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DEVELOPMENT OF INNOVATIONAL STRATEGIES FOR PHYSICAL, HEALTH AND SPORTS EDUCATION

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Abstract

In this paper, innovation is seen as a driver of growth and well-being. New technologies, products, services and organizations create jobs and rejuvenate industries. This also presents new opportunities for innovation and improvement in education systems. The paper, therefore, delved into some strategies for education innovation. It was explained that schools need to become places where diverse talents are recognized and nurtured and every student made to feel special. This will give each student opportunity to realize their full potential and succeed on their own terms. Again, innovative education brings about personality development since the creative capacity of students also manifest. Another strategy is that higher education must be developed to adapt and transform the status and ability of students to create the future. The paper further looked into some new strategies for physical education and sport. It was explained that since sports education is for all students, assessment should be a variety of sports and three-dimensional. In addition, the use and operation of multimedia design reflects the innovative aspect with the development of technology in physical education. Another new strategy is that physical educators must be engaged in high quality and sustainable professional development. This can be achieved through developing dynamic and high standard physical education programme that will consider content knowledge, instructional strategies and methods to create an individualized learning

environment that meets the needs of your diverse student population. Another section in the paper looked at the teaching method and innovation of physical education. To enhance the implementation of innovative education, the people-centered education must make way for student-centered, teacher-led education which gives full play to the initiative of students. There is also the need to enhance students' physique by exploring the teaching methods that will affect the students learning enthusiasm and initiative. The paper touched on the personalized sports teaching methods. Here, emphasis was placed on the fact that teaching method design should be changed from "teaching" to "learning method" and the teaching methods changed from "Professor" to "guide". Some recommendations were made for the experts and appropriate stakeholders to take actions.

Keywords: Innovation, Physical Education, Education, Strategy, Sports

Introduction

Innovation is a driver of growth and well-being. New technologies, products, services and organizations create jobs and rejuvenate industries. But to reap those gains, policy makers need to understand how the way we innovate is changing. This has implications for human resources and education systems if they are to feed this innovation society. This also presents new opportunities for innovation and improvement in education systems. Technological change, which not only permits new activities but makes those new activities superior in many important ways over the previous method of operation, creates long lasting innovations in society. Innovation is the soul of a nation's progress which is an inexhaustible motive force for national prosperity. The progress of a nation depends on the innovation of countless individuals. Students are the future of school education. Therefore, there is the need to develop in students' awareness of innovation and innovation capability which has a special status and role in the education activity course. An important way to achieve innovation is to pay attention to teaching classes in all subjects to carry out activities to achieve the students' awareness of innovation and creativity.

Strategies for Education Innovation

Today, meaningful, useful education is something all students need regardless of the career choices they will eventually make. Schools need to do more than just selecting students according to their cognitive abilities. The school needs to become a place where diverse talents are recognized and nurtured, where every student is made to feel special and has an opportunity to realize his or her full potential and succeed on his or her own terms - in other words, it needs to become "New Paradigm" schools. According to the Organisation for Economic Cooperation and development (OECD), from a purely economic viewpoint, some obvious reasons why adults need to keep learning are seen as important because they contribute to:

1. Boosting productivity and market competitiveness;

2. Minimizing unemployment through developing an adaptive and qualified labour force;
3. and creating an environment for innovation in a world dominated by global competition. From a broader social perspective, knowledge, skills, and competencies are important because of their contributions outside the domain of economics and work. They contribute to increasing individual participation in democratic institutions; social cohesion and justice; and strengthening human rights and autonomy as counterweights to increasing global inequality of opportunities and increasing individual marginalization.

Modern education has been re-viewed and knowledge of talents, abilities and qualities to the transfer of knowledge into power and make quality, innovative education ideas and methods of education meet the physical and mental development of law. Personality is the stability of a person different from the psychological characteristics of other people. Therefore, innovative ability and personality development are mutually reinforcing. The process of developing creative capacity is a manifestation of personality. In short, the process of promoting the quality of education involves the innovation potential of education. This will promote the development of students, while effectively improving the teaching level. Economic and social development needs new ideas, new knowledge, new technology and innovative talents. This requires the development of higher education that will adapt and transform the status and the ability to create the future. This is the inevitable evolution of social functions of higher education. The 21st century is the era of knowledge-based economy with intellectual resources and high technology as the pillar. Therefore, cultivated creative talents will gradually become the primary function of higher education.

Innovation is a driver of growth and well-being. New technologies, products, services and organizations create jobs and rejuvenate industries while making others obsolete. To reap the gains of innovation, policy makers need to understand how the way we

innovate is changing and what this implies for education and training policies.

New Strategies for Physical Education and Sport

Physical education is often advocated as a source of a plethora of positive developmental characteristics from early childhood, through adolescence to late teenage. It is perceived to be a lifelong process throughout adulthood epitomized in the notion of physically educated person. Over the past century and the half, there has been ebb and flow among differing, sometimes contradicting, physical education curriculum themes. They include physical, educational, social control (order, discipline and obedience to authority), physical fitness (labour productivity, military defence and strong mothers), health (therapeutic), body shape, competitive performance related sports and associated physical/motor skills development. The themes also include play and movement concepts, personal, psychosocial, social and moral development (collectively promoting character building), adventure education, individual, lifetime, or recreational activities, antidote to inactivity and sedentary lifestyle, illnesses as well as an alleged obesity epidemic. The perceived role of physical education has expanded (it has been granted a role in achieving broader educational objectives such as whole school improvement, community development and effecting personal behavioural and attitudinal change) over the years and to some extent there has been a re-affirmation of its purposes for which some people have long such argued. Ostensibly as a school subject, with such broad brush scope and potential, physical education is in a relatively unique and indispensable position with some kind of responsibility in some way and somehow. It is also addressing many contemporary issues with its perceived distinctive features within the educational process with characteristics not offered by any other learning or school experience. A paradox here is the perception by many of physical education as a non-cognitive subject, inferior in status to other so-called academic subjects and by association, inferior status of physical education teachers.

Quality education is a comprehensive development of education. Sports education is for all students, therefore, assessment should also be a variety of sports, and three-dimensional. Quality education is not unmindful of the normal examination. For some people the future of physical and health education is a future directed towards young people's future health and well-being and, more specifically, their current and future participation in physical activity and sport.

Today good physical and health education is the top priority, and safety education of students is also a top priority. Every beginning teacher in class takes advantage of the regular class safety education for students. Dress must be sportswear, sports shoes, with its accessories, so as not to cause injury in sports. The teaching process should comply with classroom discipline and attention given to the management of sports equipment. Secondly, the warming part of the activities of the use and operation of multimedia design reflects the innovative aspect. With the development of technology, tape recorders, computer speakers, wireless microphones and other technology has greatly enhanced classroom efficiency and results.

One of the most important elements to developing and sustaining a high quality standard-based physical education programme is the on-going sustainable professional development. Time and again, physical educators are often engaged in professional development that does not address the instructional methods, strategies or content knowledge that is necessary to impact student achievement within physical education. In order to address the systemic change that is necessary to continue the advancement of physical education, it is essential that physical educators are engaged in high quality and sustainable professional development. Develop a high quality, dynamic, and standard-based physical education programme by developing the content knowledge, instructional strategies and methods to create an individualized learning environment that meets the needs of your diverse student population.

Physical education is a dynamic discipline that is continuously evolving through research in kinesiology, exercise physiology, and

biomechanics. To support the development of physically literate learners, educators must continuously build upon their in-depth content knowledge. Physical education serves as the foundation to promote healthful changes that reinforce the importance that tomorrow's healthy lifestyle begin today.

Teaching Method and Innovation of Physical Education

In recent years, with the infiltration of new ideas in physical education, many new teaching methods have emerged. This does not only enriches the sports teaching activities, but also become the focus of education workers. In this paper, the theory and practice of physical education, teaching methods and other concept of innovative education are explained:

1) ***The implementation of innovative education:*** The idea of education in our country is relatively backward. The content method is relatively old and there is heavy academic burden on students. Therefore, quality education is difficult to promote. The sports teachers adhere to the people-centered education but the implementation of innovative education is to be student-centered, teacher-led which gives full play to the initiative of students. This means that teachers must do the following: continue the form of teaching contents, methods; improve teaching quality; promote physical and mental health; improve students physique health, learning ability and innovative ability of students; educate students to obtain knowledge and skills; learn to live; learn to behave; advocate the innovation of physical education teaching methods, such as heuristic teaching, inquiry teaching, discussion teaching; help students master the learning skills and knowledge; stimulate students' curiosity and cultivate students' interest in learning.

2) ***To improve the learning efficiency, and adapt to the curriculum reform needs:*** With the increasing social competition with students' academic burden. Children have no right to learn, and some even appeared to have the spirit of panic, unhealthy psychological phenomenon. While most people are aware of the examination oriented education to bring the child's injury and shortcomings, but also know how to reform, but in fact, it is

difficult to change the fundamentals. The starting point of the curriculum reform is the students, the student's learning effect, ability training as a measure of curriculum reform. Physical education students are often associated with actual teaching is far different, resulting in students of physical education to be disappointed and lose the exercise of confidence and enthusiasm. Study of physical education teaching method not only reveal the physical education curriculum reform problems, it also resolves confusion in the hearts of teachers, and promote students to like physical education and actively take the initiative to participate in sports activities to provide help and reference.

3) *Enhance students' physique, explore the teaching methods:* It is well known that the reasonable teaching method cannot only make the teaching effect more effective, but also enable students to benefit from life. The method of organizing teaching or guiding students to practice the method will affect the students learning enthusiasm and initiative. This also will affect the students in the future to exercise habit forming and training of consciousness. The sports teaching method research is the effective way to promote adolescent students physical health. As far as the teaching method is concerned, it is not only a skill but also an art. The selection and use of it directly affects the students' interest in learning. While some teaching methods are enduring, other methods are ephemeral. The key is with changes that will improve the progress of the society and education development. Physical education teaching methods constantly need to be updated.

Modernization of Teaching Methods of Physical Education

The modernization of the teaching method of physical education is presented with the development of modern teaching technology. Multimedia, high-definition video, network, visualization charts, equipment technology are the means of teaching. These do not only enrich the form of physical education, but also play a supporting role in technical action learning. In the course of using teaching methods, it is bound to face the constraints of objective conditions of teaching environment. The

method should be mastered by teachers. Therefore, the level of teachers' teaching ability, innovative thinking, innovative consciousness and ability all determine the innovation of teaching methods, and also determine the effect of the implementation of the method.

Personalized Sports Teaching Methods

Teaching is the teachers and students put together. The students as the main body play the role of internal. To achieve good teaching effect, play the enthusiasm of the students by teaching students according to their aptitude. Modern physical education teaching reflects the distinction between treatments and respect for the students. This helps to carry out democratic teaching. To explain, demonstration, error correction based teaching methods have to explore independent, small groups based form. The reform of physical education teaching methods should also set up a new concept of education; pay more attention to the students' subjectivity; the whole society; the innovation and so on. To cultivate students' learning initiative and creativity has become a trend of teaching, and the teaching of physical education is no exception. With the change of physical education thought from "sports method theory" to "sports aim theory", the emphasis of teaching method design is changed from "teaching" to "learning method", and the teaching method is changed from "Professor" to "guide". Just as sex education is every student's right, "don't let every student behind" is the responsibility of teachers. The design and application of sports teaching methods pay more and more attention to the differences between students of different levels. Each student can then experience the joy of success to ensure that all students can be made to improve and develop.

Concern about the Students being Creative and Social

Cultivating students' innovative ability is the sacred mission of education. Physical education teachers should also be good at tapping the students' creative potential and cultivating innovative consciousness and creativity, such as technological innovation, rules innovation, organizational form innovation,

learning innovation. Physical education teachers should allow students to take the detour to explore; to stimulate students' curiosity, innovative thinking; to give friendly encouragement and guidance and to provide students with innovative opportunities and environment. Physical education is an effective way to cultivate students' cooperation, competition, justice, dedication and other social virtues. The creation of physical education teaching methods can provide students with such conditions and opportunities, such as cooperative learning, group discussion, guidance and help methods. Model motivation cannot only cultivate students' teamwork spirit and collective consciousness, but also can help people to help others, regulate behavior and friendly exchanges.

Conclusions

Physical education is developing with the development of school education. Sports teaching method is gradually developing along with the development of the discipline, from the training and mentoring of missionary methods become the method system of its own characteristics. It does not only contain the general education method, and the sports special subject specific method. The continuous development and improvement of sports teaching methods, enrich the content of physical education class, realize the goal of physical education, and complete the task of physical education teaching. Its history also has left a profound reflection: first, the teaching methods of physical education is along with the development of school education and continuous development; second, sports teaching method of native complex rubbing phenomenon is obvious. It not only shows the local function of instruction, but highlights the cultural characteristics of Western; third, the teaching methods of physical education from pedagogy, psychology, physiology and subject concept has more and more influence and transplanted method is also increasing.

For some people the future for physical education is a future directed towards young people's future health and well-being and, more specifically, their current and future participation in physical activity and sport. Sport, play and physical education occupy an important role in human development. By their very nature, sport,

play and physical education are about participation, inclusion and a sense of belonging. They bring individuals and communities together, highlighting commonalities and bridging cultural and ethnic divides. Sport, play and physical education provide a forum to learn skills such as discipline, confidence and leadership and they convey core principles that are important in democracy, such as tolerance, cooperation and respect.

Sport and physical education teach the fundamental value of effort and how to manage essential steps in life such as victory or defeat. At the same time, physical education classes are often the first ones to be reduced or cancelled in schools in hard economic times, conflict or under the pressure from other academic fields. Development is a process of enlarging people's choices and increasing the opportunities available to all members of society. Based on the principles of inclusion, equity and sustainability, emphasis is on the importance of increasing opportunities for the current generation as well as generations to come. The basic human capabilities that are necessary for this are to live long and healthy lives, to be knowledgeable, to have access to the resources needed for a decent standard of living and to be able to participate in the life of community. Sport can directly help built these capabilities.

The rapid development of science and technology in the 21st century, the era of knowledge economy, the growing characteristics and talents in various fields should have made the "creativity" of the quality requirements. Universal Physical Education should be based on the quality of the new era of talent to this request, the students of innovation and creative thinking as the focus of teaching objectives.

Recommendations

Based on the above observations, it is envisaged that innovative strategies for physical education and sport in Nigeria will still need to be given close attention by physical education experts and all stakeholders. It is in the light of this that the following recommendations are made:

1. ICT should be integrated into the Curriculum of the Health and Physical Education

2. The computer and internet use related programmes should be integrated into the school Health and Physical education curriculum to enhance students' use of ICT.
3. Employers of labour should make computer literacy requirement for employment for health and physical education teachers.
4. Sport facilities around the school should be well-maintained and taken care of.
5. Students be provided with the necessary modern materials and apparatus needed for practical classes.
6. Exercise laboratories such as gymnasiums be made available and accessible for physical and health education students so as to enable them do their practical effectively and not only concentrate on the theory aspect of the learning process.
7. In-service training on computer literacy should be organized periodically for teachers of health and physical education.
8. Schools should provide computer and internet facilities for use by the Health and Physical Education teachers.
9. Physical education curriculum in Nigeria should not be restricted in terms of its orientation and administration particularly at the tertiary institutions. Students and teachers here should be allowed to use modern technological apparatus in achieving; teaching and learning process respectively.
10. The teaching practice programme should be given a wide coverage to enable students go to other non-teaching areas and sports related industries to acquire the required experience.
11. The National Association for Physical, Health Education, Recreation, Sports and Dance (NAPHER-SD), which is a professional body in charge of physical education should be reorganized to be active in order to achieve its set goals.

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