



Research Article

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## Middle school physical education autonomy, cooperation, inquiry learning connotation and method design

Teng Zhanqiang, Bai Shuhong and Zhang Jingyu

*Institute of Physical Education, Changchun Normal University, Changchun, China*

### ABSTRACT

*Physical education teaching and physical education learning mode, has been a very important problem. In the teaching and learning mode, government only provide the corresponding policy, and in the aspect of teaching and learning model is not a stable pattern. Through this topic research, tries hard to in the process of sports teaching of middle school, gradually formed a pattern, that is the students' autonomy, cooperation, inquiry learning mode. Through the research it will be conducive to improving the students' study effect, improve the students' physical and psychological quality. In addition, through the research, so that people understand the connotation of autonomy, cooperation and inquiry learning, and to design the corresponding method. Providing theoretical support for middle school physical education teaching, which will benefit students communicate with each other and complement each other, to cultivate students' collective and social; Suited to the characteristics of the personality study is helpful to students; To cultivate the students' subjectivity and the thinking ability; More beneficial to the improvement of the physical quality.*

**Key words:** Middle school physical education; Autonomy learning; Cooperation learning; Inquiry learning; Connotation

### INTRODUCTION

According to the physical and mental characteristics of middle school students, students can autonomy learning, cooperation learning and inquiry learning in the physical education class, design and application of this pattern will greatly improve the students' learning efficiency, at the same time is more advantageous to the student body and mind harmonious and healthy development. Autonomy learning, cooperation learning and inquiry learning, the three types of learning is the modern sports teaching methods, take such a learning mode in the physical education teaching, is not to negate the traditional physical education teaching methods, is a useful complement to it.

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The traditional physical education teaching method, has a problem. When it is pay attention to the goal and function, ignoring the other education goals and tasks. As a student in learning motor skills, can not fully understand the principle of natural, also will not be able to experience the fun, so that is why the students only can exercise, but not understand the principle, so have no pleasures. Autonomy, cooperation, inquiry learning mode, namely the modern physical education teaching methods, more pay attention to promote the teaching democracy, and cultivate students' ability, edify students' sentiment, improve interpersonal and social.

Therefore, we should change the traditional physical education teaching methods in theory, will better guide physical education teaching practice, to improve the students' learning efficiency. In the physical education teaching for students Autonomy learning, cooperation learning and inquiry learning, will help to improve students' mastery of knowledge and the cultivation of learning ability and better trained at the same time the enthusiasm of the students'

interest in sports and take part in sports activities. Combined with the actual situation of physical education teaching to carry on the research on the theory and practice of teaching and learning, will also improve physical education teachers' scientific research ability and teaching level, speed up the physical education teachers' professional development.

In middle school teaching practice, through the application of autonomy, cooperation and inquiry learning mode, can be in the physical education teaching to change the traditional teacher-centered, in the classroom as the center, and centered on the books, promote student autonomy, cooperation, inquiry consciousness and practice ability of development[1]. Fully mobilize students' learning activeness, thus more conducive to the understanding of the students' learning process, to cultivate students' ability to find and solve problems; To communicate with each other and complement each other, between students to cultivate the students' collective and social; Suited to the characteristics of the personality study is helpful to students; To cultivate the students' subjectivity and thinking ability. Really by studying the patterns of change and improve the learning efficiency, promote health of body and mind harmonious development. Comprehensive above, we can understand the connotation of autonomy, cooperation and inquiry learning is most important, in combination with the design of teaching and learning, will be more help to complete the corresponding task.

## RESULTS AND DISCUSSION

### 2 the connotation of autonomy, cooperation and inquiry learning

#### 2.1 the connotation of autonomy learning

Autonomy learning, refers to the students' learning initiative and options, according to their own learning process, their own intend. Students can choose the learning content and way, and to have the conscious awareness and response to the learning content and learning process[2]. Autonomy learning refers to the teachers on the basis of physical education teaching task, the students' physical education learning goals, combined with the school court, equipment and other factors, to redesign the whole teaching contents, teaching methods, in different stage, the time set different sports and exercises, students are encouraged to set learning goals, choose their own learning content, to schedule the practice and choose their own practice, developing learning strategies, self monitoring and evaluation, to make the students get positive, deep in the process of autonomy learning experience. To improve the level of their physical education knowledge, improve their sports skill level, etc.

#### 2.2 the connotation of cooperation learning

Cooperation learning refers to the organization form of learning, in order to complete the task together, there is a clear division of responsibility mutual learning. Cooperation learning method is under the guidance of the teacher, in the process of learning, students be divided of different study groups, each group of each student positive for common tasks of personal responsibility, and through the mutual communication, mutual support and cooperate with each other, effectively solve the main problems of group, team's common goal. At the same time, the team each student in the cooperation learning atmosphere, constantly improve the learning effect, develop social skills. This kind of study method, in addition to improve the level of knowledge and improve sports ability, more important is to improve the students' cooperation and team consciousness.

#### 2.3 the connotation of inquiry learning

Inquiry learning refers to learning in practice, found the problem independently, independent development approach to learning. Inquiry is based on finding the problem and resolving problems, and in physical education teaching is to cultivate students' innovation spirit and practice ability for the purpose[3]. In order to fully reflect the students' subjectivity, initiative and participation as the prerequisite, to individuals or groups inquiry activity as the main form of a kind of found problems, analyze and solve problems, to gain science and humanities knowledge and the ability of learning. Inquiry learning is a kind of conform to the trend of The Times, its ultimate goal is to develop students' manipulative ability of the brain and the unity cooperation of collectivism spirit and tenacious character. Inquiry learning is helpful to understand the student's understanding of sports knowledge skills and master degree; Is helpful for understanding the students learn from each other in the process of inquiry learning, through their own exploration, and peer exchanges, discovery, analysis, problem solving, understanding learning content, through constant communication, experience, make their image in the mind of the deepening, after the formation of strong technical concepts and motor skills; Is helpful to understand the students' creative thinking, creative ability, hands-on ability; To know the communication between the classmate, form a good interpersonal relationship.

### 3 autonomy, cooperation, inquiry learning method design and development strategy

#### 3.1 the teachers' teaching design

Teaching design is a process of teaching plan. According to the teaching object and teaching objectives, It determine the right starting point and end point of teaching, achieve the teaching effect optimization, solve the problem of

teaching, through utilizing the method of system science knowledge. Therefore, the teacher in the process of teaching, we should reform the traditional teaching methods, updating the education idea. Realizing the physical education teaching method fundamental shift from traditional to modern. Change the traditional teacher-centered education idea in physical education teaching, to students in physical education teaching as the center, with the development of students as the core of modern education idea, training students independent, cooperation, inquiry learning ability, improve the learning efficiency, promote the harmonious development of students' physical and mental health[4].

**Table 1: the teachers' teaching design**

	<i>The design of autonomy learning method</i>	<i>The design of the cooperation learning method</i>	<i>The design of the Inquiry learning method</i>
Target design	Teachers give students some learning goals for students to choose their own complete learning goals	Teachers divide students into different study groups, through the cooperation learning group complete learning goals	The teacher in class to help students individual or group to discover problems, analyze and solve problems
Content design	Teachers provide the corresponding learning content, and students choose the learning content independently	Teachers to provide the corresponding team cooperation learning content to choose	The teacher in class for corresponding problem set in advance
Method design	The students' practice is the main, the teachers guidance	The Students' cooperation learning is the main, the teachers guidance	The Students' Inquiry is the main, the teachers guidance
Teaching important points	Teachers give students autonomy learning focus, students' reference	Teachers give students cooperation learning focus, students' reference	Teachers give students Inquiry learning focus, students' reference
Schedule	The teacher let the students own arrangement	The teacher let the students discuss to agreed time	The teacher let the students according to the problems need to schedule time

### 3.2 the students' learning design

Build student physical education autonomy, cooperation, inquiry learning goals, promote students independent, cooperation and inquiry learning guidance strategy, raise the level of teachers' professional development. Change in the way by learning, improve the students' learning efficiency; Complete students autonomy, cooperation, inquiry learning new mode of building and design, enhance the consciousness of students' autonomy learning, improve the students' ability of cooperation learning, cultivate the habit of students to explore and quality, and lay a foundation for improving the students' learning efficiency.

**Table 2: the students' learning design**

	<i>The design of autonomy learning method</i>	<i>The design of the cooperation learning method</i>	<i>The design of the Inquiry learning method</i>
Target design	Students' set learning goals	Students cooperate to design their own learning goals	Through research find the students learning goals
Content design	The choice and finish of learning content customized completely	The student team cooperation learning content according to the goals and objectives	Student individual or team according to need to choose the content of the problem
Method design	Give priority to students' autonomy learning	Give priority to students' cooperation learning	Give priority to the students' inquiry learning
Teaching important points	Teachers give students autonomy learning, students' reference	Teachers give students cooperation learning, students' reference	Teachers give students inquiry learning, students' reference
Schedule	Students' arrangement	The students agreed to arrange specific time	Students according to the problems need to schedule time

### 3.3 the development strategies of autonomy learning

In order to realize middle school training target, complete the teaching task, realize the teaching purpose, improve the level of students' physical and mental health[5]. We will update education idea in the teaching, reform teaching methods, to explore and think the development of students' autonomy learning strategy. Students' physical education autonomy learning must be paid more attention, that is the goal and positioning of students; the choice of learning methods and learning content; in the process of learning the difficult solution; arrange time of students; independent evaluation of students, etc. Student's for instance, Aerobics movements, in learning, students have a certain foundation in action, the teachers can give students the opportunity to write and practice, or wrote in front of the company after the show their results. In giving the design of students' autonomy learning, teachers should be in a position of care, guidance and help, let each student through the self-made, self-practice and demonstrate such a process, to get a sense of accomplishment, and enhanced self-esteem and confidence, improve autonomy learning ability.

### 3.4 the development strategy of cooperation learning

Cooperation learning can make to be able to realize the teaching goal, but in the process of organization also

requires teachers to elaborate design and guidance. To facilitate the completion of tasks of teaching. We should be paid attention to in the process of teaching, mainly: in front of the students in cooperation learning data collection; Express ideas in the process of learning; Learn to discuss; In the cooperation of mutual trust and mutual assistance; Cooperation in the cultivation of the collective sense of honor. The above content should be detailed preparation before class, and in the process of cooperation learning teachers should give careful guidance.

### **3.5 the development strategy of inquiry learning**

Inquiry learning in middle school physical education teaching, the main development strategy is the theme by determining, created to help students explore the scene to guide students to discover and solve problems, to cultivate students' exploring consciousness and innovation spirit[6]. Inquiry learning emphasizes the problematic, practicality, participation and openness. Starting from the students of the specific conditions of individual or collective, can give full play to students' imagination and creative thinking; Comply with the requirements for their learning methods, exploration and discovery to master knowledge, technology, skill and the development of the body, so as to realize the sublimation of nature of learning. In this process, teachers should be select teaching content for students, and then students choose again; Help students build good problem situation to motivate them to explore the desire; Using inquiry learning method to stimulate creativity. To fully mobilize the students learning enthusiasm and creativity.

## **CONCLUSION**

In short, as a middle school physical education teachers should fully understand the middle school sports connotation of the autonomy, cooperation and inquiry learning mode. Only after we have to fully recognize the connotation, and then development and design according this. Therefore, understanding is the first. We often say there is a good method but no fixed method in teaching process. Teaching is in order not to teaching, or more specifically, teaching is to learn better. In the middle school physical education teaching, therefore, is to be under the corresponding connotation, according to the physical and mental characteristics of middle school students, change the traditional teacher-centered education idea in sports teaching, make students become teaching center, with the development of students as the core of the modern education idea, the choice of the modern teaching methods and learning mode, cultivate students autonomy, cooperation and inquiry learning style, this kind of study way, the modern physical education teaching method more pay attention to develop the teaching democracy, cultivate students' ability, edify students' sentiment, improve interpersonal and social. To promote students' physical and mental health development, promote the students to master sports skills and physical development, improve the comprehensive quality of students. In the sports teaching to change the traditional teacher-centered become student-centered, promote student autonomy, cooperation, innovation consciousness and practice ability of development. Really by studying the patterns of change and improve the learning efficiency, promote health of body and mind harmonious development.

### *Recommendations*

Middle school physical education teachers should strengthen the theoretical study, and strive to improve their theoretical level and practical ability, understand the connotation of autonomy, cooperation and inquiry learning. To speed up the physical education teachers' professional development level, strong ability to build a professional quality, physical education teachers team, can be combined with teaching practice for the design of the corresponding learning method. Change the traditional physical education ideas, update their education ideas, improve teachers' level of education, improve the skills of modern teaching methods, change students' learning mode and method, for the realization of the middle school sports teaching lay a foundation of autonomy, cooperation and inquiry learning.

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