

Research on Innovation of Physical Education Curriculum Reform Based on Internet Plus Education

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Abstract: The new mode of promoting the combination of Internet and physical education curriculum is the inevitable direction for the development of physical education information, modernization and high efficiency. It is helpful to apply the advantages of good media, flexibility, extension and openness that the Internet can automatically possess, highlight the students' main position in physical education, stimulate the students' interest in autonomous learning, promote the continuous improvement of teaching quality, and make the teaching activities more rich and diverse. This paper takes the college physical education as an example, analyzes the significance of the application of Internet+education model in the reform and development innovation of physical education curriculum, and preliminarily discusses the innovative ways of physical education curriculum reform based on Internet+education for reference.

1. The Significance of Internet + Education Model in the Reform and Innovation of Physical Education Curriculum

In recent years, with the advent of the Internet era, relying on the Internet technology in various areas of reform and development has more and more innovative space, the Internet + mode came into being, is a modern Internet advantages and traditional industry advantages of the deep integration of a new development model, to social life has created a number of convenient conditions, the application value of Internet + is highly recognized by people from all walks of life. In this context, the traditional old university physical education curriculum system and social development problems, in the physical education curriculum reform and innovation into the Internet + mode is urgent, is the university physical education with the help of the Internet to achieve rapid progress, the quality of college physical education and the balanced development of students' physical and mental health has a wide and far-reaching impact. Therefore, it is of great practical significance to reform, develop and innovate the PE curriculum based on Internet + education.

First of all, the college physical education curriculum based on the Internet + physical education mode can promote the curriculum system to be richer, introduce rich and high-quality educational resources outside the teaching materials, promote the diversified development of curriculum reform, start with the combination of teaching contents, teaching methods and teaching feedback with modern educational technology, train students to establish correct values and outlook on life in an all-round way, better permeate quality education, and let students strengthen their physique and quality training in coordination [1]. Secondly, students in the Internet + sports teaching activities, easy to be attracted by new teaching forms, learn to use mobile Internet teaching resources, micro-class, education 101 and other learning methods not limited by time and space, highlight their main position in physical education learning, online and offline learning to make up for each other, extend the content of physical education learning, according to their own needs to choose the corresponding learning resources, learning time and learning methods, become a part of the reform and development of physical education curriculum. Thirdly, the introduction of Internet education

means improves the shortcomings of traditional teaching mode of physical education, brings a variety of teaching organization, brings more vitality to the classroom, and is an important auxiliary teaching "weapon" in physical education teaching, which can effectively improve the efficiency and create a diversified, informational and modern physical education classroom. Finally, making full use of the internet plus education mode in the reform and innovation of physical education curriculum in colleges and universities can open up more ways for the development of physical education progress in colleges and universities, realize the optimal operation of physical education resources, and lay a solid foundation for the related teaching and research work and practice promotion work in the future.



Figure 1 Internet + Education

2. Reform and Innovation of Physical Education under Internet Plus Education

2.1 Flexible Creation of Teaching Situation, Promote the Combination of theory and practice Teaching

The attraction of the teaching process to the students is greatly influenced by the teaching situation, therefore, the application of Internet technology in the physical education curriculum, we should pay attention to the reform and innovation of the teaching situation creation, and deeply explore the key points of doing well the effective situation creation and the innovation situation creation. In order to get out of the thinking limitation of creating the teaching situation, teachers should actively collect the massive teaching resources of the Internet which accord with the teaching content and meet the needs of learning situation, enrich the learning content of the students' teaching situation, and let the students and teachers invest in the new teaching situation together with the help of new resources and new forms, which is also an effective method to construct the high-efficiency teaching mode. It should be noted that teachers should be aware of the defects in the traditional physical education classroom, and in the process of designing and creating the teaching situation, using the flexibility of the Internet teaching situation to promote the perfect combination of practical teaching, to give full play to the advantages of the new era and new technology, and to develop the effective teaching mode of combining sports theory with practice [2].

For example, in the teaching of "common sports injury and prevention ", the teacher found that the students' understanding of the concept of sports disease in the teaching material was not deep enough. Although the teacher based on the theory of books created the teaching situation through the form of language explanation, the results were very little, the students could not enter into the abstract situation created by a single language, and the traditional teaching situation was boring, even bored, and the lack of innovative and effective teaching situation was difficult to meet the students' learning needs. In view of this phenomenon, teachers adjust their strategies in time, use interactive electronic whiteboard, directly connect with the Internet to collect the real cases of joint injury and muscle injury caused by excessive use of limbs, relevant video materials, after watching the online learning resources, students quickly understand what is sports injury by using intuitive learning materials, understand the causes and serious consequences of sports injury, realize that avoiding long time wrong training can avoid sports injury, therefore, in the future sports practice,

can achieve moderate amount, the teaching of this class in the Internet teaching situation application. It not only promotes students' deep understanding of theoretical concepts, but also achieves the practical teaching goal of guiding students to apply in daily life; correct physical exercise of theoretical concepts.



Figure 2 Sports injuries

2.2 Respecting the Individual Differences of Students and Providing Space for Independent Choice

There are individual differences among college students in many aspects, including personality, hobbies, physical fitness, learning ability, sports basic knowledge and so on. Because of these differences, students' performance in physical education curriculum is very different. In the traditional one-size-fits-all teaching mode, students are faced with unified learning goals, unified teaching guidance, unified evaluation criteria, unified sports training tasks and fixed learning time and space, which are very unfavorable to students' personality development and can not effectively meet their individualized and diversified learning needs [3]. In the face of this situation, PE teachers can use the Internet + education model, through online research and other new channels to grasp students' real learning situation, with the help of big data analysis technology to grasp students' individual differences, clarify students' learning needs, provide students with corresponding physical education teaching guidance, formulate scientific and feasible physical education learning goals, so that students can get their own choice space in online and offline physical education teaching, and become the engine of developing their own comprehensive sports ability.

For example, before the "Physical Education and Health" course , " the role of physical exercise in physical fitness "content teaching, teachers rely on the Internet to carry out sufficient information analysis work, requiring students to use fragmented time before class to complete online questionnaire filling, teacher integration students in your week of physical exercise frequency is how much? What do you think is the role of physical exercise? What is your attitude towards physical exercise? Do you think or are there any health problems in the digestive system, respiratory system, cardiovascular system, motor system? In order to improve the efficiency and quality of teaching in the classroom, we have laid a stable foundation for teaching and realized the teaching of physical education.



Figure 3 Online questionnaire survey

2.3 Improving Teachers' Teaching Level and Sharing Teaching Resources

P.E. teachers in colleges and universities are the practitioners of organizing and carrying out teaching activities, and also the front-line personnel who strive for the innovation of physical education curriculum reform and development. It can be seen that the teaching level of teachers directly affects whether the application value of Internet+ education can be brought into full play. Therefore, PE teachers in colleges and universities should set up the spirit of lifelong learning and lifelong physical education, make continuous use of Internet technology and platform, strengthen communication with other PE teachers in colleges and universities, share valuable teaching experience with each other, learn from each other's effective achievements in curriculum reform and innovation, share teaching resources, form a new space for the development of physical education teachers in China, and realize the co-construction and sharing of sports education resources [4].

For example, PE teachers can create our school's PE teachers to communicate WeChat group, upload their own teaching views, new ideas, new means to the group, share and discuss with other teachers, create more sparks of reform and innovation in the collision of thinking, use these sparks to constantly enrich teaching content, improve teaching efficiency, improve the overall physical education strength of the school, and create a high-quality, modern and sustainable development of college PE teachers.

3. Conclusion

In a word, under the background of the new era, we should set up the thinking of internet plus education, adapt to the development and change of internet era, make clear the significance of internet plus education mode in the innovation of sports curriculum reform and development, and strengthen the research and practice promotion in this direction. From the flexible creation of teaching situation, promote the combination of theory and practice teaching, respect students' individual differences, provide independent choice space, improve teachers' teaching level, share curriculum teaching resources and other ways to improve students' physical and mental health, improve teaching quality, and let the Internet make more contributions to the cause of physical education in China.

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