

Reform of physical education in Higher Vocational Education under the background of "Internet plus" Education

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Abstract. With the continuous development of science and technology, the level of information technology is also constantly improving, making all walks of life are more and more closely related to the Internet, the Internet has become an indispensable part of people's life. All walks of life have been combined with the development of the Internet, and so has the education industry. Under the form of Internet plus education, the work of physical education in higher vocational colleges needs to make corresponding changes to meet the requirements of modern education. In order to improve teaching quality, the physical education teaching in higher vocational colleges needs to be improved.

Keywords: Internet plus; Higher vocational sports; Teaching reform.

1. Introduction

Internet plus is a combination of traditional industries and Internet based innovation and development, creating a new mode of cooperation. There are still some problems in Physical Education in higher vocational colleges. At present, physical education has been unable to meet the development needs of students, so that students can better master sports skills. Therefore, according to the current traditional sports teaching reform, combined with Internet technology, in the process of teaching, faster to promote the smooth development of sports teaching reform in higher vocational colleges. This paper will analyze the impact of the Internet plus traditional education industry on the physical education in higher vocational colleges, and put forward effective measures for the reform of physical education in Higher Vocational Colleges under the "Internet plus", in order to promote the further development of physical education in higher vocational colleges, so that the effect of physical education in higher vocational colleges can be significantly improved [1-3].

2. The Importance Of Physical Education In Higher Vocational Colleges Under The Background Of "Internet Plus" Teaching

The development of information technology has effectively integrated Internet plus into modern education. Through the combination of Internet and traditional teaching, we have constructed a perfect education system combining networking, digitalization and individualization. In the teaching of Higher Vocational PE, the reasonable application of Internet plus can enhance the comprehensive quality of students, and enhance the students' innovative ability and practical ability in sports. In the traditional physical education teaching mode, teachers teach students simple sports skills in the classroom, and then students train themselves. In this way, students are more passive, intelligent and passive to learn what teachers teach. At the same time, there are more students in higher vocational colleges, but there is only one teacher, who can't fully understand the students, so they can't learn from the students' situation Design a reasonable teaching plan. But in the era of "Internet plus", teachers can make use of the advantages of the network platform to record micro lessons in advance, allowing students to choose their own sports skills knowledge that they want to know about learning, so that each student can learn from their own knowledge points, show the fairness of PE teaching and improve the quality of teaching.

In modern education, the teaching of physical education in higher vocational colleges needs to focus on students. The integration of Internet plus can satisfy students' individualized learning, collect data from students through data technology, and understand the physical quality and physical

foundation of students. Teachers can make more perfect teaching plans for students to study according to different types of students. Through the development of different types of teaching programs, students can find teaching methods that meet their own abilities, and can also develop the sports potential of different students.

Under the mode of "Internet plus" and education mode, teachers are no longer the main body of teaching, and students become the center of teaching. Using the network platform for teaching, there is a huge difference with the traditional teaching mode, but this new teaching mode can faster attract students to learn, through the network to spread sports skills and sports knowledge, can drive the enthusiasm of students, at the same time can change students' learning habits and learning methods. Big data sharing in the Internet can enable students to understand more sports information and sports theoretical knowledge. Teaching through the Internet platform can improve the results of sports teaching in higher vocational colleges.

3. "Internet Plus" Reform Measures Of Physical Education In Higher Vocational Colleges

Although the modern education in China attaches importance to the teaching mode of "Internet plus" and education, this teaching mode is also applied in higher vocational colleges. Because of the short time of application of this teaching mode, there are still some problems in this institution. In the current quality education, physical education is a compulsory course for students in higher vocational colleges. In teaching, the comprehensive quality of teachers should be controlled. The quality of teachers has an important impact on the development of students. Especially in the teaching mode of "Internet plus" and education, we should strengthen the comprehensive quality of teachers. Because of the late popularization of the Internet, some old teachers are not proficient in Internet application, and schools should train teachers in a unified way, so that PE teachers can get in touch with the new teaching ideas. At the same time, teachers as a new era should keep pace with the new era, and the teachers of physical education should also follow the pace of the new era. We should improve our own comprehensive quality, and at the same time need continuous self-learning, so as to better serve the students, improve the level of school education, and provide high-quality guidance for students. The times are constantly changing, Internet technology is also in constant progress, at the same time, the education and teaching of higher vocational colleges are also constantly optimized. Schools can establish the corresponding teaching resource database, especially the physical education teaching resource database. Each higher vocational college has its own teaching advantages. At the same time, physical education teachers have different strengths. These data can be integrated and shared with other brother schools. Schools can learn from each other and learn from each other. Through the resource sharing between schools, the overall quality of physical education can be effectively improved. Teaching results, optimize the local physical education resources, and share with each other by many schools, make the regional physical education form a joint force and play a greater role in physical education.

With rich sports teaching resources, it is necessary for teachers to give full play to the advantages of teaching in the classroom, and to improve the learning efficiency of students, it is necessary to first establish an emotional foundation with students, and strengthen the interaction between teachers and students. In the development of Internet technology, a variety of social tools are also changing people's way of life. Now the students in higher vocational colleges are basically after 00, and the students are young. Young age, lack of social experience, at the same time, there is no pressure to enter a higher school, which leads to the majority of students indulge in the Internet and neglect their studies. However, online social networking is also a double-edged sword. Physical education teachers can interact with students through social networking platform. Physical Education teachers have less classroom pressure and can better establish a harmonious interactive relationship with students and have a benign interaction with students. Teachers can communicate with students equally, answer questions for students, promote the relationship between teachers and students, make

teachers and students communicate like friends, eliminate the gap between teachers and students, enhance the atmosphere of physical education classroom, and improve the efficiency of the classroom.

4. Conclusion

Physical education is an important part of the education system of modern higher vocational colleges, and it is an important way to improve the physical quality of students. Under the circumstance of "Internet plus" and sports teaching, we should make full use of Internet technology and bring into play the advantages of modern education. We should enrich the contents of physical education teaching, enrich teaching methods through Internet technology, and satisfy students' different needs for physical education. Therefore, we should reform the physical education teaching, constantly innovate the classroom, combine it with Internet technology, mobilize the enthusiasm of students, and cultivate talents for social development.

5. Reference

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