Research on the Integration Teaching Mode of Online and Offline Sports under the Background of Internet + Education

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Abstract. The iterative maturity and utilization of Internet+, which leads to a great change in the content and path of physical education, requires not only targeted adaptation to students, but also a more important test and challenge for PE teachers. Based on this, this paper first analyses the characteristics and functions of Internet+ sports teaching, and then studies the construction of sports Fusion Teaching Mode under the online and offline sports. Finally, it gives the sports integration teaching strategy under the Internet+ background.

Keywords: Sports, Integration Teaching, College, Internet+

1. Introduction
With the popularization and innovation of Internet tech, especially in the field of education, it has been greatly promoted. In the field of physical education, the utilization of Internet + can promote communication and interaction between teachers and students, and promote the improvement of students' status in PE learning. Internet + can make the relationship between teachers and students closer, provide better learning conditions for students' PE teaching and learning, and establish technical premise for the cultivation of students' self-learning consciousness [1]. The specific utilization of Internet + teaching tools in PE teaching can significantly improve the teaching quality and efficiency, so as to help students achieve better physical performance.

The online and offline integration teaching mode of PE teaching organically relies on the products and services of the Internet industry, and makes a thorough reform and innovation of the PE teaching process in several aspects as shown in Figure 1 below. In the process of Internet + utilization, the great changes in content and path of PE teaching need not only be targeted for students, but also a test and challenge for PE teachers [2]. On the one hand, PE teaching teachers need to further improve their info literacy, so as to better use the internet teaching mode; on the other hand, PE teaching teachers should also actively change teaching thinking, so as to enhance students' participation and interaction in the teaching process, so as to bring students better teaching experience.

In addition, the integration of Internet online and offline sports teaching mode has become an important trend and direction of the current sports teaching reform. In this context, we need to make full use of and release the vitality and function of the Internet to better serve the teaching process, so as to significantly improve the effect and efficiency of sports teaching. The utilization of Internet in PE teaching can help teachers and students to break through the limitation of time and space, and help teachers and students in the process of online teaching. The traditional offline teaching is helpful to the
development of students' sports practice process, so as to help students better promote the integration of sports teaching theory and practical ability.

Figure 1. Innovative elements of online and offline integration mode of PE teaching.

In short, under the Internet + background, online and offline sports integration teaching mode is an important carrier and platform connecting traditional teaching and internet teaching mode, and promotes the formation and development of info energy in PE teaching teaching [3]. Through the organic promotion of the integration of PE teaching, it could integrate the PE teaching industry and social resources, realize the promotion of students' personalized teaching, and help students' sports literacy to obtain continuous improvement. Therefore, the study of the sports integration teaching mode under the Internet + background is of great practical value.

2. Characteristics and functions of Internet+ PE teaching

2.1. Internet+ sports teaching characteristics

Internet+ sports teaching transfer some of the sports teaching contents to the online, and achieve the collaborative and individualized PE teaching through the fragmentation design and reconstruction of the contents of the PE teaching [4-5]. The Internet+ PE teaching needs scientific organization first to realize the close combination of sports theme and classroom teaching, and help students establish effective self-learning mode. Secondly, Internet+ instructional design innovation can promote students' autonomous learning. Through the record and analysis of students' PE teaching learning process, teachers can teach students in accordance with their aptitude according to their individual characteristics, so as to ensure the rapid improvement of students' PE teaching literacy in the teaching progress. In addition, the differences between the Internet+ sports teaching characteristics and the traditional offline teaching are shown in Table 1 below.

Table 1. The unique characteristics of Internet+ PE teaching.

| learning process         | Traditional teaching                                      | Internet+ teaching                                      |
|--------------------------|----------------------------------------------------------|---------------------------------------------------------|
| Knowledge internalization| Few knowledge internalization, and mainly after-school training | Covers teacher guidance, personal inquiry, feedback, etc. |
| Knowledge transfer       | Teacher centered learning and students passive acceptance | Taking students as the center and subject                |
| Individualized teaching  | Teachers’ subjective judgment                            | Through Internet tech to develop personalized teaching  |
| Function orientation     | Teachers are the initiators and organizers of teaching   | Students are the initiators and organizers of teaching activities |
| Communication mode       | Knowledge dissemination based on webcast                 | Knowledge transmission based on combination of online and offline |
2.2. The main link of Internet+ teaching mode
The main links of online and offline sports education mode based on Internet+ involve many parts such as pre class preparation, classroom teaching utilization, after-school evaluation and feedback. There is a close progressive relationship between these links, and jointly promote the organic integration of online and offline PE teaching mode. First of all, in the process of students' independent preparation, with the help of the Internet, students can prepare for sports knowledge in advance. Secondly, in the teaching utilization of PE teaching classroom, teachers guide students with the help of the Internet platform, and strengthen the cultivation of students' sports thinking and practical literacy. In addition, in the post-school evaluation and feedback of PE teaching curriculum, the Internet platform is used to realize the evaluation and feedback of students' learning, so as to organically grasp the status of students and establish data conditions for the development of individualized teaching.

2.3. The function of Internet+ in PE teaching
First, Internet+ teaching helps to promote the innovation of PE teaching activities. It can achieve a substantial improvement and upgrading at both the classroom design level and the teaching analysis level, thus helping teachers reconstruct the teaching process and record the learning process of students. Secondly, Internet+ teaching can promote the transformation of PE teaching methods, promote the improvement of students' dominant status, and better meet the students' personalized and diversified learning needs, and promote the communication and interaction between teachers and students. In addition, Internet+ can break the boundaries and time and space constraints of offline teaching, and help students develop relearning and sustainable learning by using computers and the Internet.

3. Construction of online and offline sports integration teaching mode

3.1. The goal of online and offline sports integration teaching
Online and offline sports integration teaching helps to cultivate students' ability to sum up and bring forth new things [6]. Through the processing and integration of online sports preview course video and related content with offline practical operation and discussion, modular and systematic learning thinking is formed, so as to effectively improve the depth of students' sports learning. With the help of Internet online resources to explain knowledge and offline sports activities help to further test, consolidate and transform students' online sports knowledge.

In addition, with the help of online testing, the students' knowledge is tested, the knowledge points are consolidated through computer practice, and the knowledge transformation ability is improved through expanding projects, so as to achieve the level of practical utilization. In order to test the effect of PE teaching process, it could use online and offline evaluation of teaching process and results to improve students' learning enthusiasm and info feedback.

3.2. Implementation plan of online and offline sports integration teaching
Based on the Internet+ concept, the process of online and offline blended teaching in PE teaching is carried out. The main implementation process includes the layout of PE teaching tasks, the autonomous learning before class and the internalization of knowledge in class. The whole process of online and offline sports integration teaching is to carry out diagnostic, procedural and summative learning with learning tasks as the bright line and knowledge, skills and quality training as the dark line. In addition, in the pre class self-learning stage, students use online open courses to complete self-study through online learning, online testing and pre class practice. Teachers use the Internet platform to monitor and track students' learning status, and improve the teaching process by collecting students' learning problems.

In addition, with the help of PE teaching curriculum knowledge internalization or skill acquisition, sports development training and practical operation can be completed. Teachers organize a series of
teaching activities according to the teaching process, and carry out teaching guidance, real-time
guidance, induction and evaluation.

3.3. Design of sports online open course
First of all, at the level of pre class learning process, teachers assign learning tasks and track students' learning, timely feedback, collect learning problems and adjust teaching activities in class. The students carry out online autonomous learning and prepare for the content of PE teaching class. The pre class learning process of PE teaching course is shown in Figure 2 below. Secondly, in the arrangement of learning tasks, the purpose of learning tasks should be arranged, including clear learning objectives, learning contents and preparation contents. In addition, at the level of Online Autonomous Learning, the number of online learners is counted, and the number and quality of online questions are analyzed and handled. At the level of PE teaching assessment, the online learning results are included in the overall evaluation results, and the assessment content includes students' online learning participation, such as online course preview, sports practice, online questioning and so on.

![Figure 2. Communication architecture of multimedia teaching system.](image)

In order to ensure the effect of pre class learning, we need to pay attention to the students' learning situation and problems, and timely feedback, evaluation and supervision. In PE teaching class, we should fully design teaching activities to mobilize students' learning enthusiasm. In PE teaching teaching mode, it should change the teacher centered learning mode into the student-centered learning mode, so as to enhance the realization of students' learning dominant position.

4. Internet+ background sports online integration strategy

4.1. Teaching design strategy of PE teaching course
First of all, according to the analysis of the students' PE learning situation before class, including the platform learning participation, the problems and learning feedback, determine the objectives and key points of PE curriculum, including teaching objectives and sports knowledge points. Secondly, based on the feedback analysis of students' learning situation, determine the specific content of sports practice teaching activities, including sports development training and practical operation. In addition, at the level of teaching evaluation, it covers the process evaluation of PE teaching, the overall evaluation of individual students and student team. At the level of PE teaching test, according to the order of PE teaching curriculum knowledge points, the design is from easy to difficult, so as to strengthen the cultivation of students' basic sports knowledge.

4.2. Practice design strategy of offline PE teaching
The practice design of offline PE teaching needs to set up practice teaching groups according to the difficulties in the teaching process, so as to improve the knowledge and interest of PE teaching. In the process of sports practical operation task, we should pay attention to the combination of theory and
practice, and cultivate students' Sports literacy. At the implementation point level of PE teaching curriculum, online open courses ensure the effect of pre class learning, through the joint construction of implementation ideas, find their own characteristics, make full use of info means, improve the efficiency of teachers' work and students' learning, the process is shown in Figure 3 below.

![Figure 3. Practice design process of offline PE teaching.](image)

**5. Conclusion**

In summary, the integration of Internet online and offline sports teaching mode can make full use of and release the vitality and role of the Internet, better serve the teaching process, and significantly improve the effect and efficiency of sports teaching. The utilization of Internet+ in PE teaching can give play to the flexibility of online teaching and help teachers and students to break through the limitation of PE teaching. This article analyzes the characteristics and functions of Internet+ sports teaching, and studies the characteristics and important links of Internet+ PE teaching. Through the research of the online and offline sports integration teaching mode, the goal and implementation plan of sports Fusion Teaching under the online and offline sports are analyzed. Finally, the teaching strategy of sports integration under the Internet+ background is given.

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