

Application Research of Campus Football Reform based on "Flipping Class" Model of Micro Class

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Abstract: The promulgation of the "Overall Plan of Chinese Football Reform" puts the "campus football" reform in an extremely important position. How to deepen the development of college football, promote the reform of campus football, and promote the popularization and development of campus football are new topics faced by front-line educators. As an effective means to meet the needs of the development of the times, adapt to the rapid spread of the network and promote the fair allocation of educational resources, "Micro-curriculum" can effectively promote the rapid development of campus football when it is combined with the development of campus football. It is of great significance for students to improve the football level. At the same time, the traditional campus football education model is faced with the problems in the network era. However, based on the micro class "flip classroom" mode, these problems can be effectively resolved. And it can help us find a way to enable students to learn football more conveniently, more effectively and happily. The teaching model of micro lessons can benefit more and more students who are participating in football. It breaks the shackles of the traditional classroom and effectively realizes the integration of the inside and outside of the football class teaching, so as to better promote the reform process of campus football.

Keywords: Micro class; Flipping class; Campus football reform; Internal and external integration; Campus football

1. Introduction

On February 27, 2015, Xi Jinping, general secretary of the CPC Central Committee and chairman of the State Council, chairman of the central comprehensive deepening reform leading group and chairman of the Central Military Commission, chaired 10th Deepening Reform Conference. The "Master Plan for Chinese Football Reform" has been approved. China's soccer reform will be carried out with great efforts, high standards and unprecedented comprehensive measures. In the fifth part of the "Project", it proposes that "The reform to promote the development of campus football" as an important part of the reform of football. Therefore, "campus football" plays a vital role in promoting the reform of Chinese football, expanding the football crowd, popularizing football and fostering football reserve talents. Given that "campus football" has been mentioned to an unprecedented height and solved the bottleneck problem of the development of "campus football," this will be one of the breakthroughs in the success of this football reform.

With the rapid development of the Internet, mobile Internet and personal mobile terminals, the rhythm of the whole society is getting faster and faster. What's more, the knowledge has been updated at geometric multiples, so students are more willing to accept simple, stylish,

interesting, effective, geographically and time limited knowledge and study method. The rapid development of this kind of network has enabled our society to enter the "micro" era quickly. These changes bring spring breeze to the reform of school physical education, and create favorable conditions for the coordinated development of football practical teaching and theoretical teaching. The micro lesson has three outstanding characteristics for football class teaching. First is repeatable learning. It is necessary to satisfy the individualized learning needs of students with different levels of learning, different learning abilities and different learning interests. The second is flexible learning time. The available self-study time is scattered, which can extend the width and length of football teaching more effectively in the spare time. This is very helpful for students to prepare, review and learn, and correct themselves. Third, it is not restricted by the conditions of the site. With the advantage of modern network, a new class learning physical education model will be formed "consolidate in the micro classroom - learn in class again". It is possible to break the limitation of time and space in traditional football classroom teaching and realize the integration of teaching in and outside the football class.

"Micro class" is a real foreign goods. It was first made by a service manager named David Penrose in the United

States. He is a teacher of the San Juan College in New Mexico. He is good at teaching design and college online services. In the autumn of 2008, Penrose called micro knowledge as "knowledge explosion". Because of "a minute of micro video," he was called "one minute professor". The definition of the domestic "microscopic class" is also in different areas of education, with different interpretations and explanations. In 2014, the Ministry of Education organized the first National University Micro-curriculum Contest. And at the end of the same year, it published the "Research Report of China University Mini-Classroom (2014)". The report points out that "micro curriculum" should include "micro lecture", "micro curriculum" and "micro classroom teaching". At the theoretical level, the study of physical education teaching mode is always in progress. No matter what kind of teaching model is used, it is a good practice for effective communication between teaching theory and teaching mode. Effective teaching mode can effectively improve teaching quality and enrich teaching methods. Micro lesson is a new type of effective teaching mode. As a new generation of "miniature" teaching products with the characteristics of the times, micro-curriculum has been introduced into primary and secondary schools, and has gradually been widely used in professional education and teaching practice in various disciplines and universities. As an important participant and practitioner of the micro course teaching, college students have an important guiding role in the evaluation of the present situation of the micro teaching and the further development of the micro teaching in Colleges and universities. Under the background of "campus football" reform, we should vigorously promote the combination of "micro course" and "campus football". On the one hand, it is the necessary requirement to deepen the reform of education. On the other hand, it is also to enrich the teaching methods, improve the teaching effect of physical education, break the classroom limits, extend the effective ways of classroom teaching, effectively realize the integration of inside and outside classes in physical education teaching, and it will truly realize the "flipping class" in the physical education class.

The so-called "flipped classroom" can also be "reverse classroom", "inverted classroom", "flip teaching" and so on. Now, it is widely believed that the first purpose of the first two chemistry teachers, Jonathan Berman and Aaron Sams, in the Woodland Park High School, was to provide online self-taught short films for students who were unable to attend school in person. After watching the short film, he went to school for second discussions. It is called "flipping class". After that, more and more research and practice on flipping classroom have been carried out. Football teaching is a course combining theory with practice. In order to accomplish teaching tasks, the teaching mode of "flipping classroom" is a useful attempt. It can

study how to improve classroom efficiency and promote the students to master the technical action effectively and quickly. The football project is a curriculum that emphasizes practice. It is necessary to attach importance to how students can better grasp the learning methods. At the same time, teachers should take care of the overall and individual considerations of the entire class. During the whole teaching process, in order to conduct personalized guidance, the systematic, procedural and regular feedback and guidance of the whole learning process cannot be ignored. Then, based on the "flip classroom" of microcosmic curriculum, the abstract technical behavior outside the classroom can be visualized. It allows standard actions to be direct, low-speed, multi-angle, decomposable, repeatable. An intuitive and detailed explanation of misleading knowledge and technical problems is helpful to simulate exercises for different levels of students. It really put "teaching students in accordance with their aptitude" in real place. For example, through the use of media teaching methods of "micro class", head ball game in football teaching can be divided into three levels: seat head, sports head, diving head from easy to difficult. Decomposing and demonstrating the consistent action of headline technology, so that students of different levels can master the main points of action. This is the advantage of "micro lesson" teaching for football class.

In the "overall plan of Chinese football reform", one of the important questions that the front-line sports educators need to think about is how to deal with the interests, teaching methods, teaching results, the implementation of "teaching students in accordance with their aptitude", the full extension of the football class, and the effective improvement of the enthusiasm of the students to participate in the football project. This has become the key to promoting the work of campus football. School football teaching can not only stay in the classroom, but also make full use of modern educational technology to achieve "integration inside and outside class" []. Through micro-courses, students can make full use of the Internet, and use discrete time for independent learning and practice. Based on the following aspects, the use of "Flipping class" in micro teaching to promote the development of campus football is an effective way to achieve "integration in class" in football teaching.

2. Demand for Education Informatization Reform

In March 31, 2012, the Ministry of Education promulgated the "ten year development plan for education informatization (2011-2020 years)". In this highly instructive document, the development goals of China's teaching informatization in the next ten years are clearly proposed. The document calls for a significant increase in the integration of information technology and education. Education informatization has played a positive role in promot-

ing the reform of physical education. We must give full play to the unique advantages of modern information technology. With the continuous innovation and deepening of the reform of sports teaching methods and teaching modes, especially the reform of campus football, students can increase their enthusiasm for participating in football projects in an information environment. We should improve students' interest in football and constantly improve their learning efficiency. At the same time, "Planning" has established a 32-character work guideline of "Facing to the future, educating the people; application-driven, co-constructing and sharing; overall planning, classification promotion; deep integration, and innovation". It also points out aspects and goals for the application of educational information reform in campus football.

Based on the background of the great development of "campus football" and the modernization of educational technology, it is imperative to innovate the traditional football teaching mode. The emergence of micro class has brought new hope to the traditional "flipped classroom" football teaching mode. Through the combination of the two, "Campus Football" will surely burst out with new highlights. For football, students' interest is the source of sports activities. It has been shown that the Japanese animated cartoon "football master" is the most popular animated cartoon among Japanese children in the 90s of the last century. The main characters, the big wings, also influenced a generation of Japanese players. The main goal of education informatization reform is to use new methods to mobilize students' interest in participating in football and experiencing football. Taking this as an example, in line with the 32-character work policy, we must make full use of modern educational technology and introduce the current educational technology into the reform of campus football. We must use the advantages of modern educational technology, such as the introduction of audio, video, and other intuitive educational manual, and fully mobilize the students' motivation to participate in football training, establish soccer idols, and cultivate football interests, thus providing a solid foundation for the extensive and in-depth development of "campus football. Thus, let more young students like football, enjoy football, and participate in football matches.

3. Deepening the Reform of College Education is the Need to Further Promote the Integration of Physical Education

In order to adapt to the "Internet era" and "microscopic" era, it has a huge impact on traditional teaching. The boundaries between universities and society and the boundaries between universities and universities are increasingly blurred. Due to the influence of the Internet, the concept of campuses left over from centuries will soon be re-recognized, and traditional classrooms are

also greatly affected. The traditional teaching mode of front-line physical education teachers also needs to be adjusted and reformed. As the first sport in the world, the Internet age has a direct meaning to break the limit of the football schools and learn from the advanced international football concept, and understand the advanced football technique and tactics. The "micro lesson" mode is an effective way to deepen the reform of campus football education and promote the internationalization of campus football. Therefore, this "general plan for China's football reform" puts forward the last point of the reform of "campus football", which is an inevitable choice in line with the requirements of the times.

The "micro class" of football combines the traditional teaching mode, the direct teaching model, the concept teaching mode, the cooperative learning mode, and the learning mode based on the practice target in the short minute teaching short. In the football practice teaching level, it breaks the original traditional football class with teachers as the center, and helps students to master new technology and promotes the formation of students' football tactical system. Through video teaching, abstract technology can be intuitive, visual, repeatable, slow playback and multi-angle movement in front of students. Teachers can decompose the technical movements of football and decompose the technical movements of complex skills into relatively independent units of action. Detailed explanation and demonstration are used to simplify the original difficult action targets into intuitive and simple movements. Through micro lessons and extracurricular exercises, knowledge has been continuously strengthened and consolidated. It extends concentration exercises and corrections in physical education classes to extracurricular exercises to strengthen self-directed exercises. Through the combination of micro-learning and student-independent extra-curricular exercises, students can combine the newly mastered football skills with the previously mastered football skills, and achieve effective communication. It will be proficient in a complex competitive environment. And students can use it freely. On the level of football theory teaching, when teachers teach the theory of football, they require students to listen attentively, follow the teachers' ideas. Students should start with mastering local tactics and gradually master overall tactics, and understand the relationship between the part and the whole in the football field. Football is a team project, and the learning of tactical theory reflects the importance of team. Therefore, in the teaching process of football theory, we should guide, bring in and encourage students' participation, and change from passive teaching to active teaching. It is necessary to strengthen communication and interaction between teachers and students, and create a learning atmosphere of lax, self-use, exploration, discussion and research, so as to achieve the unification of football tactics. Teachers can visualize the conceptua-

lized football tactics and tactics in the football tactics map through the visual way of "micro lesson" video. The teaching changes from the original direct statement to statement and interpretation combined with video demonstration. First, we define Soccer Tactics, and then illustrate with examples to enhance students' understanding of concepts. When students understand the necessary football tactics, we summarize them from actual tactical cases to whole and local changes. In order to make the students understand the value of local tactics to individual players and the significance of local tactics to the overall tactics, it is necessary to sort out, analyze and explain the original complex football tactics through typical cases analysis, from the whole to the local to the individual. Therefore, "micro curriculum" plays a positive role in football theory teaching.

The "micro lesson" of football plays a very important role in promoting students' team consciousness and promoting their active participation in football. In fact, "campus football" is an effective means of educating people. As a team project with extremely stringent teamwork requirements, football plays an important role in cultivating students' sense of cooperation and teamwork. Football education can play its role only when students participate in football programs. Cooperation, sharing, help and team win-win are the eternal themes in football. On the other hand, the training of students' IQ is also very important. The development of social life skills, such as inclusion, acceptance, teamwork and communication of players, is also essential. These contents are also an important embodiment of the function of football education. These aspects also need to be cultivated in the teaching process. "Micro-curriculum" has inherent advantages in value education, and it can also play an active role in cultivating students' team awareness. In traditional football classroom teaching, there are common problems. "Micro Courses" aimed at solving these football teaching problems.

In Group practice, the difference of the technical level of the internal members will affect the teaching effect. For the fixed technology goal, the coach first explained, demonstrated, and combed mistakes. Then the students conduct targeted group exercises to preliminarily grasp the practical goals of the technical movements. In this traditional model, the main problem is that coaches are often randomly grouped and arranged flexibly in group exercises, which can lead to significant differences in student technical descriptions within the group.

On the one hand, the learning mode of "micro class" reduces the differences of students' technical level, emphasizes individualized practice, and builds a harmonious atmosphere. On the other hand, it creates a harmonious atmosphere to promote the consistency of students' technical and tactical awareness. The learning mode of "micro class" can form another kind of new team in the

extracurricular, because the football level is equal, the football idea is the same, the learning goal is fixed. Because of the same level, it is convenient for the "micro lesson" to conduct targeted guidance, and the understanding of football tactics is more unified. The construction of this small team provides the foundation for future classroom teaching. Because of this team building with "micro-curriculum" as a bridge, the team builds a harmonious and relaxed atmosphere, allowing students to take the initiative to learn and practice independently. We should formulate the same specifications for technical movements, learn from the individualized "micro class", and strengthen the instruction of the teachers in the class. And the students practice actively after class, and it emphasizes the interaction between the students and their teachers through the "micro class". The whole process of learning, mastering, improving, and skillful use can be strictly controlled by one-to-one through "micro-classes". It truly realizes the teaching methods of "make no social distinctions in teaching" and "teaching students in accordance with their aptitude", and promoting the enthusiasm of the entire team to participate in football.

4. "Micro Lesson" Makes Full use of Students' Scattered Time to Learn

"Flipped classroom" enables students to learn more freely. In today's society, the pace of life is becoming faster and faster. Students are more likely to accept simple, direct, fun and easy learning methods. With the rapid development of the Internet and the popularity of 4G mobile phones, the growing "micro class" team such as We Chat, microfilm, micro language and so on, suddenly claimed that we have entered the "micro" era. The "micro class" era has also brought a spring breeze for university teaching reform. For the characteristics and influence of decentralization, the new requirements put forward by the "micro-courses", "micro-learning" and "micro-lectures" of traditional classroom teaching have also entered the line of sight. It is also an inevitable trend. "Micro class" requires a variety of curriculum forms and flexibility. Football is one of the most popular sports. Under the background of the development of "campus football", "football micro class" will surely become the new favorite of the times.

5. Modern Educational Technology is the Inevitable Result in Traditional Classroom

Today's university education has entered the information age. The importance of information technology capability and literacy is beyond doubt. On March 1, 2010, the "Outline of the National Medium and Long-term Education Reform and Development Plan (2010-2020)" formulated by the Ministry of Education clearly stated that "Information technology has a revolutionary impact on edu-

education development and must be highly valued"[]. We must pay attention to how to make full use of the Internet, how to use more advanced modern education technologies, and give full play to modern education methods such as online education platforms. This will enable students to move from "lifelong learning" to "lifelong learning at any time". It is only a teaching revolution, but also a learning revolution. As an effective way of fitness, football can shoulder the responsibility of "lifelong learning" and "lifelong exercise".

6. The Traditional Education Model Faces Problems in the Internet Era and Effectively Solves the "Flipping Classroom" Model based on Micro-courses

In the early stage of the reform of campus football, teachers can only impart knowledge-based teaching methods in the classroom because of the large number of classes, less classes and larger tasks. It is difficult to provide individual guidance to every student. If the problems encountered cannot be solved in a timely manner, the longer the time, the more accumulation, the greater the impact on later learning. In particular, it affects the enthusiasm of the students to learn football. It is particularly important to mobilize students' enthusiasm for football and improve their participation in football. Combining micro curricula with other teaching modes may benefit more and more learners [].

The promotion and reform of "campus football" is not only in the course of football, but also should make full

use of modern educational technology to extend the width and length of physical education. "Micro class" is an effective means. The football teaching of "micro lesson" will be one of the breakthrough points in the reform of physical education. We should make full use of dispersed time to master football skills and theoretical knowledge. The reform of this teaching mode will be an effective way to realize the integration of physical education and teaching. At the same time, the micro curriculum combined with the reform of campus football, on the one hand, found a breakthrough for the reform of physical education. At the same time, it has also found the direction and the way for the proper reform of basketball, volleyball and track and field events.

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