

# The Application Strategy of Stratified Teaching Method in College PE Teaching

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## Abstract

With the continuous improvement of the concept of quality education, college physical education has become more and more important in the selection of teaching methods and the application of physical education. Stratified teaching is a kind of teaching method combining the differences between students and their own characteristics, which is an unprecedented teaching mode for college physical education. Based on stratified teaching method in college physical education based on the principle of existence and the significance of teaching are analyzed, in view of the contemporary problems in the process of physical education, put forward the application of effective teaching strategy, the central content of concept on the basis of their aptitude, also want to improve the teaching effect of college physical education.

## Keywords

College Physical Education Teaching; Stratified Teaching Method; Application.

## 1. Introduction

In the process of college PE teaching, teachers should reform and innovate the way of PE teaching and redefine students' learning objectives. At the same time, we should use scientific teaching mode, so that students can learn sports knowledge more quickly and efficiently. In the teaching process of college physical education, the use of stratified teaching method will significantly improve the teaching effect, so that students to a more healthy and sunny direction forward and development. Students will feel relaxed and feel the value and happiness of college sports learning in the layered teaching method.

## 2. The Significance of Stratified Teaching Method to College Physical Education Teaching

### 2.1. Stimulate Students' Interest

The cramming teaching method in traditional teaching usually does not focus on students' interest in sports, resulting in students' weariness in the classroom. Interest is the most important factor in the practical discipline of physical education, and it will deeply affect students' physical education study in the future. The layered training method is to train students in groups according to the differences of each student's situation. For example, boys are suitable for long jump and weight lifting, while girls are more suitable for rope skipping. In this way, boys and girls can be divided into groups [1]. In addition, there will be some special situations, teachers need to implement a more detailed hierarchical method of teaching. In order to divide different groups, teachers will make a variety of teaching plans according to a variety of teaching plans when planning teaching plans. There are many kinds of teaching methods that students can choose, which is conducive to improving students' learning enthusiasm.

## **2.2. Improve Teaching Quality and Efficiency**

As the biggest characteristic of hierarchical teaching method, the gradual promotion focuses on the gradual promotion of the formulation and development of teaching programs, so that students can maintain a stable state in the process of physical education learning, thus reducing the probability of ineffective teaching by teachers, and improving the teaching quality and efficiency in general. Stratified teaching method can not only make students more clear about their own comprehensive ability, but also help teachers to build a teaching framework, and in the future physical education teaching process, explore and innovate new teaching methods. The emergence of this teaching method has successfully changed the past students' ignorance and boredom of traditional sports learning, and created a new learning atmosphere.

## **3. Second, the Principles of Stratified Teaching Method in College Physical Education**

### **3.1. Stratified Teaching Method Should be Consistent with College Physical Education Syllabus**

The basic guarantee for smooth teaching activities is curriculum teaching standards. In the process of actual physical education teaching activities, we should strictly refer to the national curriculum standards. At the same time, we should analyze the current development trend of physical education and the actual situation of students so as to carry out teaching. Within the scope of the provisions of the standard curriculum, the teaching method, in-depth research and innovation and application of teaching plan should be targeted and clarity to the characteristics of the stratified teaching method should be to cultivate students learning ability on the basis of implementation, and highly pay attention to the differences between students, in accordance with the actual situation of students to arrange the teaching tasks, Make appropriate adjustments to the teaching plan so that students' learning ability can be fully cultivated.

### **3.2. Stratified Teaching Method Should be based on Improving Students' Learning Interest**

The interestingness of teaching content can not only make students actively participate in learning, but also improve their ability to accept and understand. Therefore, the interestingness of teaching content directly affects the quality of teaching. In college physical education activities, many PHYSICAL education teachers are influenced by traditional teaching methods and teaching evaluation methods and pay too much attention to the teaching progress, so that the interesting content of the teaching content is neglected, which affects the teaching effect of physical education class and is not conducive to the improvement of the quality of college physical education [2]. In university sports teaching process is reasonable, the layered approach can improve the students' interest in learning, and according to different levels of students to develop a corresponding teaching plan, not only to the advantage of the hierarchical teaching in sports class fully play out, also can make the university sports teaching quality improving.

### **3.3. The Implementation of Multi-level Teaching should Proceed From Reality**

The flexible characteristics of stratified teaching method should be brought into full play to make stratified teaching method serve teachers and students better. In the actual teaching process, to ensure the teaching work can go smoothly, first of all, teachers should be based on the actual situation of the students to make good teaching plan appropriate adjustments, and to discover the problems existing in the teaching process, and find out the cause the cause of its problems, and find the solutions of corresponding problems, so as to promote effective development of hierarchical teaching in college physical education class, The role of stratified

teaching method will be fully brought into play, so as to better serve the legal sports teaching work.

## **4. Problems Existing in College PHYSICAL Education Teaching**

### **4.1. Unclear Teaching Objectives**

In the process of physical education teaching, the teaching objectives made by teachers can play a core leading role. Only by establishing teaching objectives can teachers realize the key points in teaching and cultivate students' physical quality and physical accomplishment in the process of physical education teaching. However, in the process of college physical education teaching, there are still some teachers using the traditional teaching methods, without really aware of the important meaning of physical education teaching for students' learning and development, resulting in the actual physical education teaching process without teaching objectives or objectives fuzzy.

### **4.2. The Concept of Physical Education is Backward**

Although new teaching concepts have been put forward, there are still some teachers who adopt traditional teaching methods. It is very difficult to realize rapid change and accept new teaching concepts. The old-fashioned teacher-centered teaching method is used to carry out "indoctrination" teaching, for example, the warm-up before exercise, the explanation of theoretical knowledge, the exercise in the teaching process and the test of students after class, etc., all regard the teacher as the subject in the teaching process. This traditional and shabby teaching method can not stimulate students' subjective initiative, let alone improve students' learning efficiency. Most teachers' teaching concepts are unreasonable and non-scientific. They focus on the score of cultural courses and regard physical education as a way of rest or after-school activities. There is little difference in classroom teaching methods and no novelty at all. In addition, there are some physical education teachers in the process of physical education to let students do activities or independent training, this kind of free activities without supervision or supervision is very bad for students' learning habits, will lead to more and more lazy students. On the one hand, the development of physical education curriculum is to instill common knowledge of physical education to students. On the other hand, it is to make students strengthen physical exercise, improve self-prevention awareness and protection ability and so on. The most direct impact of the outdated teaching philosophy is that teachers use a single teaching plan to educate different types of students, which leads to a decline in students' enthusiasm for learning physical education, as well as a decline in teaching quality, and no significant improvement in students' comprehensive quality.

### **4.3. The Comprehensive Quality of Teachers is Low**

First, layering method although substance will be summed up as classifying students training, teaching according to students' own actual condition, but another into layered teaching method is the condition of teachers' classroom level, because the layered teaching method is very strict with teachers' insight ability, on the basis of this classification can undertake to the student. Secondly, the professional ability level of teachers should be excellent, because in the teaching process, there are many teaching methods, involving many sports events, the professional level of teachers will directly affect the teaching quality. Finally, teachers should have good professional ethics. In the stratified teaching process of physical education, students' personal safety and mental health and other issues should be taken into account. If the professional ethics of teachers are not high enough. The stratified teaching method can not be reasonably applied to the teaching process.

## 5. Specific Measures

### 5.1. Carry out Targeted Teaching Work

The primary condition for the implementation of layered teaching method is that teachers need to have an absolute understanding of the real situation of students, and then adopt the corresponding layered method. Therefore, in the process of adopting layered teaching method, teachers should have enough understanding of students' learning situation, hobbies and needs, so as to meet the learning needs of students [3]. First response to the layered teaching objects, because both physical and mental development characteristics and individual characteristics between students, there are differences, so the physical education teachers in different learning ability of students to carry on the reasonable and fair stratification, to student's physical quality differences should also make full understanding, on the physical fitness test, the students are grouped according to the test results, At the same time, in order to ensure the rationality of grouping, teachers can make stratified judgment by referring to the actual situation of students, their performance in class and their sports preferences, so as to implement stratified teaching. In addition, PE teachers can actively communicate with students in the stratified teaching process, so as to achieve the ideal teaching effect. Secondly, teaching objectives should be stratified. Teaching objectives play an important guiding role in physical education teaching process. Healthy and reasonable teaching objectives are beneficial to promote the smooth development of physical education and stimulate students' enthusiasm and initiative in learning. On the contrary, unreasonable teaching objectives will greatly reduce the quality of physical education teaching, the height of teaching objectives directly affect the learning interest of students at different levels, and even lose interest in physical education courses, as well as the situation of weariness. Therefore, PE teachers in stratified teaching, teaching objectives must be reasonably stratified, for different levels of students to develop different levels of teaching objectives, in order to promote the overall development of students physical and mental, so that students' comprehensive ability has been further improved. Finally, the teaching content should be stratified. Whether the teaching content is reasonably stratified directly affects the level of teaching quality. When PE teachers stratify the teaching content, they must combine the actual situation of students and their own comprehensive ability. To comprehensive ability good students can deepen the difficulty of the teaching content and students is even more challenging because of the teaching content and positive to deeper understanding and exploring, whereas for poor comprehensive ability of students should be appropriate to the difficulty of the teaching content reduced, so that the students to learn knowledge can timely understand and digest. The teaching method can not only increase the enthusiasm of students at different levels, but also improve the teaching effect of college physical education.

### 5.2. Clear Teaching Objectives

In the traditional physical education teaching process, because the teachers' ideas are not enough avant-garde, they can not understand the development of physical education teaching correctly, and can not arrange the teaching objectives reasonably. However, with the continuous development of The Times and the desire of education for talents, teachers must re-understand the importance of physical education and establish teaching objectives [4]. For example, the goal is to improve the comprehensive quality of students, how to improve, according to the teaching objectives to create a clear teaching plan. A higher teaching target will discourage students' interest and confidence in the subject, while a lower teaching target cannot achieve the purpose of improving students' quality. Therefore, teachers should make different teaching objectives according to the situation of different students, and can not be generalized. Teachers should enhance communication with students, which is conducive to

understanding students' learning needs or standards they want to achieve, so as to clarify the criteria for teachers to formulate teaching objectives.

### **5.3. Give Play to Students' Dominant Position**

Most of the students are not clearly aware of their own is main body in the learning process, will be the teacher as the leading role in the learning process, this way of thinking seriously hindered the students enthusiasm and autonomy in the learning process, therefore, the contemporary new curriculum reform has strict requirements in the teaching process between teachers and students to the concept of clear, is the main part of the classroom, the students Change students' wrong theory in time, let students realize that they are the main body in the process of classroom teaching as soon as possible, so as to make students learn sports knowledge more actively. University physical education teachers in the teaching process, as a knowledge of the lead characters should be sufficient to penetrate method of hierarchical teaching in physical education teaching, the students in the learning of any disadvantage factors, eliminate display student's main body status, make students can independently choose favorite sport, so as to achieve the rich sports teaching effect [5]. For example, when carrying out the teaching of track and field events, college PE teachers can let students choose a suitable training method among various training methods, respect students' independent choice and improve students' enthusiasm in learning sports.

### **5.4. Improve the Comprehensive Quality of Teachers**

Professional competence is the main content of a teacher's comprehensive quality, which is the mastery of physical education theory knowledge, application problems and skills, as well as the teacher's accomplishment. By contrast, the content of teacher literacy is more, and the understanding of teaching rules and students' situation are closely related to teachers' comprehensive literacy. First of all, the purpose of carrying out physical education is to strengthen physical fitness and strengthen the construction of students' psychology. Therefore, safety must be the primary problem. Secondly, the understanding of students, on the one hand, can promote the exchange and communication between teachers and students, on the other hand, on this basis, hierarchical teaching method can be implemented; Finally, teachers should highlight their love for the cause of sports, drive students' emotions, so that students more actively cooperate with the work of physical education. In addition, the psychological construction of college students has been very mature, and there are many inner ideas. Therefore, enhancing the communication between teachers and students can not only make teachers better understand students, but also get more new teaching ideas from students' ideas, which is conducive to the further construction of hierarchical teaching method. However, in the process of communication, we should also pay attention to the distance between teachers and students, and prohibit some words and situations inconsistent with the status of teachers. The influence of teachers' ethics is very large.

## **6. Conclusion**

To sum up, teachers should use stratified teaching method scientifically and reasonably in college physical education teaching process, which can promote students' interest in college physical education knowledge and stimulate students' enthusiasm. At the same time, teachers should improve and innovate teaching methods in the teaching process, classify and stratify students, integrate students' specific sports knowledge base, so that students can easily follow the course. In addition, teachers should start from the actual situation and develop teaching plans for different students. And then in the implementation of stratified teaching methods for the country to train physical and mental health of high-quality talents.

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