

The Application and Reflection of Sports Simple Stroke in Autonomous Learning

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Abstract. As the first form of human visual language, simple strokes use highly general means to extract the typical characteristics of the image of objects, to create a geometric, simple image of the various. Sports simple strokes is simple, vivid, humorous, and a handful of pens which can deliver rich language connotations, clearly portraying language scenes, traditional media and slides, tapes, videotapes, Computer and other modern media complement each other, shared with the transfer of teaching information to achieve the mission of teaching mission, the students of independent learning, innovative learning and cooperative learning is quite enlightening significance.

Introduction

Sports teaching aids is an important auxiliary means of teaching, and the proper use of sports teaching aids in teaching is of great significance to enhance the attractiveness of sports and help students master sports technology. For many reasons, many schools of conventional sports teaching aids, or in the use of a great deal of limitations, resulting in a lot of teaching content cannot be carried out, teaching form monotonous and boring, so that students lose interest in sports self^[1]. Therefore, on the basis of giving full play to the existing teaching aids, we should pay attention to the role of other teaching aids, so as to enrich the teaching content and improve the teaching structure, and solve the key and difficult problems in the teaching process. Some of the more difficult physical learning content, need to complete a series of complex technical action in a flash, students are generally difficult to grasp.

In the study of these content, it can use sports simple strokes in advance, as shown in Fig. 1, using slow, freeze, playback method to help students see every moment of action technical details, in the mind to establish accurate and profound action appearance. Such as basketball on the three-step layup, squatting starting and running after the accelerated run and other actions, because these actions are more complex, available sports simple strokes teaching^[2, 3]. Practice has proved that the modernization of teaching methods is the demand of educational modernization. With the development of education, the auxiliary function of multimedia technology is becoming more and more important. As long as the rational use of sports simple strokes, will promote the improvement of teaching efficiency.



Fig. 1. Example of sports simple strokes

The Theoretical Background of the sports simple stroke

Dual-coding theory. In accordance with the dual symbolization theory, the information entered into our minds needs to be symbolized in order to guide from long-term memory to long-term memory. Double symbolization theory is composed of two symbols of the symbolic process, that is, verbal system and imagery system. Look at the double symbolization process of Fig. 2 below, and learners visually accept information that is often handled according to the initial visual memory^[4].

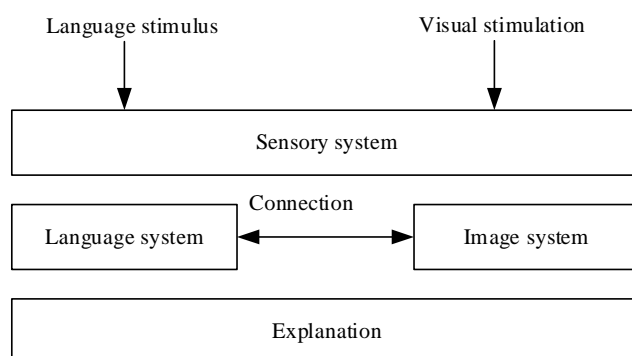


Fig. 2. The process of Dual-coding

Intuitive teaching method. Simple stroke teaching method comes from intuitive teaching method. This teaching method put forward by the 17th century Czech famous educator Johann Amos Comenius treating intuitive as a teaching principle formally. Until the early nineteenth century, intuitive teaching began to spread in Europe, and quickly spread to the American continent, making intuitive teaching as educators of the conscious educational behavior^[5]. Intuitive teaching method through the use of real things specimens, models, pictures, etc. as the carrier to convey teaching information, specific teaching activities, emphasizing the classroom to be full of pictures, books to have illustrations. Intuitive teaching aids should be placed in front of the students within a reasonable distance, so that students first see the whole, and then distinguish the various parts, and to try to cause and maintain the attention of students. The essence of intuitive teaching is an intuitive technique for imparting observation experience, paying attention to the application of visual aids and teaching materials, but paying little attention to the design, development, production, evaluation and management of teaching materials. The types of intuitive teaching include: intuitive, intuitive and intuitive. Therefore, the simple brush teaching means is a kind of subjective method. The advantage of intuitive teaching method is to enable students to correct perception, stimulate

interest, to mobilize the enthusiasm of learning. People's understanding of the activities of the total and emotional closely, is driven by the emotional. Intuitive teaching can be a good way to improve student attention, so as to achieve the purpose of learning initiative. Second, intuitive teaching can enable students to master the necessary skills and skills to develop a variety of capabilities. Third, we can speed up students' learning speed, including perceived speed, understanding speed, consolidating memory speed and reproduction speed, so that students get a solid knowledge.

Principle of using sports simple strokes

Have clear purpose and distinctive pertinence. Sports simple strokes should have a clear purpose, focus on the emphasis, break the difficulties as a starting point, or guide students to understand the abstract theory, or inspire students 'logical thinking, or help students to clarify the context, so that students' attention to the They need to focus on the object of observation, the students' perceptual knowledge rose to rational knowledge, to help students understand the important concepts must be grasp, the basic theory and basic knowledge. For some of the things that can be understood, or teachers with a little language that can solve the problem, there is no need to repeat the strokes, or there will be a sense of superfluous, should not be separated from the teaching purpose, engage in embellishment, go through, Practical practice. Sports simple strokes also have a clear and targeted, for the students to learn the basis of knowledge and physical and mental characteristics of flexible use. Even if the same teaching content should be in the breadth, depth and progress and other aspects of the difference, such as whether the need to supplement the simple strokes, which image should be selected, the screen should be analyzed to what extent, how to master the speed of the demonstration, and the expected effect How to wait When sketching the sketch, try to make the number of drawings appropriate, the content is easy, display time appropriate, explain the language properly, so that students see clearly, hear accurate, understand fast, remember prison. To avoid the kind of ignoring the actual object, blindly indiscriminate use, monotonous, a map million, once and for all.

Have a rigorous scientific and certain art. The scientific nature of sports simple strokes includes two meanings. One, in terms of content, content and form should be accurate. On the other hand, the rationality of presentation is both enlightening and true to reflect the essential attributes of objective things. On the other hand, the rationality of presentation is not only enlightening, but also true. : There should be no fallacy and distortion, should not subjective assumptions, messed up made. Second, the content of the pen should correctly reflect the latest level of development of the discipline, for those old, and even scientific proof is wrong theory and its corresponding simple strokes, at any time necessary to modify, add and update, make it More close to the development of disciplines and novelty and the flavor of the times. Therefore, teachers are required to keep abreast of the latest achievements in the development of the discipline, consciously select and accumulate in line with the teaching purpose of the typical material and picture, so that the usual mind, with the time handy.

Since sports simple strokes is a painting art, of course, there must be some artistic. In fact, a good fine strokes should also be a fine artwork, requiring the screen simple, bright lines, the main eye-catching, clear thinking, vivid, harmonious color, reasonable layout, the proportion of appropriate; Refined, popular and vivid, in one fell swoop, can only get the finishing touch of the effect. Avoid the lines of complex, graphic meaning fuzzy, improper language, tone shape separation.

It is true that sports simple strokes in the performance of complex structures, simulation of objective things dynamic, color and realism, etc., or as multimedia and other modern teaching

methods. Therefore, it should be due to people, due to class, due to time, it is necessary to vigorously promote the use of modern multimedia teaching methods, but also give full play to the advantages of sports simple strokes, so that the two together, avoid weaknesses, to maximize the quality of teaching.

Autonomous learning process model building based on sports simple strokes

According to Holec's classic definition, autonomous learning is the ability of students to manage their own language learning, specifically, is able to decide their own learning goals, determine the learning content and progress, choose learning methods and skills, monitor the learning process and self-assessment of learning. The Students are self-control knowledge constructors, knowledge is learners through sports simple strokes learning process to build a unified body, this active independent structure embodied in the teacher's control gradually reduced, students self-control ability^[6, 7].

The complete autonomous learning process consists of four stages, namely, the task definition stage, the target setting and planning stage, the strategy execution stage and the metacognitive adjustment stage. In the task definition stage, by the teacher directly arranged learning tasks, so that students in the clear study of the task based on the autonomy to explore and build their own knowledge and ability. At the target setting and planning stage, the learner's main task is to build a learning goal and develop a learning plan based on the definition of individual reality and learning tasks. In the strategy implementation phase, learners choose their own learning strategies according to their specific learning tasks. When it is found that the selected learning strategy is not suitable for the current learning task, the learner can adjust the learning strategy through metacognitive monitoring, or make appropriate adjustments to the learning goals and plans through metacognitive monitoring. The use of learning strategies to complete the learning task, generate learning results, learning to enter the metacognitive adjustment stage. Based on the set of learning objectives as a reference to assess the current results, and then feedback to the target settings, strategy implementation process to guide the next round of learning for the future to better monitor the learning process to provide the basis. Autonomous learning dynamic teaching model design for the autonomous learning model based on sports simple strokes, the dynamic teaching process design of the specific operation process is shown in Fig. 3.

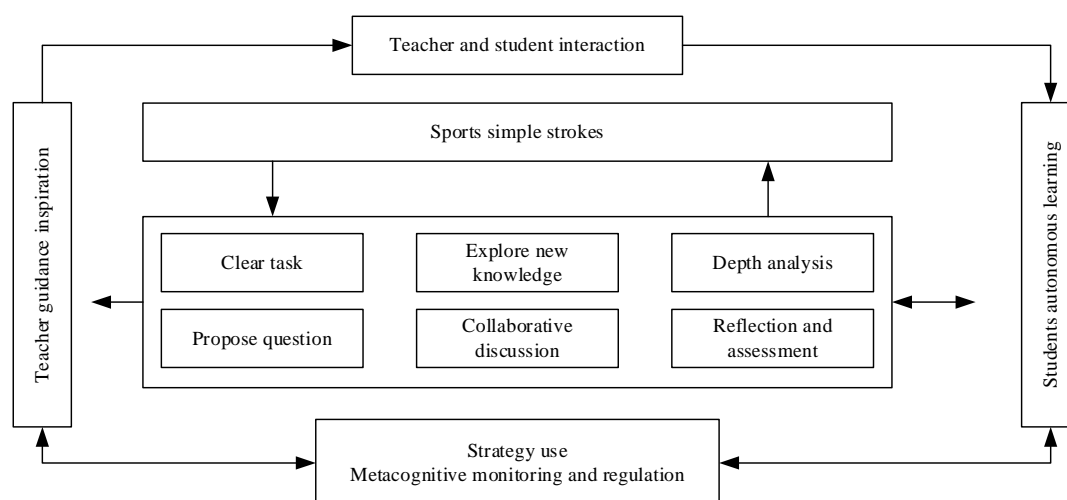


Fig. 3. Autonomous learning process model based on sports simple strokes

To use the simple strokes to show the movement of technology, not only to show the form of action, but also to show the movement of the demeanor. As the human body strokes omitted facial

features and clothes folds, the body lines simple, hands and feet of the action is also difficult to show, to show the demeanor of the characters more difficult. But as long as a careful observation of the study, you can use fine strokes to show the physical movement of the demeanor, such as the vigorous man's action and the soft action of women and so on.

Conclusion

Autonomous learning is a long-term, dynamic process that involves learners' ideas, behavioral changes and the transformation of social roles. This nature determines that the assessment method under the autonomous learning model should not be based entirely on current examinations and test scores. If a comprehensive and objective assessment of autonomous learning, teachers should be learners in a learning stage of the changes taken into account. In other words, the assessment should focus on the results from the process of attention, from the emphasis on commonality to focus on personality. In the evaluation, we fully consider the autonomous learning process of meta-cognitive ability of cognitive control regulation. It is a complicated process to cultivate learners' learning autonomy. This paper designs a set of effective multi-participant teaching models by studying the use of sports simple strokes in autonomous learning. With the deepening of reform and the enrichment of teaching practice, there should be a new teaching mode which can further promote learners' autonomous learning on the basis of the existing teaching mode.

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