

Application of Educational Idea of Individuation in Physical Education Teaching

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Abstract: With the deepening reform of education, individualized education, as the key point of physical education reform at present, could effectively promote students' quality. This work explored the main features of individualized education on the basic theory of individualized education and related references. Furthermore, the work also proposed that teachers should correctly understand the educational idea of individuation. Finally, application of individualized education in PE teaching was discussed from PE teaching objective, content, environment optimization and innovative evaluation, thus promoting reform of PE teaching.

1 INTRODUCTION

With the deepening of reform in China, much attention has been paid to the cultivation of students' comprehensive quality and improvement of their creative ability. This is the inevitable requirement of the development of current knowledge economy. One key point of quality education reform is to improve students' personality, thus excavating their potential energy. As an important part of modern education, physical education teaching is of significance for the cultivation of students' comprehensive quality and improvement of their creative ability. Therefore, it is of extreme importance to apply educational idea of individuation to PE teaching. Individualized education attaches attention to students' individual difference, better motivating students' initiative for physical training. Besides, students' physiology, psychology and social factors are considered in individualized education. Therefore, idea application of individualized education in PE teaching can effectively improve the teaching effect, promoting the all-round development of students.

2 CONCEPTS OF EDUCATIONAL IDEA OF INDIVIDUATION

2.1 Concept Analysis of Educational Idea of Individuation based on PE Teaching

French educator Fred says: if one has made achievements in certain area, then he will further succeed in other areas. Namely, when one's potential has been fully exploited, the potential in other areas will be exerted to improve his comprehensive quality. In PE teaching, things are almost the same. Due to the difference of students' individual qualities, there are differences in their interests, learning needs or other requirements. Traditional unity teaching method is bound to hinder the development of students' personality. While in individualized education, students can fully recognize and develop their talents under teachers' guidance during physical education learning. Furthermore, once students' talents are exploited, their learning motivation will be improved. Under the guidance of teachers, many learning teams can be united among students based on their interests. Then students can learn more by methods such as cooperation and exploration, gradually forming learning target of lifelong exercise.

2.2 Main Basis of Developing the Educational Idea of Individuation

Two levels are included in the main basis of developing the educational idea of individuation. The first is the foundation of psychological theory. The individual difference of students is a kind of objective existence, which cannot be changed into unified thinking and psychology. Additionally, although students' psychology and knowledge improves, there is also a fluctuation in their psychology. As being in the stage of seeking knowledge, students lack social experience, with bad self-awareness. Thereby, their psychology and ideas show great plasticity. Without correct guidance, there will be a serious negative impact on their development. So it is necessary to conduct individualized physical education for the difference of students' psychological development. In this way, students' development will be correctly guided, so that they can establish their lifelong learning goals for sports.

The second is the base of new reform idea of teaching course. As there are many defects in traditional curriculum, new curriculum has addressed these issues. In this reform, much attention is paid to the construction of knowledge structure and cultivation of cognitive ability of students based on the idea of constructivism and humanism. Through self-learning, students could constantly discover new content, thus transforming from traditional passive learning to active form. Meantime, students will become the subject in teaching. Through the role change, students' learning initiative can be explored. In this way, students can better absorb the learned knowledge, thus improving their comprehensive quality.

2.3 Main Features of Physical Education of Individuation

The main features of physical education of individuation include the following aspects.

The first feature is fairness. Physical education of individuation is the fair education in a real sense, because the core of such education is teaching students according to their aptitudes. Such teaching model, in which teaching content and methods established on the basis of individual differences, can better meet individual needs and development. Therefore, this teaching model is fairer than rigid uniformity ones.

The second is leading character. In PE teaching, teachers emphasize the development of students'

personality and excavation of potential. So guidance is important in education. Therefore, students are able to learn with specific goals after they have transformed from passive learning into active form. Students' initiative can be promoted through content framework, and their learning motivation can be enhanced.

The third is diversity. Individualized education has the feature of diversity. Diversity is reflected not only in the teaching methods and contents, but also in the organization and evaluation of teaching course. In this way, the individualized education for students is fully realized, thus meeting the different learning needs of students.

The fourth is comprehensiveness. Comprehensiveness of individualized education means students' all-round development. Individualized education enables to mobilize students' potential, thus contributing to the exploitation and development of their special talents. From Fred's theory, it can be known that if one's certain quality has been improved, his quality in other areas also left. Therefore, individualized education is a kind of model to promote the all-round development of students.

The fifth is the social adaptability. One of the new goals of sports teaching is to improve students' social adaptability. Students' personality development is the requirement of social development, while it is the same of society to people. The core aim of individualized education is the improvement of students' social adaptability, thus promoting their all-round development.

3 APPLICATION OF INDIVIDUALIZED EDUCATION IN PE TEACHING

3.1 Correct Cognition of Teachers to Application of Individualized Education in PE Teaching

Individualized education has been gradually emphasized by PE teachers with the deepening of the reform of PE teaching. At present, the cognition of individualized education of teachers mainly involve following aspects.

Firstly, teachers' job aims at impelling students to exercise and improving students' physical quality via innovative teaching methods. The reformed teaching course has allowed enough spaces for teachers no matter the organization or teaching

methods during teaching process. While there are some deviations in teachers' cognition, they prefer making students the subject rather than playing the guiding role. For this issue, PE teachers could completely conduct individual guidance to different students by their own specialty and knowledge experience, thus improving teaching effect.

Secondly, as student's personality is continuously developing, the individual requirements of different students are different in physical exercise. For example, some students prefer to fashion sports like skateboard or hip-hop. If PE teachers blindly choose running or broadcast gymnastics as teaching content, then it is hardly to meet students' sports interests. In the new reform of PE curriculum, definite requirement has been proposed that teachers should possess certain creative ability. By the innovation of the teaching content around the goals, it is possible to realize the all-round development of students.

Thirdly, for the difference of physical quality and sports interest, most students would choose the sports events with low intensity or small amount of exercise. However, such trainings could not stimulate students' sports interest, thus influencing the teaching effect. Therefore, PE teachers should learn students' interests and habits prior to the selection of teaching projects during teaching process. In this way, it is easier to transform these sports into students' living habits. Then, the selected programs should be analyzed for their positive function for students. Finally, teaching contents should combine students' psychological development and social adaptability to promote the formation of their lifelong goals for physical exercise.

3.2 Concrete Application of Individualized Education in PE Teaching

3.2.1 Appropriate Adjustment for Teaching Goal of PE Teaching

Great progress has been achieved with the deepening of the reform of PE teaching. Especially the reform of new curriculum, it combines both national and regional PE curriculums. Through processing and innovation, it has built the teaching goals that accord with the development of society and students' personality. In these curriculums, the personality and difference of students, teachers, society and school have been emphasized to develop students' personality and specialty. Meanwhile, the difference and uniqueness of students are also respected in

teaching goals, realizing the subject position of students rather than knowledge. Therefore, the idea of individualized education promote the reform and adjustment of teaching goals, thus bringing PE teaching with open, democratic and dynamic natures. Besides, the teaching goals have transformed from teachers' impartment to students' absorption for knowledge. Furthermore, corresponding basic goals and higher goals are formulated based on the difference of students. Then, students are able to enjoy their progress and success, thus increasing their learning interests.

3.2.2 Selection of Teaching Content

Individualized education not means putting sheep out to pasture type teaching—allowing students to exercise freely. In fact, the role of teachers is very important. Some teachers do not realize this point, just allowing students to seek the sports that fit themselves. This kind of thought is obviously incorrect, for it has ignored the guiding role of teachers. Besides, it would make PE teaching disordered. For this situation, teachers should change their concepts and introduce more teaching contents under the guidance of new curriculums, particularly the selection of teaching content. Then, students could choose the training programs suitable for themselves to effectively develop their personality. Besides, teachers could also stimulate students' training enthusiasm from the aspects of basic learning and developmental learning. The core of basic learning is to allow students master some basic theories and programs of physical training; while developmental learning mainly emphasize the improvement of students' interests and specialty. Then, students would have the desire to explore in PE learning, thus becoming more active in learning.

3.2.3 Optimization of Physical Education Environment

Individualized education aims to creating an equal and joyful learning environment. In this environment, an important center is the psychological environment constructed by the relationship between teachers and students. One innovative point of new curriculum is the optimization of traditional teachers' dignity. The role of teachers in class is guidance, promotion and supervision rather than execution and management. In this teaching environment, teachers should fully understand and respect students' performance, with more encouragement and praise. Then, students'

motivation would be motivated, so that they could exercise freely. Furthermore, students would also form their correct learning direction under reasonable constraint.

3.2.4 Application on Evaluation of PE Teaching

A key content of individualized education is to change the evaluation model of traditional teaching, including the content and standard of evaluation. In individualized education, the evaluation standard is no longer the results but the learning process. In addition, there are vertical comparison of student himself and horizontal comparison among students to make the evaluation more scientific. Through vertical comparison, students could find the motivation to progress continuously. While horizontal comparison allows students to know the deficiency from others, thus motivating them to surpass themselves. This evaluation model has its individualized features. For example, in practical evaluations, the evaluation content includes students' physical ability, motor skills, learning attitudes and behaviors and ability development. Besides, this evaluation combines the evaluations of student himself, other students and teachers.

4 CONCLUSIONS

The concept of individualized PE teaching is a kind of open, active teaching idea. It emphasizes not only students' individual development, but also the all-round development of students' comprehensive quality, thus forming a lifelong exercise habit. Meanwhile, teachers should also update their ideas to reform traditional teaching ideas, and find a teaching model corresponding to individualized education. Then, students' enthusiasm and interest can be fully motivated, improving the effect of PE teaching.

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