

# *A Brief Talk on the Influence of School Physical Education Class on Students' Lifelong Physical Exercise*

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**Abstract:** The learning of physical education in schools is an important stage to cultivate students' theoretical knowledge and skills of physical education. Our physical education is traditionally aimed at enhancing physical fitness as the ultimate goal and serving knowledge and skills. At present, this kind of teaching that only focuses on physical quality has to some extent been unable to meet the requirements of the new century to develop comprehensive quality talents with quality education as the center and comprehensive development. The function of traditional school sports gives new understanding and adjustment to sports workers, and one of its very important tasks is to strengthen the study of lifelong physical exercise in school sports classrooms. When teachers train students, they should not only pay attention to teaching Requirements, but also to guide students to have the awareness of lifelong physical exercise.

## **1. Introduction**

In recent years, my country's social development has continued to progress, and residents' living standards have also improved considerably. While pursuing material and spiritual feelings, more and more people are beginning to pay attention to their healthy lives, and society is also constantly advocating that people should pay attention to physical health. With the rapid advancement of my country's sports undertakings, the competition in various items has become more intense. At the same time, it has become an important part of the society to focus on the participation of all people in physical exercise and enhance physical health.

For physical exercise, being able to participate in lifelong physical exercise is very important. Especially for students, the "Outline of the National Fitness Program" clearly states: "Students should fully implement the Party's educational policy and strive to do a good job in sports. Be good at right Students carry out lifelong physical education to cultivate students' awareness, skills and habits of physical exercise". The so-called lifelong sports is the pursuit of physical health and physical exercise throughout life, making it a living habit. In the education of schools and schools, as teachers of physical education, it is necessary to implement the content of lifelong physical education, to promote students' awareness of exercise, and cultivate their active and enterprising spirit.

## 2. The Significance of School Sports for Lifelong Sports

Physical education in schools is the most convenient way to cultivate students' healthy bodies. Students can directly study and exercise physical education through the teaching of teachers. As the school's physical education, it happens to be an important stage in training students' physical exercise. School students are in an important stage of physical development, physical exercise is very important to them. On the one hand, teachers teach the theoretical knowledge and basic skills of sports, which is an important content for students to understand physical exercise; on the one hand, they actively cultivate their awareness of physical exercise, enhance the body's ability to withstand, and promote their own healthy development. After the school students complete their education, they must face the society, move towards their jobs, and face their future life paths. Physical exercise in this period is the most effective stage in people's lives. In the face of busy work, the health of students should be given more attention. Therefore, cultivating their sense of exercise has a positive effect on their life.

## 3. School Physical Education and Teaching

With the development of modern physical education concepts, the school's physical education is gradually opening up. In this situation, our physical education teachers should be good at using diversified teaching content to stimulate students' interest in physical education and exercise, so that they can gain knowledge, skills and physical health in their learning.

(1) Open classroom education. The teaching of physical education is constantly developing, and the content of teaching has become rich and diverse. Under the concept of modern education, taking physical education as quality training and standard content can no longer adapt to students' learning, but pay attention to the impact of physical education on their lives and growth. In teaching, we must pay attention to students' interests and experiences, and be able to closely connect the teaching content with the life-long development of students. In current physical education, sports such as martial arts and ball games have begun to enter the learning life of students. This aspect greatly enhances the fun of physical education, meets the diverse needs of students and enables them to gradually The formation of a lifelong sports consciousness provides a powerful guarantee for their physical growth.

The current education has always advocated self-inquiry and cooperative learning. The school's physical education should also follow this initiative, so that students can cultivate their awareness of exercise and innovation in learning, and enhance their communication in learning. Ability to enhance the learning and growth of many aspects of their own content, so that students can actively face their entire life and learning.

(2) The subjective status of the classroom. Students are the main body of teaching, and fully facing students is an important content of physical education in the classroom. This is also the democratic nature of the teacher-student relationship in current education. In actual physical education classroom teaching, teachers should always be student-centered and be able to cultivate their interest in learning. At the same time, we must pay attention to the development of each student's personality. There are different differences between students, and each person's growth is also different. In classroom teaching, teachers should be able to use a variety of forms to carry out teaching activities suitable for each student, so that any student can participate in sports Learning and training<sup>[1]</sup>.

## 4. Lifelong Physical Exercise in School Physical Education

(1) After the school students pass the school education, they will soon face the society and start

working to develop their own careers. In school sports learning, it is a very interesting and fresh experience for them. Of course, for their own growth, physical exercise is the most important. School physical education should be able to implement the content of lifelong physical education in school teaching. As far as school physical education is concerned, the fundamental purpose of physical education is different from the teaching of physical education. It focuses on the cultivation of students' physical fitness. Physical education is to impart physical education knowledge and learning methods to students through a fixed form. Students can choose effective forms to achieve healthy growth of the body according to their own conditions and abilities. A good sense of lifelong exercise is very important in the growth of students. It can generate interest in sports learning and is also the basic content of school sports learning. Whether it is mastering sports skills or fully applying knowledge, being able to do the whole work of physical exercise is the best response to student development and the success of school physical education.

(2) Since it is very important to cultivate students' awareness of lifelong physical exercise in physical education in schools, lifelong physical exercise also promotes the growth of students in all aspects and improves their physical and physical quality. We must pay great attention to the cultivation of students' lifelong physical exercise.

1. School physical education should be fully integrated with physical education teaching materials to promote the personality development of students. Physical exercise and learning should also be implemented through a feasible plan. In physical education, teachers can develop students' physical qualities through various contents. In physical education, there are many measurement items that students can use to measure with their classmates in physical education. This not only enhanced their sports skills, but also cultivated students' ability to communicate and interact. Teachers can help students develop effective exercise plans according to their different personalities and requirements in their usual teaching, so that they can develop a reasonable lifelong awareness of physical exercise and improve their physical fitness<sup>[2]</sup>.

2. Scientific exercise methods are conducive to the correct exercise of students. As a physical education class, it is usually 45 minutes. In addition to only theoretical lectures and student rest, 15 to 20 minutes of physical exercise is generally reserved. In this regard, we must pay attention to the health of every student. For example, school students must have some improvement in stamina and jumping ability. For example, some students with poor physical fitness should focus on training and promote their strength and sensitivity through 100-meter running and prone methods.

## 5. Conclusion

In short, the impact of school physical education on students' lifelong physical exercise is very significant. Therefore, in teaching, we must overcome all kinds of difficulties, give full play to the role of physical education on students' healthy body, promote them to carry out lifelong physical exercise, and enhance physical health.

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