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## Theoretical and practical study on P.E teaching methods with the innovative education concept

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### ABSTRACT

With the rapid development in the 21st century, people began to pay attention to the inherent humanistic value of education. Therefore, innovation education concept came into being and has been applied in many disciplines. As a basic subject to improve ability, strengthen the body and value the life, P.E teaching is closely linked with innovative concept. The purpose of this paper is to discuss further about the reform and development of the P.E teaching practice and teaching method based on the innovative education concept. What's more, characteristics of a new era of P.E teaching method will also be expounded.

### KEYWORDS

Innovation education concept; P.E teaching method; Teaching method; Teaching practice.



## THE INTRODUCTION

Physical education is an important aspect of education practice, whose success or failure is directly related to the implementation of quality education. Corresponding to this, the theoretical knowledge of physical education also has accumulated in the process of the development of the society. The arrival of the new era puts forward new challenges to sports education since the traditional single sports teaching method is no longer adapt to the multi-levels and multi-types schooling deconstruction in our country. So sports teaching must constantly introduce innovative teaching concept to combine theory with practice and continue to expand and deepen our P.E education.

## THE INNOVATION EDUCATION CONCEPT

Improving people's quality of life, Education is an effective way to release the human potential abilities as we could get to know the nature and ourselves ceaselessly, and enhance the ability of life in the process of education. However, the rich material is only part of the happiness, people's inner fullness and keeping a harmonious relationship with the surrounding natural and human environment is the main source of happiness. This requests the education to inspire potential abilities and cultivate people's overall mentality. Therefore, man's inner world could become rich and people's quality of life could be improved.

In order to achieve this goal, it has been a long and tortuous process to combine education theory and education practice with the innovative teaching concept from the early humanism education objective view to the later view of education science, and then to humanism education aim.

### **The development of innovation education concept**

In the 18th century, humanism education noticed the importance of combining theory and practice of education and late differentiated into schools like educational perennialism, educational existentialism and cultural education view. As for their core idea, the education emphasizes as following: (1) the people both in nature and rationality is constant, the purpose of education is the pursuit of the eternal human nature. (2) emphasizing the personality value and intrinsic value and education should start from these human values education of subjectivity. (3) the emphasis on the state of self-realization, believing that education is to cultivate the perfect personality and causes the student to obtain better means of spiritual life instead of the mechanical implementation. After the 19th century, with the rapid development of science and technology, some educators noticed that humanistic education had ignored the relationship between man and nature, and therefore put forward: (1) the education should be adapted to the change of human and society so that education shall service human and society better. "The purpose of education and methods must be flexible rather than a static"<sup>[1]</sup>. This will lead education to rise to an appropriate level of theory and practice (2) combine the usefulness and the value of things with the social utility of education purpose. Dewey, the main representatives, pointed out that education must be combined with the social function of the human. (3) the emphasis on the school to realize education of science and technology. With the showing of the social function of science and technology, science and technology gradually gain a foothold in the school education and promote development towards pragmatism education.

However, educational scientism emphasis too much on education to adapt to social change, leading to difficult, high speed of teaching and the pressure of teaching competition between teachers and students. In this case, the whole society objected to the exam-oriented education and one-sided pursuit of graduation rates with a result of the implementation of quality education, innovative education. In this case, the humanistic education view has been combined with scientism, deriving the scientific innovation education concept.

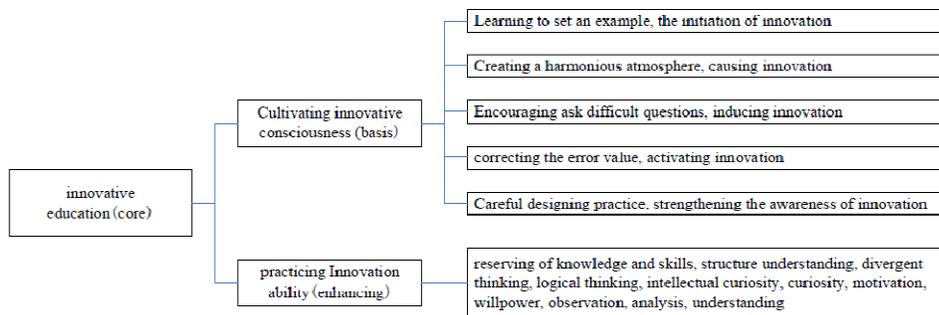
### **The main points of the innovation education concept**

Views can be found throughout the innovation education concept as follows: (1) the main point of the scientific spirit is the basis of the concept of education purpose. In the process of the rapid social development, science and technology can not be ignored. While improving the humanities consciousness, the effective use of science and technology become the effective means to solve the many problems of education nowadays. "Technology will be the basis to education of today's children facing tomorrow's world". According to the report, the education of science and technology is to be familiar with the nature and respect the acknowledgment, understand the interdependence between the use of the technology method, and the rational use of technology. Innovation education should make students be able to apply science knowledge and thinking method to deal with personal and social problems. (2) the humanistic spirit is the orientation of value education objective view. Science and technology of suffocation made education also gradually began to believe in the magic power of science and technology. The drive of the interests made education become a accessory material desires. For both educators and educatees, perception and rational judgment to the internal value of education are lost in the process of teaching. Innovative education philosophy demands educators in the teaching process of cognition and weigh, humanities and technology in the teaching application of choice for arrangement. (3) the education purpose adhere to the people-oriented, the implementation of innovative education, cultivate the innovative spirit, innovative consciousness and innovative ability of social builders. (4) adhere to the cultivation of the all-round development of morality of students, both in intelligence and physique.

### **The connotation and core of the innovation education concept**

The purpose of innovation education is to cultivate students' innovative ability. Under the guidance of this goal, the main purpose of the innovation education of teachers and students is to mine potential ability to innovate, carry forward the

spirit of humanism education. "Innovation education is an important way to cultivate creative talents of high quality ". Therefore, innovation education is an important means of creating talents and is necessary to deepen the education reform. Innovation education as a new education idea, its core thoughts are the innovative spirit, innovative thinking and personal ability to innovate. This three complements work as an organic whole part. The core structure of innovation education concept is shown as Figure 1.



**Figure 1: The core structure of innovation education concept**

From Figure 1, we can see that the core goal of innovation education concept is to train teachers and the students' innovation consciousness and improve their innovation ability. The innovation consciousness, as the basis of innovation ability, needs a systematic process to develop. In order to let students and teachers can communicate freely and to capture the values of the mistakes in the process of teaching, they need to set up a good learning example and harmonious atmosphere. They might improve the innovation consciousness through practice and imagination. What's more, innovation is the source of innovation consciousness, improving the capacity on the basis of a lot of knowledge and activating the thirst for knowledge and curiosity through divergent thinking, learning motivation, cultivate good willpower. Therefore it can improve the teachers and students abilities of observation, analysis and comprehension.

As an important part of the education foundation, P.E teaching is directly related to its integrity and future development of the students. Thus introducing advanced education thought and teaching idea in physical education class is indispensable. It requires the teacher to innovate teaching methods, inspire students' innovative consciousness, cultivate the students' innovation ability according to the specific teaching environment. It is not only Adaptation to physical education teaching reform, but also the advanced education idea and the integration of sports teaching by optimizing the teaching theory.

**THEORETICAL STUDY ON P.E TEACHING METHODS WITH THE INNOVATIVE EDUCATION CONCEPT**

Teaching is a basic way of the curriculum implementation. As we all known, as for any advanced education thought and the ideal education goal, if you can't carry them out onto the course, they are only empty talk. Therefore in the P.E teaching, the teacher always face the task of teaching methods and means for optimizing. to complete the task, the understanding of physical education teaching method theory is very necessary.

**P.E teaching method**

**(a) Definition of PE teaching method**

Like concept of teaching method in other subjects, the P.E teaching method is also facing a lot needed explanation and confusing condition. Due to the particularity of PE course, the teaching method of explanation is more complex, as shown in TABLE 1. From various sports methods defined in TABLE 1, the definition of P.E teaching method is mainly combined with the general aspects of teachers by students activities. It is easy to find that P.E teaching already have a certain instability and uncertainty.

**(b)The limitations of traditional sports teaching method theory**

For the reason of long history, we have been taking cultural knowledge education and the social function training as a priority while the development of the natural physiology of life has just been ignored. Sports, as one of the important ways to cultivate our personality, is all about teenagers physical fitness, cultivating inseparable sentiment and wisdom in a small scale. For a wide range view, PE is more about the strength of a nation's prosperity and power. Therefore, it is the inevitable trend of history that PE teaching would transfer from the traditional idea to innovation one, which are really different, as shown in TABLE 2.

From the TABLE 2, it's easy to find that the traditional physical education tend to be placed in preparing and writing teaching plans, standardizing and formatting the rich variety of sports teaching activity. It influences various kinds of P.E teaching variables into static specification so that the P.E could just follow all the orders. Traditional sports teaching is strictly in accordance with the general rule of the inherent movement skills of teaching and learning arrangement and

designing of the sports teaching with middle school students' psychological factors, teaching environment, teaching tools to design as invariant. There is no denying the fact that the traditional education played a positive role in the development of physical education, but also make the sports teaching fall into the predicament of the stylized, mechanization and inflexible.

By comparison, P.E teaching under the innovation education concept will be more suitable for all-round development of body and mind of teenagers. It requires teachers to develop curriculum intrinsic value, using the double main body of the teaching mode and constantly exploring the creative potential of students. Therefore, students' innovation quality would get further improved and their innovative personality get shaped, which could deepen the reform of education.

**TABLE 1: Various definition of P.E teaching methods from scholars**

scholar	definition	References
Xuezhong ZHANG	PE teaching method is the interaction between teachers and students in the process of sports teaching, under a certain teaching principle. teachers and students together to realize the goal of physical education teaching, using the site, equipment, method reasonably. It includes both the teachers and students implicit in the activities of teaching ideas, mental activities, also includes the use of equipment or demo and physical activity, etc.	[4]
Linhu FAN	P.E teaching method means that in the process of sports teaching, teachers guide students to achieve certain teaching goals by way of a series of activities.	[5]
Dengsong ZHOU	P.E teaching method is that teachers and students complete the teaching mission of different levels, the floorboard of the interaction between teaching and learning mode of activity so as to realize the teaching purpose.	[6]
Linqing ZHOU	P.E teaching method is that in order to achieve the teaching purpose and complete the task, teachers and students would use a series of teaching organization to compose the interaction between them in the teaching process of bilateral activity. It is the unity of teachers imparting knowledge and students to learn knowledge.	[7]
Zhenming MAO	PE teaching method is that in the process of sports teaching, in order to realize the goal of physical education and sports teaching task, teachers and students would produce interaction between teaching and learning through the general technical teaching activities.	[8]
Haiyuan LIU	PE teaching method is the active task that used by teachers and students in the process of sports teaching to realize the goal of physical education teaching.	[9]

**TABLE 2: The comparison between the innovative education concept and the traditional education concept**

Education concept	Traditional education	The innovative education
Training objective	raising the talents that can solve the problem in accurate field as "knowledge producers"	Cultivating the talent to solve the problem of fuzzy area namely "production of knowledge"
Key points	Imitation and inheritance and resilience of today's society	Change and development, pay attention to the strain capacity of the society in the future
Teaching requirement	Low standard and the comprehensive promotion	High standard individual breakthrough
Acquiring knowledge	Focus on ability to storing and accumulation of information	Focus on the ability of extraction and processing
Learning attitude	passive	positive
System of study	Concentrating thinking	Diffusing thinking
Model of instruction	providing a conclusive, ready-made, only the standard answer to students	The thinking process of learning and advocating the exploration scheme and choosing and making decision

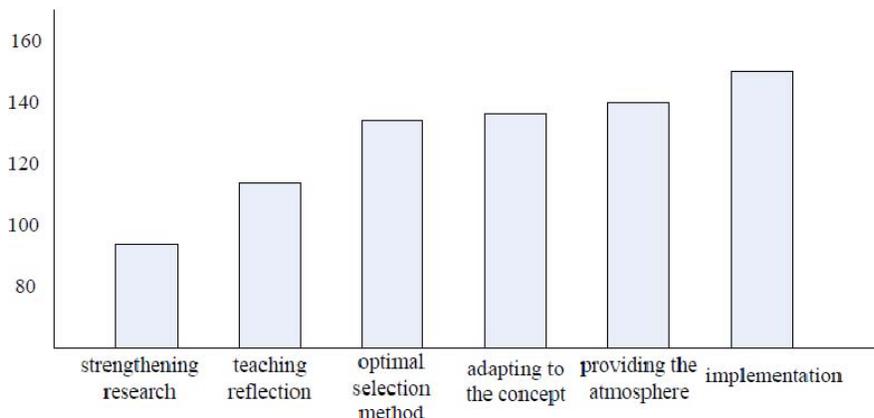
### Concept of physical education teaching methods based on the theory of innovative education

Life is the necessary premise of human survival and development. without healthy body, the spiritual civilization and the social function can only be empty talk. Therefore, by discussion of the education purpose, people are constantly finding that education is the nature of human perception of life. We absolutely cannot ignore physical education, scientific education activities and the value of the inner life.

#### (a) The time's request of P.E teaching method under innovative education concept

Innovative education concept puts forward the Time's requirement for education, breaking mechanization and one-side of the traditional P.E teaching. Teachers should integrate all the various resources reasonably in the process of teaching and optimize the curriculum. Only the teachers have the concept of innovative teaching can they be able to guide the student

to be innovative in the study. The teachers' understanding of the innovative education concept are mainly reflected in Figure 2. From Figure 2, it shows that although some teachers' understanding of the innovative education idea is biased, they have begun to use the innovative education concept in the reform of PE teaching.



**Figure 2 :PE teachers' understanding of the innovative education concept**

From under the TABLE 3, we can see that P.E teaching under the innovative education concept requires teachers to constantly reflect on and try to overcome the trammel of the traditional teaching and conduct a comprehensive understanding to students in order to make sports teaching work according to their aptitude. In the process of innovative teaching, teachers should recognize that students are the main part of teaching and the core of self-guiding. Teachers should use diversified teaching methods to inspire students' interest in innovation and let the students learn independently, actively, and reflect on themselves to participate in the activities of teaching, feedback. This would be the first-hand information of the physical education innovative teaching. That is to say, teachers should innovate according to the needs of epoch and the needs of students real inner world and the era of reform innovation, forming good communication between teachers and students. Therefore, P.E teaching innovation would get increased gradually in the process.

**TABLE 3: requirements for the innovative education idea**

<b>Traditional P.E teaching theory</b>	<b>PE teaching method under innovative education concept</b>
The teaching idea of "one-size-fits-all"	the education idea of "students according to their aptitude"
arrangement of difficult and key points according to the syllabus mechanization	adjust measures to local conditions, combining with the actual teaching environmental science
The cultivation of the theoretical knowledge + skill training mode	Diversification of teaching methods
Understanding of theory knowledge, fitness	theory knowledge, fitness, life value and innovation ability
One-way "teaching - learning mode"	cycle "learning - teaching - learning" mode

As important participants in the sports teaching activity, students should have correct understanding of innovative education and grasp the concept, setting up the correct values of innovation. According to the survey, students there have had understanding and thinking of the innovative education concept and their demands for innovative teaching mainly are shown in Figure 3.

These requirements intuitively response to the requirements of students on physical education teaching, which only can be satisfied with the cooperation between students and teachers. Therefore, the requirements for students under innovative education concept as shown in TABLE 4.

First of all, the students can learn initiative and actively participate in the teaching as they “learn from play”. In this way, they can find the problem and put forward them. And then they might take further efforts to practice the new sports technology to find the ways to solve the problem. This process of searching is essentially the process of innovation. Secondly, the teacher can apply innovative education concept in the class as it the indirectly helps students to get rational and clear understanding of their bold and confident for thinking and innovation. Furthermore, developing and divergent thinking helps students to participate in physical education teaching activities to carry on the extension and expansion instead of being limited in a static mode. In this way, students would get their own positive feedback and new ideas. Therefore, students and teachers will form good relations of cooperation between them, making innovation become a good circulation process and become dynamic and sustainable. In the end, students are more adept at learning under the innovation atmosphere, unconsciously improving their innovation ability.

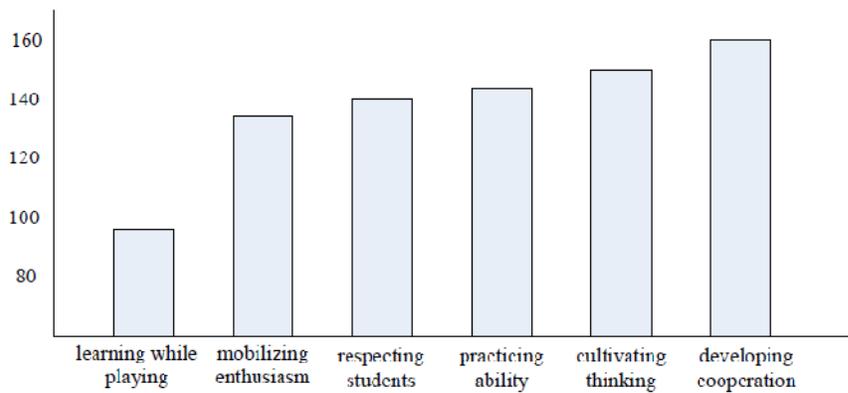


Figure 3 : Students' demands for innovative P.E teaching

TABLE 4: Demands of the time for the innovation P.E education

Innovative values	Learning method
be realistic and pragmatic, innovate boldly Reasonable self-knowledge, eliminate self-abased rational knowledge of self, eliminate innovation of inferiority	positive self innovation of knowledge exploration and learning constantly strengthen the new learning style, theory combined with practice divergent thinking, bold innovation efforts and innovation thought good communication with the teacher

Under standard action of teachers and students, innovative P.E teaching can be formed as shown in Figure 4:teaching - learning relationships.

Under the guidance of this teaching relationship, teachers would master P.E teaching objectives, teaching contents, complex object and diversification of teaching resources, which resulted of the new P.E teaching. Students in the new teaching mode found themselves and challenge themselves by bold innovation and interactive teaching. This kind of good dynamic teaching fundamentally promote the scientific development of physical education teaching.

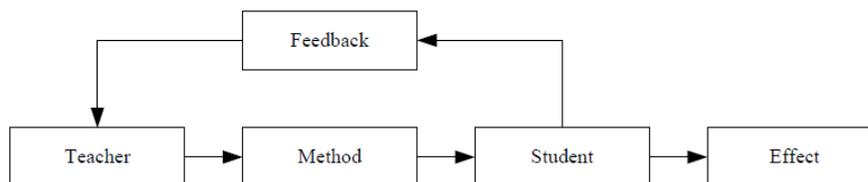


Figure 4: Teaching relationship under the innovative education concept

**PRACTICAL STUDY ON P.E TEACHING METHODS WITH THE INNOVATIVE EDUCATION CONCEPT.**

As a kind of new education idea, innovative education not only should cultivate people's innovative quality, enhance the teachers and the students' innovation consciousness, but also should care more about promoting teachers' and students' innovation ability and practice ability, and innovative personality. Therefore, both teachers and students can influence each other on the motivation, cognition, personality and behavior and make the formation of innovation quality as an organic whole. We need to stick to practice innovation and teaching theory innovation at the same time to apply the innovation of physical education teaching concept into practice.

**The importance of P.E teaching practice innovation**

The innovative education concept is the dialectical unification of theory innovation and time. On the one hand, theoretical innovation precedes social development and changes and plays the role of guiding practice innovation; On the other hand, it is the source of theoretical innovation and practice innovation motivation, constantly changing and deepening the theory.

P.E teaching practice can combine subjective thinking and objective of operation of teachers and students into the organic unification, shown through subjective thinking and objective operation. Through the P.E teaching practice, teachers and students become masters of physical education teaching and become active agents; Both teachers and students are able to

objective relate things in the sports teaching activity with self practice, objective of teaching objects and understanding and reconstruction of the object. This motility based on the practice of initiation can effectively promote the teachers' and students' innovation consciousness.

The understanding of the dialectical materialism believed that man is the unity of practice and innovation, Which determine that the sports teaching innovation should be on the basis of the practice. Participants would process and manage all the perception and cognitive information through practical teaching design, sports practice and reflection. Therefore, physical education teaching should not only make people to realize their own practice, this should be more practical to move up to a self creativity. Their creativity is a process of the practice of innovation and the process of transformation of the sports teaching theory and the sports teaching practice.

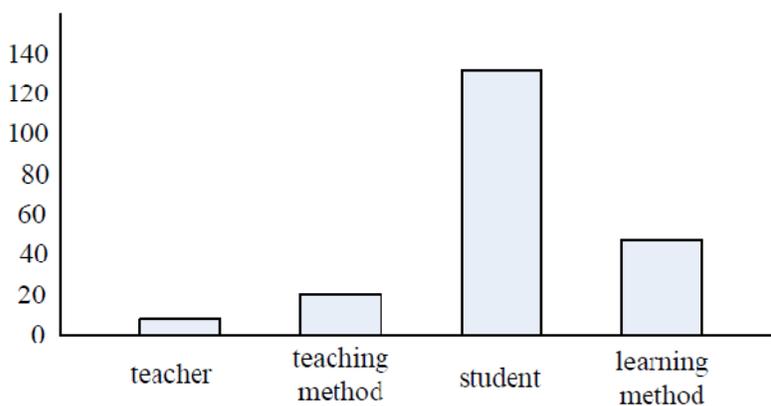
Sports teaching theory innovation is deeper understanding of the nature, society, subject and their own law of development, which provide scientific education idea for the P.E teaching participants, guiding people to break the bondage of traditional teaching and broaden the vision of teaching. It explore the new teaching form the new understanding of discipline. As the objective theory and teaching practice of reaction, it is always there to follow the standard and the contradiction of constant innovation. It can use scientific and reasonable way to solve this contradiction directly related to the success or failure of the sports practice activities. In general, the sports practice must follow certain norms. However, all the progress and development of practice are results of constantly specification breakthrough and new specification building. This breakthroughs of specification are depending on the construction of a new specification to sports practice of the participants in the process of creativity.

In a word, physical education teaching practice innovation is not only a source of sports teaching theory innovation, but also the forerunner of PE teaching's development and changes. There is no limitation to practice and no end for sports teaching method innovation.

**Practice of sports teaching innovation**

**(a) Scientific and complete teaching design**

Physical education is the unification of the knowledge and skills training. If there is no skills practice, P.E teaching will lose the meaning of the teaching. However, at the request of the innovation education concept, the P.E teaching should not only impart knowledge and exercise the body, but also should pay more attention to student's vitality and let the students have correct understanding of their life value, forming a complete personality. So the basis of physical education teaching practice is to have a scientific and systematic teaching design. First of all, the design should base on the implementation of physical education teaching method innovation education. As shown in Figure 5, the innovative teaching concept is based on students as the leading factors. Namely, besides insisting on keeping fit, sports teaching should pay more attention to the teaching design on the basis of the diversity, selectivity and interesting. Design should not only make students master certain sports skills through effective learning, but also make the students and the classroom interacted and exchange relationship, making the students experience in the process of perception and experience the relationship between man and nature, between people and education in order to promote their understanding of personal value. Students should be highly responsible for themselves and others' life.



**Figure 5: The starting points of design under innovative education concept**

**(b) Variety of the teaching process**

P.E classroom under innovative concept should no longer be confined to learning and teaching. Instead, it should be various, scientific and completed. So the P.E teaching should not be constrained to the traditional teaching mode or rigid mechanical cater to the content of the teaching outline compiled, but to combine practical teaching environment with teaching resources, choosing the right teaching method and the application. Selection of P.E teaching method must be examined from the following aspects: (1) the teaching time standards; (2) the characteristics, function and effect of all kinds of sports teaching ; (3) physical education teachers self ability and habit; (4) teaching venues and equipment; (5) the teaching contents and requirements; 6. The teaching goal 7 students actual sports skills, physical quality level.

On the basis of the teaching standards above, only the investigation and evaluation of practical and feasible teaching methods can optimize the teaching process so as to achieve the following sports teaching goal. As shown in TABLE 6, innovative concept requires teachers should become the creator of the course. teachers should be the content of the teaching for a given constant change and innovation. the relationship between teachers and students is no longer just teaching but the process of learning from each other. So, when the teacher works on the analysis of the teaching content, he should not be limited to established the emphases and difficulties points on textbooks. It should be combined with practical experience of teaching environment and the students' reality, using the discovery teaching method to diverse teaching methods. For example, the research-oriented teaching method will be objective. Teaching environment, teaching equipment and the actual situation in the student union might increase the flexibility of teaching value. Let the students improve practice skills and ability as well as increase value judgment. Therefore, they can make further excavation about themselves and make independent innovation and creativity.

**TABLE 6: Sports teaching innovation's effect**

perspective	reflection
1. student's development	Arouse the enthusiasm of students, and earnestly practice more, cultivate interest, let the student learn from playing. particular case has particular analysis, combining with the teaching environment. Take the student advice, give free space, student individual specialty into full play. Let students experience sports by hosting games.
2. teacher's progress	Emancipating the mind, serious thinking, strengthen communication, sum up experience, mutual discussion. Improve themselves by participate in the training class. Teaching according to their aptitude, in line with the development regularity of the students practice.
3. teaching method	From practice, summed up a variety of teaching methods. Using the heuristic teaching. Find the right teaching method. Accumulate experience, and combine them with the reality of students, adjusting and optimizing teaching methods.
4. teaching environment and condition	improving facilities, strengthening teaching exchange activities. Use reasonable teaching methods according to the curriculum, the teaching goal. Using the advanced network resources
5. others	Change the exam-oriented education, help students to ease the burden. Theory with practice. Attaches great importance to physical education.

### (c) multiple comprehensive teaching evaluation

The evaluation of Innovative teaching's achievement is one of the important parts of innovation. It should pay more attention to playing a role of promotion instead of the traditional evaluation method. It should use different evaluation methods to evaluate the variables in the sports teaching process and audit. So it can be evaluation of both students and teachers in the process, forming "usual grade + test score = final grade" evaluation model. On the one hand, it can effectively motivate the students' interest in physical exercise. On the other hand, it helps improving teachers' innovation enthusiasm. This dynamic, comprehensive and diverse way of evaluation for the sports teaching provides more power and support.

## CONCLUSION

The core content of the innovative education concept is to cultivate students' innovative spirit, strengthen students' innovation consciousness and improve students' innovative ability. Using the innovation education concept in P.E teaching can deepen the reform of the physical education teaching and help us to better realize the goal of sports, achieving the goal of all-round development of body and mind for students. Therefore, it would be continuous exploration and mining for the innovation in our country. We need to combine the innovation consciousness with objective teaching practice, which can build new type class of their own characteristics.

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