

The Traceability of Physical Education under the Vision of Life Education

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ABSTRACT

The value of this study is to discuss the feasibility of physical education under the vision of life education by combining the life education in physical education. The author thinks that the life education in physical education can be classified into three aspects: (1) natural life perfect education (survival education, physical health education, mental health education). (2) social life adaptation and development education. (3) spiritual life promotion education. Physical education should be carried out by combining the three aspects covered by the above life education, so as to enhance the height of physical education and the quality of physical education.

KEYWORDS

Physical Education; Life Education; Traceability.

1. INTRODUCTION

Life education is the sublimation of physical education, is the most important link of physical education, and physical education is an important extension of life education. Life education is the program of physical education, and physical education is an important way to implement life education. The two are interdependent and integrated. The close combination of the two not only improves the height of physical education, but also makes life education better popularized. Only on the basis of life education can individuals get better cognition and life get better sublimation. Life education is a progressive process from understanding life, revering life and cherishing life, and is an educational process from cognition to sublimation. Life education should be the eternal theme of physical education. It can not be carried out in the form of simple health education and skill education. All physical education should be carried out in the perspective of life education. It is an important embodiment of the value of physical education to let individuals get sublimation education of life understanding in physical education.

2. THE SIGNIFICANCE OF LIFE EDUCATION IN PHYSICAL EDUCATION

Physical education is a subject that follows the life of individuals from children to adults. Physical education always follows the growth and development of individuals. It starts from the cognition of children's sports, to the cognition of sports spirit of youth, and to the cognition of health maintenance of the elderly, which involves the content of physical education. The cognition of life in traditional Chinese culture has been established very early. The understanding of life in ancient China and the exploration of the long lasting life are an important part of traditional Chinese culture. The book of peace says: "The most important thing is human life, and the longest life is the best." The physical

education carried out in the perspective of life can make the physical education return to its true value. To improve the quality of physical education, it is necessary to perfectly integrate life education into it. The lack of life education in physical education is a common problem nowadays, and it is also an urgent problem to be solved. This problem directly determines the height and value of physical education. Whether in primary education or advanced education, physical education pays too much attention to sports education and skill education, and seriously ignores the importance of life education in physical education. Some people will say that physical education also pays attention to personal health education, and health education is life education. In fact, this understanding is relatively superficial. Health education is indeed a part of life education, but it is the most basic part. What physical education lacks is the deep mining of life education. It is a common problem that people can not have a full and comprehensive understanding of life. Physical education not only improves the natural life of individuals, but also has great benefits to the development of individual social life and the promotion of spiritual life. Based on this study, the author believes that the tracing of physical education under the perspective of life education can not only create a complete natural person for the school, but also create a perfect social person for the society.

3. THE VALUE OF LIFE EDUCATION IN PHYSICAL EDUCATION

The value of physical education is to cultivate individuals with physical and mental health and strong social adaptability. This requires the improvement of the height of physical education, and the development of physical education from the perspective of life education can make physical education achieve the purpose of education with half the effort.

3.1. Perfect Education of Natural Life

The perfect education of natural life should be carried out from three aspects: survival education, physical health education and mental health education. These three aspects are carried out from shallow to deep, because the progressive education can make sports education more able to reflect its educational value.

First of all, survival education, what is survival education, the author thinks that the survival education in sports education should teach individuals to use the tools available around them to maintain the continuation of life in a harsh environment, similar to the wild survival now popular. This is a very important content. With the development of the times, many children now have poor self-living ability after leaving their parents, and this is in a materially rich environment. Imagine if you put these children into the natural world of material scarcity, what kind of scene will there be? It is conceivable. The content of survival education is lacking in the current education, and these educational contents are the educational contents that should be involved in sports education, and the important content that can not be lack in sports education. "Drilling wood to get fire" is a story that everyone knows, but who can really master the skill of "drilling wood to get fire". So the author thinks that sports education can not only stay in the education of sports skills, but should add survival education to sports education.

Secondly, health education, health education is composed of physical and mental health. Physical education should respect the law of life growth, cultivate people's ability to protect life and love life. Furthermore, scientific and reasonable physical education methods should be used to improve people's physical and mental health. In physical education activities, positive and correct guidance should be given to improve individuals' cognition of life, from the initial cognitive life activities to the feeling of the beauty of life. Sublimating the realm of personal life. Let individuals perfectly fit the development of society. Improve individuals' own value and social value.

The perfect education of natural life needs survival education, physical education and psychological education to combine and promote each other, so as to form a complete education of natural life. In

summary, the perfect education of natural life in physical education is an important way to improve individuals' adaptation to nature, feeling nature, cognition of life and feeling life.

3.2. Adaptation and Development Education of Social Life

The habit of human beings' settlement determines that individuals cannot live alone without leaving the group. The ability to adapt to social development is the ability that every individual must have. Social adaptation determines the quality of life in the group. Excellent social adaptation can make individuals get more in society and better reflect their own value. This requires physical education to combine the particularity of sports to cultivate individual social adaptability. The so-called social adaptability is actually abstract, it is not constant, it needs to be changed and sublimated according to the changes in the surrounding environment after learning. It is an upgrade ability from small environment to large environment, the particularity of physical education, such as team competition, can teach individuals the adaptability in the small social environment. When individuals learn this ability, they can develop different adaptability according to the changes in the environment around them.

3.3. Improvement of Spiritual Life Education

Human physical life and spiritual life together shape the individual life, the physical life and spiritual life are better and more long-term compatibility determines the quality of life of individual life, so physical education can not only focus on people's physical function education and ignore the personal spiritual life education, unfortunately, now physical education is too much focused on personal life education, making the two-way education value of physical education reduced to one-way. One-sided attention to health knowledge, sports skills, ignoring the shaping of personal spiritual culture in physical education is the current situation of physical education. To change this situation, we must make full use of the two-way education value of physical education. Shaping a complete and excellent personal life.

The natural life perfect education, the social life adaptation and development education and the spiritual life promotion education are the three dimensions of the whole life education. They are interrelated, mutual influence, mutual tolerance and nesting, mutual integration, and jointly constitute the perfect life of human beings.

4. CONCLUSION

The essence of physical education is the process of improving the quality of individual life. This process requires the use of physical education to continuously improve and sublimate its particularity. The physical education returns to the life education, improves the educational height of physical education, and improves the educational system of physical education. It is an urgent problem to be solved in physical education. Only by perfectly integrating the life education into physical education can the quality of physical education be improved, which not only lays a foundation for better talent cultivation, but also provides a guarantee for the development of society. The life education should be the purpose of all education. The life education can improve the height and quality of education, and can make education return to the essence. The physical education carried out under the vision of life not only improves the natural life of individuals, but also has great benefits to the development of individual social life and the promotion of spiritual life, and can better improve the individual outlook on life and values. Based on this research, the author believes that physical education from the perspective of life can not only shape a complete natural person for the school, but also shape a perfect social person for the society.

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