Under the Background of Internet The Research of Cultivating Students' Creative Thinking in Physical Education

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Abstract: In order to explore the ability of cultivating students' creative thinking in physical education under the background of "Internet +", this paper adopts the literature review research method. In physical education, "Internet +" is adopted to continuously optimize the teaching process, through creating situations, raising questions, practical exploration, analyzing problems, cooperative discussion, solving problems, summarizing, forming ability and cultivating students' creative thinking. At last, the author studies and finds out the methods of cultivating students' creative thinking, and looks forward to the new trend of "Internet +" sports in the future, which plays an important guiding significance to the formation and development of cultivating students' creative thinking in physical education in China.

1. Preface

It is the direction of education reform and the core of quality education to cultivate students' innovative spirit and ability through creative education. Creative education, also known as creative teaching, is a teaching system aimed at cultivating students' creative consciousness and creativity. It systematically imparts the results of creative studies to students through educational channels so as to stimulate their creative skills. It can be seen that creative education aims at cultivating students' innovative spirit, innovative thought, creative ability and creative personality. It not only has the universality of quality-oriented education, but also has the particularity of quality-oriented education.

Classroom teaching is the main channel of creative education. In classroom teaching, the premise of cultivating students' creativity is independent learning, the condition is to stimulate learning interest, the foundation is to accurately grasp knowledge and establish a correct way of thinking. Therefore, in physical education, we should start from optimizing the teaching process, and cultivate students' creative thinking.

Creative thinking is creative thinking, is a special form of thinking, is a special high-level thinking form in creative activities[1].Creative thinking is under the intense innovative ideology, the in the mind of the existing information, in the things on the basis of the status quo and the existing achievements of science, reveals the essential characteristics of things or phenomena and its regularity, to form a new knowledge structure, and make known beyond current levels, so as to explore the unknown, the innovation knowledge. It is the highest expression of the human mind. Creative thinking is based on logical thinking and takes divergent thinking as its main content and form, which is highlighted by its fluency, flexibility and precision, uniqueness, convergence and divergence of thinking.

2. Set up the Situation, Ask the Question, Train the Students' Thinking Fluency and Logicality

Through the creation of a certain teaching situation, so that students form the best state of mind, stimulate their interest in learning, so as to mobilize their enthusiasm for learning.Only by asking questions can people be motivated and motivated to engage in problem-solving thinking.Einstein

said, "it is often more important to ask a problem than to solve it, because solving a problem may be merely a pedagogical or experimental skill, but it requires creative imagination to ask new problems, new possibilities, and look at old problems from new perspectives."In physical education, finding and raising problems requires teachers to create teaching situations, bring students to the kingdom of knowledge, leap to the new field of knowledge from the learned knowledge, make students' thinking active activities, in order to develop students' thinking fluency and logic.For example: in the study of "horizontal box hair leg swing" to solve the problem of "push hand, expand hip", in order to train the students' thinking fluency, agility, the teacher put forward the question: horizontal box leg swing what is the key?[2]The student replied, "the second flight."The teacher asks immediately: cross box divides leg to vacate how can ability produce second vacate empty?This takes students to new areas of knowledge -- pushing their hands, stretching their hips -- and reduces some of the obstacles to mental activity.Another example, in the study of forward roll and fish jump forward roll, some students naturally raised such a question: forward roll and fish jump forward roll relationship is what kind of?Teachers can "walk" and "run" the relationship between the students, make students Epiphany: both have distinction to have connection again already, forward roll like "walk" no empty, and diving forward roll like "run" is empty, they all belong to roll, roll forward, the order of the body contact pads and the timing and tuck almost exactly the same.This has cultivated the students' thinking logicality and made the students' thinking reasoning rigorous.In physical education, there are various ways to create problem situations. The key is to let students stimulate their thirst for knowledge from the situation and generate problems from the situation.

3. Practice Inquiry, Analyze Problems, Train Students' Thinking Convergence and Precision

To analyze a problem is to grasp the core and key of the problem. Identify the process that led to the main problem. The basic condition of analyzing a problem is to master the perceptual materials comprehensively and systematically, expose the problem fully, and then find out the main problem through comparative analysis. At this point, people's thinking should have directionality and precision of rigorous, meticulous. This learning process is through observation and practice, concrete experience, comparative analysis, induction and arrangement, and then actively form concepts and draw conclusions[3].For example, when learning the technique of "handstand", let students observe the errors that occur in the practice of the exerciser-split legs, hook toes, spread hips, collapse, shoulder Angle can not open, etc. and finally conclude that these problems in addition to the basic attitude category of the main error is - collapse, shoulder Angle can not open. According to this mode of thinking, the convergence of students' thinking is trained with the convergence of seeking the same solution, or gymnastics teaching high school students to prepare some practice, in order to enable students to master the gymnastics teaching to prepare part of the task this point, "the students using convergent thinking, some instances of a lot of preparation - the whole practice, brain-storming, specialized practice, queue formation, etc., under the teacher's inspiration, it is concluded that the" ready to part is to be part of the foundation on the basis of the "conclusion, and then to prepare part of the task, clear objectives, stimulate the motive, interest, warm-up activity, as the basic part ready to psychological and physiological have further understanding.

4. The Cooperative Discussion, Solves the Problem, Trains the Student's Thinking to Change the Rigid and the Divergence, Causes their Thinking to be Broader and the Profound

The key to solving a problem is to find a solution, and the solution to the problem is often in the form of a hypothesis, gradually improve through verification. When as a result, teachers guide students to think about, should not be limited to the one on the other hand, are under the yoke of box, to instance, to produce extraordinary idea, put forward new ideas of different common, then adopt the method of logical proof or fact contrast to check for and found the correctness of this flexibility is to cultivate the students' thinking[4].As a result of the student solves the problem many kinds of method and the way, thus reflected the thought diverges. Such as: on the premise of

gymnastics teaching outline was basically completed, providing students with autonomous and choose type combination of classroom teaching practice, students through the selection.

5. Summarize, form Ability, Cultivate Students' Thinking Uniqueness and Reativity

This teaching process is on the basis of self-study, in the feedback of the teaching process and the reinforcement of knowledge, let students with unprecedented new perspective, new point of view to understand things, so as to put forward a unique view of things, to obtain the transfer ability of knowledge[5].At the same time, on the basis of mastering and understanding the concepts and principles, students can be well versed in them, and summarize the knowledge structure succinctly with the consciousness of innovation, reflecting the uniqueness and creativity of students' thinking. Learning instrument gymnastics (horizontal bar, parallel bars) after the pendulum movement, the teacher asked the students summarized the instrument gymnastics swing action brake leg and upper urgent vibration time relationship - in instrument gymnastics swing motion, braking and upper legs of vibration time relations there are two kind of situations: one is the brake leg and upper vibration at the same time, such as fine parallel bars hanging arm flexion and extension movements; Another kind is brake leg is in the first place, on the body is urgent after vibration, if parallel bar hangs arm to swing before waiting[6].How to judge and determine the time relationship between the braking leg and the acute vibration of the upper body for an action can be determined according to the motion direction of the two legs before braking and whether the direction of the acute vibration of the upper body is consistent with the transverse axis of the hip. If the direction is the same, then the action of the braking leg and the sudden vibration of the upper body is the same time[7].If the two directions are opposite, then the braking leg is in front and the upper body is behind. In this way, the previous knowledge is not only a strengthening process, but also enables students to acquire the transfer ability of knowledge, reflecting the concentration and refinement of students' thinking.

6. Conclusion

To sum up, in the sports teaching to cultivate students' creative thinking as the breakthrough point, according to the structure characteristics of the teaching materials and students' knowledge and ability of practice, guides the student to actively find problems and put forward problems, analyzing problems, creatively to solve the problem, is to cultivate students' creativity and creative spirit, the implementation of creation education a produced results.

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