Meaning of Stratified Teaching Method

The basic purpose of the hierarchical teaching method is to follow the differences between the students and the students, to make up for the deficiency of the traditional teaching mode of "infusion" and "one-size-fits-all" in the classroom, to promote the students' comprehensive development and to improve the overall quality effect of classroom teaching [2]. Therefore, before class, PE teachers should deeply understand the students' actual situation, and formulate the teaching content and teaching objectives that are consistent with the students' development and learning needs. Because students are in the important stage of physical and psychological development, PE teachers can let students layer themselves, improve students' participation in the classroom, and realize teaching students according to their aptitude. Then, according to the result of independent stratification of students, teachers carry out preliminary tests on students' physical ability and interest, pay more attention to students' state during the test, and allow students to change to other levels, so as to meet the students' comprehensive situation, realize the virtuous circle of physical education and promote the development of students' comprehensive ability.



Figure 1 A virtuous cycle of physical education

2.2 Rational Application of Stratified Teaching Method

Because the stratified teaching method can play a good role in promoting the students in all aspects, the physical education teachers will change the students' physical education ability after a period of teaching, in this stage, teachers should more according to the students' actual situation, the students should be stratified again. Based on the students' physical quality, interests, personality characteristics and other aspects, let students have interests, hobbies. So the students are divided into ability layer, transition layer and foundation layer, as shown in figure 2, the comprehensive quality of most students is more than average, so there are more students in transition layer. In order not to let the self-esteem of the basic students be immune to injury and shock, teachers should pay attention to the psychological feelings of the basic students, at the same time, carry out the necessary psychological guidance to the students, jointly encourage the teaching method, give the students full affirmation and appreciation, help the basic students correct their learning mentality and improve their interest in learning. For the ability level students, there will be sports students, so in the actual teaching, teachers should combine the students' sports skills to carry out stratified teaching, can not ignore the overall development of other aspects of students, in order to improve students' physical fitness and cultivate students' sports core literacy.



Figure 2 Sports core literacy

Through the development of stratified teaching, it can improve students' comprehensive ability, let students deeply understand their own physical fitness and physical education specialty, and stimulate students to develop to their deeper level, make up for the deficiency of traditional physical education teaching, ensure the overall quality effect of physical education classroom teaching, cultivate students' sports hobbies, and help students set lifelong sports goals.

2.3 Promoting the Common Development and Progress of Students

In the physical education classroom teaching, develops the scientific, reasonable stratification to the student, can strengthen and enhance the student comprehensive ability pertinently. However, a few PE teachers only focus on the students' interests and hobbies, sports specialties, so that the students' other sports projects are not effective, or ignore the all-round development of the students in the basic level. Most of the teaching contents and teaching objectives focus on the students in the transition level and the ability level, which leads to the widening of the gap between the students in each level and restricts the students' comprehensive development.

In the physical education classroom teaching, the rational use of stratified teaching method is to narrow the gap between students, but the above practice is bound to widen the gap, this requires that PE teachers should pay more attention to the class as a whole. When carrying on the sports stratified teaching, the teacher should consider from the whole to the individual direction, then from the individual to the whole to carry on the stratified teaching, combines the class student's overall condition, respects the student's difference foundation, reasonably sets the student development goal, narrows the gap between the student, can promote the student common development and the progress.



Figure 3 Rational setting of development goals

2.4 Actively Encourage Students to Exercise

Because of the existence of the basic layer, it will have an impact on the psychology of a small number of students, so PE teachers should actively encourage them, improve students' confidence in learning and enhance students' interest in sports. Students experience exercise while mastering motor skills and exercising. In the process of physical education, teachers should also encourage students to develop at a higher level and not be content with the status quo [3]. In view of this, teachers should also set teaching plans higher than students' comprehensive ability, encourage students to independently formulate physical education learning plans and learning goals, and improve students' learning efficiency. For the sports completed by the students, the teachers should

give the students a reward in time to help them build up their learning confidence, and for the students who have not completed the goal, the teachers should also carry out psychological guidance to them and correct the students' learning mentality.

2.5 Optimization of Hierarchical Evaluation

Teaching evaluation is very important for physical education. Because the teaching goal and the teaching content all adopt the stratified teaching method, then the teaching evaluation should also combine the stratified teaching mode, the student can accord with the contemporary physical education teaching development. According to the practice, the evaluation method of physical education can adopt the mode of combining quantitative and qualitative evaluation, and the teachers can make a careful observation on the students' physical examination results and classroom performance, and then make an objective evaluation to the students, and make up for the deficiency of the single evaluation way through the students' self-evaluation and the students' mutual evaluation, so as to realize the change of the inherent physical education teaching evaluation way and promote the teaching evaluation to play a positive role better.

For example, when the PE teacher organizes the student to carry on the shooting test, the teacher can distinguish it from the student's shooting position, the number of shots and so on, according to the student's movement standard level to carry on the comprehensive appraisal to the student. For students with different levels, different levels and different needs, teachers need to make systematic and scientific evaluation scores to ensure that students at each level can experience the fun of sports, ignite students' sports enthusiasm and cultivate students' sports spirit, so that students can actively participate in sports, improve students' sports ability and meet the expected goals of physical education.

3. Conclusion

To sum up, for the application of the hierarchical teaching method of physical education, teachers should realize the shortcomings of the teaching, and then renew the cognition of the inherent teaching concept, optimize the teaching method, ignite the students' enthusiasm of physical education learning, and let the students put themselves into the physical education classroom, so as to promote the improvement of the students' core accomplishment of physical education, cultivate the students' sports spirit, let the students become a healthy, sunny and positive teenager, and lay a solid foundation for the students to develop in the future.

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