

Discussion on the Quality Requirements and Training of PE Teachers in Rural Senior High School

Yongfeng Zhao^{1,2}

¹College of Sports Science, Lingnan Normal University, Zhanjiang, 524048, China

²West Guangdong Teacher Education Research Center, Zhanjiang, 524048, China

Abstract: With the continuous promotion of social development and the forward development of social economy, the construction of urban-rural integration is also being implemented steadily, the gap between urban and rural areas is gradually narrowing, and the state pays more and more attention to rural management and planning. At present, the country not only pays attention to the development of the economy, but also pays close attention to the development of the education industry. Only by carrying forward the education industry can we provide more human resources and a solid talent foundation for the development of the country. With the continuous reform and innovation of the education system, we changed from the original focus on the transmission of examination-oriented education to the new situation of promoting the all-round development of students morally, intellectually, physically and aesthetically, the school has also changed the traditional concept of education in the process of innovation. Great research has also been carried out on students' quality sports to ensure the healthy growth of students. In the process of teaching, PE teachers should not only impart specific sports items, but also transmit good ideology and morality to students, which requires PE teachers to have a higher level of moral quality and being able to better lead students to conduct a series of learning. From the point of view of the quality requirements and related training of PE teachers in rural high schools, this paper makes a detailed exploration on the teaching strategies of PE teachers.

Keywords: Rural high school; PE teacher; Quality; Training

1. Introduction

High school physical education curriculum is exposed to sports with greater intensity and higher difficulty, so teachers' guidance for students is particularly important. In addition, high school is a critical period for students' development to maturity, and it is also a key stage of college life. During this period, students have great pressure fluctuations both emotionally and academically. If they are not guided correctly and set up scientific guidance, it will cause students to deviate from the direction and cause unnecessary trouble. Teachers not only need to teach students sports skills, but also pay attention to imperceptibly imparting the ideological and moral character of students, so that students can feel the charm of sports in the physical education classroom, but also improve their self-accomplishment. At the same time, PE teachers need to have higher quality and ability, their words and deeds will directly or indirectly affect the thinking of students, students will change their behavior under the infection of the atmosphere. Therefore, we should next focus on exploring the quality requirements of PE teachers in rural high schools, and explore their training accordingly.

2. Quality Requirements of PE Teachers in Rural Senior High Schools

2.1. Putting the development of students in the main position

To put students' development in the dominant position, it is necessary to stimulate interest in sports. Pay attention to the cultivation of students' lifelong sports awareness, requiring teachers to pay attention to individual differences and different requirements to ensure that each student benefits. The new curriculum standards and teaching materials need teachers to have high education and teaching skills before they can be implemented. In order to really improve their cultural literacy and professional ability, it cannot achieve great results only once or twice, or even a year or two of training. It is a long-term accumulation process of PE teachers' overall skills and quality. In the classroom, students are the main body of learning, and teachers exist as assistants. Although physical education is not a major subject, and it is not as frequent as other subjects in examinations, physical education teachers should also be responsible to every student, do a good job in pre-class preparation for each class, and take stu-

dents as the main body. pay attention to the change of students' thinking and pertinently develop sports consciousness, which requires teachers to explore from the students' individual personality, characteristics and habits, improving the teaching program, so that students can grow up faster in the classroom.

2.2. Pay all-time attention to the physical and mental health of students

Physical education teachers need to deeply study teaching strategies and methods, improve the level of teaching, change the traditional physical education classroom model, so that students can better acquire new sports skills. In addition, teachers need to always pay attention to the physical and mental health of students, start from the most basic organization of broadcast gymnastics, promote the implementation of related sports, do a good job in the planning of extracurricular physical exercise, and establish a correct point of view of physical exercise. At the same time, they should also cooperate with the regular inspection work of the school to ensure the students' physical quality, enhance their physique and improve their sports ability. In addition, PE teachers should also track students' mental health in daily classroom teaching, record students' psychological changes at any time, pay close attention to the topics of communication between students, and guide students to establish correct values and move forward in a better direction.

2.3. Mastering of comprehensive working ability

The work of PE teachers is not as simple as imagined. they need to be responsible for a wide range of areas and involve many contents, not only for the teaching of sports skills in PE class, but also for extracurricular activities and recess exercises. related organizational activities and so on, which are all needed for PE teachers to organize and implement. For rural high school PE teachers who need to give correct guidance to senior high school students, truly relieve students' learning pressure, release the negative energy of learning, and be able to achieve spiritual liberation in sports and devote themselves to learning with a better condition. Therefore, PE teachers in rural high schools need to have the following working abilities.

2.3.1. Teaching ability

Physical education teachers in rural high schools need to have comprehensive teaching abilities, such as compiling all kinds of teaching plans, having good creative new ideas for queues and formations, being able to organize different sports activities, having good demonstration ability, expression ability and so on. Physical education teachers need to organize students so that every student can participate in it, so that they can get correct guidance and have fun from outside learning. These are inseparable

from the teaching ability of PE teachers, only when the teaching ability is improved, can they better organize students to participate in activities, relax in activities, and feel the charm of sports activities.

2.3.2. Guiding ability

Physical education teachers need to have some practical experience, have a strong theoretical foundation for special sports, have a comprehensive understanding of sports, and be able to explain different sports freely. Only when PE teachers have a certain amount of practical experience can they lead students to carry out more professional training, discover their advantages and disadvantages more quickly, improve their sports level with scientific training methods, and at the same time adopt more advanced training techniques. to ensure the progress of students' training, innovative teaching can also stimulate students' interest in learning and stimulate their enthusiasm for learning to ensure the steady progress of PE teachers' guidance.

2.3.3. Teaching and research ability

The teaching and research ability of PE teachers is also the basis that teachers need to have in their teaching work, and it is the performance of teachers' teaching professional ability. Physical education teachers need to summarize and analyze the daily teaching work, summarize the experience of each course, actively absorb other teaching strategies, and introduce new teaching methods into the self-teaching classroom, so that students can master relevant sports skills more efficiently. Physical education in senior high schools in rural areas needs to always pay attention to the promotion of research and development of physical education, implement the requirements of physical education, actively carry out sports exchanges, and create a better physical education classroom. At the same time, PE teachers need to strengthen self-quality training, improve their own scientific research ability, and constantly improve their self-requirements and standards to achieve a better level of teaching and research.

3. Quality Training of PE Teachers in Rural Senior High Schools

3.1. Do well on regular training

The object of PE teaching in senior high school is the high school students who are under great learning pressure. Teachers need to guide students to do a good job in physical training, but also to assist in the cultivation of students' psychological education and so on. Rural high schools need to organize PE teachers to carry out relevant training regularly, carry out a series of studies for the quality education of PE teachers, follow up the ideas and trends of the times, and ensure the correctness of teach-

ers' team thinking, which can guide students with correct values. The school should also establish a relevant training and assessment system to stimulate the learning enthusiasm of PE teachers, assess the quality training of PE teachers, ensure the accuracy of PE teaching and ensure the unity of teaching concepts. At the same time, rural high schools can actively carry out inquiry activities with urban senior high schools, and scientifically explore the teaching strategies, which can further stimulate the vitality of physical education. In the exploration, PE teachers can absorb the excellent strategies of relevant physical education, reform and innovate the self-teaching classroom, ensure the advanced nature of teaching, and ensure that physical education can be carried out scientifically and smoothly.

3.2. Extensive sports skills and knowledge

Physical education teachers need to constantly improve their self-ability and level, not only have corresponding breakthroughs in teaching skills, but also have sufficient reserves in theory. For PE teachers in rural high schools, they need to constantly improve their self-quality level, expand their own knowledge scope, master relevant professional knowledge, and also play a certain auxiliary role in teaching. Knowledge is indispensable and learning is a process that cannot be ignored. Rural high schools should encourage PE teachers to study fully and master all kinds of skills so as to lay a solid theoretical foundation for the steady progress of teaching. Rural high schools should also lead PE teacher groups to actively learn excellent PE teaching cases in other schools, improve their PE teaching ability, fully develop PE teaching classes, innovate and develop PE teaching models, and lead students to develop in a better direction. Rural physical education teachers should also learn a wide range of relevant sports skills knowledge, which can fully answer students' questions in classroom teaching and can further expand students' learning knowledge and promote the dissemination of sports knowledge. In addition, rural high schools can also actively carry out PE teachers' knowledge competitions and other related activities, promote PE teachers to actively participate in them, improve PE teachers' mastery of professional knowledge, and continue to learn new knowledge. promote the steady progress of teaching, ensure the comprehensiveness of PE teaching, improve the comprehensive ability of rural PE teachers, and further expand the knowledge literacy of PE teachers.

3.3. In possession of good physical quality

Physical education teacher is not only a work of teaching sports, but also a work that needs to spread the spirit of sports so that students can feel the charm of sports. The task of physical education is not light, and the responsibility of physical education teachers is not small. At the

same time, PE teachers are also a subject closely related to students, which need to communicate closely with students and guide the value of students. Therefore, PE teachers need to set an example, set a good self-example, improve their self-quality and have a certain physical quality. The body is not only the foundation of doing anything well, but also the foundation of carrying out related sports activities. Without the support of healthy physique, we cannot effectively promote the progress of relevant sports teaching. Therefore, PE teachers need to improve their physical quality, strengthen self-physical exercise, improve their physical resistance, and do a good job in ensuring better teaching. Rural high schools need to conduct regular physical check-ups for PE teachers, regularly lead PE teachers to do a good job in physical exercise activities, ensure the health and safety of PE teachers, and be able to do relevant auxiliary work for teaching. For example, rural high schools can also add the column of PE teachers' competition in the sports meeting to promote PE teachers' training of their own physical quality, which can enhance their own physique and ensure the healthy development of body and mind in the competition. Physical education teachers with good physical quality can lead students to participate in more sports projects, establish a good image of physical education teachers in the student group, and make a really valuable contribution to physical education.

Rural high school PE teachers not only undertake the work of sports teaching, but also play a role in guiding students' psychology. They need to guide students' correct values and establish correct sports value guidance. The requirements for rural high school PE teachers are more comprehensive. Rural high school PE teachers are required to put students in the main position in the teaching process and always pay attention to students' psychological changes. Students in senior high school fluctuate greatly and are more easily disturbed by external influences. therefore, teachers need to closely guide every student to study sports in the classroom, organize every student to participate in it, and cannot be lazy at all. Secondly, PE teachers need to have complete teaching ability, be able to organize every physical exercise activity, drive students to actively participate in it, get ideological relaxation in the activities, and achieve the role of extracurricular relief. The cultivation of the literacy of PE teachers in rural high schools is essential, and it is also the key to ensure that students to get the correct value guidance.

4. Conclusion

Rural high schools need to actively carry out relevant PE teacher training, do a good job regularly in teacher learning assessment, encourage teachers to actively learn excellent teaching cases from other schools, and update self-teaching strategies. In addition, PE teachers need to

constantly enhance their self-learning ability, expand the scope of self-learning knowledge, be able to have a comprehensive grasp and understanding of knowledge in different fields, and better impart it in the classroom. In addition, rural high schools should also encourage PE teachers to actively carry out physical exercise, enhance the physique of PE teachers, and establish an upward image of PE teachers in the student group.

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