

Research on Innovation of Physical Education Curriculum Reform and Development Based on Internet + Education

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Abstract: In recent years, with the continuous progress of global Internet technology, the concept of "Internet plus" has penetrated into all walks of life in China, and has also had a profound impact on people's production and life. Especially in the field of education, how to use the "Internet plus" era development dividend to improve the teaching efficiency of various subjects, so as to cultivate modern high-quality talents, has become the focus of teachers and scholars. Based on the era background of "Internet plus", this paper discusses the current teaching of physical education in colleges and universities in China. Firstly, it analyzes the current situation of the development of the teaching mode under the background of "Internet plus". Colleges and universities should strengthen the reform of sports information teaching, improve the multi ideological understanding, establish and improve information resources and facilities, reasonably innovate information sports classes, attach importance to the cultivation of teachers and students' information ability, and promote the overall development of college sports as a whole.

Keywords: Physical Education; Curriculum Reform; Internet + Education

1. INTRODUCTION

Since the 21st century, with the rapid development of high-tech with Internet information technology as the core, the social ecology has undergone tremendous changes, and the interconnection of everything is becoming the underlying logic of the world. In 2015, "Internet+" was formally incorporated into the national development strategy, actively trying to integrate with all walks of life, and "Internet+" quickly became a hot word of the times. The change of teaching mode and the humanization of teaching evaluation have brought new opportunities and challenges to college PE educators.

How to better combine the existing traditional methods of physical education in colleges and universities, and take the Internet related technology as the technical support, further promote the development of college education, especially physical education, and maximize the effect of physical education teaching is a problem that we need to solve urgently. "Internet plus" is a very popular development concept at present, which also has a positive impact on the reform and development of physical education teaching in colleges and universities. First of all, the "Internet plus" background has opened up information access channels for college sports teaching, which has an incremental expansion effect on the content of traditional college sports teaching resources.

Increase the input of college sports information teaching resources and facilities. Under the background of the "Internet+" era, the informatization construction of higher education is in full swing. The informatization construction of campus network information construction, office automation system, logistics service management and other aspects has begun to take shape. These informatization resources and facilities are the basis for the development of sports teaching reform. Rapid data generation and data dynamic system (fast

data analysis, focusing on real-time), and potential mining value (important information hidden behind the data to be mined).

2. THE PROPOSED METHODOLOGY

2.1 New Teaching Mode of "Internet plus Education" Course

Big data is not only a data resource, a method of data analysis, a new discipline, but also a kind of thinking. It extracts effective information from data to promote better decision-making and feedback, Let physical education teaching in colleges and universities have evidence in the general direction. Traditional physical education teaching often spends a lot of time and energy on skill learning. Teachers spend a lot of time to help students form a general framework of action in their minds and eventually form an automatic action. As a passive receiver, students form action memory during repeated practice

Under the background of "Internet plus", in order to change the traditional physical education teaching mode in colleges and universities, we must first strengthen their Internet thinking in physical education teaching. The so-called Internet thinking is to promote teaching reform by taking advantage of the internal development laws and advantages of the Internet on the basis of fully understanding the basic concept, development mode and current status of the Internet Strengthen the information construction of physical education classroom teaching in colleges and universities. Physical education classroom is the key point of college sports information teaching reform and the territory for testing results.

2.2 Countermeasures for the New Mode of Physical Education Teaching in Colleges and Universities under the Background of "Internet plus"

Therefore, information reform should be carried out from all aspects of classroom teaching, mainly including the formulation of teaching objectives, the renewal of teaching models, the setting of teaching links, the presentation of teaching effects, and the innovation of learning methods. As an extension of Internet technology, the Internet of Things can theoretically connect everything through the network to achieve real-time data sharing between things and people. In general, the Internet of Things is divided into three hierarchies: the perception layer, the network layer and the application layer. The main task of the perception layer is to obtain the parameter information of the front end, namely, timeliness and adaptability, synchronization with practice, cracks between theory and practice, lack of research experts, strong unity and poor individuality.

This will bring more profound changes to all aspects of college physical education. It can be said that the combination of "Internet plus education" has reshaped the traditional physical education teaching ideas and methods. At present, the background of "Internet plus" has penetrated into various fields, and people have become accustomed to and are willing to learn and communicate on various Internet platforms. Therefore, for the reform of physical education teaching in colleges and universities, in order to promote the development of teaching, we must first cater to the current learning methods of people, and teachers should also create a good online learning environment for students through network resource management

Mobile APP, multimedia classroom, camera real-time recording and uploading and other information means and resources are combined with explanations, demonstrations and other methods to jointly complete the teaching task, so that the entire teaching process in class is efficient, coherent and orderly. After class, students complete their homework with the help of the course platform and learning resource library to expand and improve their knowledge. The role of Internet of Things technology in physical education teaching has gradually improved. For example, in the process of marathon or long-distance running, RFID chip cards are pasted on athletes, and RFID reader devices are placed at specific distances around the track, which can record the time information of athletes passing through various reference points, so as to calculate the running speed and the total length of time, which is more accurate and efficient than manual records.

3. CONCLUSION

"Internet plus education" is a new direction of the development of college education, and also an inevitable trend in the development of the Internet era. As an important part of education, physical education will inevitably advance with the tide of development. The rapid development of the Internet provides opportunities and development directions for college teachers, but also brings challenges to the development of college sports. In this Internet reform, the use of incentive art

in physical education teaching can stimulate students' desire and will to learn, and improve students' sports skills and classroom efficiency. Therefore, PE teachers should reasonably and appropriately use the incentive art in the daily teaching process to make it better serve PE teaching.

4. REFERENCES

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