

Reflection after Class: Teaching Link That Should Not Be Ignored

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Abstract. Reflection after class is an important link of sports teaching. Reflection after class can enrich the physical teachers' teaching experience. It improves the scientific research level of Physical Education teachers and can promote the teaching reform of physical education. Thus the reflection after class has significance in the teaching of physical education.

Keywords: Reflection after class, teaching of physical education, teaching ability, teaching experience.

1. Introduction

The reflection after class is an important process in Physical Education (PE) which often been ignored. It is a reflection after the completion of the sports teaching [1-3].

In the teaching process of physical education not all problems are solved in the classroom [4]. Through reflection after class PE teachers summarize the teaching links, accumulate teaching experience, improve teaching methods and link to the next lesson. This approach makes physical education teaching more scientific, reasonable to achieve positive and effective teaching objectives and to improve teachers' professional level.

For any preparatory events, the confidence building comes from the encouraging and meaningful dialogue with the students. This part makes students to master the technical essentials in a relatively short period of time [5]. The after class reflection enable PE teachers to obtain the teaching link in the form of "find the problem and solve problem, and again find the problem, to solve the problem again". In this link, reflection after class is an effective way to solve the problem.

The modern physical education creates a new class of teachers who are "teaching and research type" [6-7]. Physical education teachers' scientific research achievement partly originates from teaching, and teaching again guides scientific research. To obtain scientific research achievement, reflection after class has a positive role in promoting.

Promotion of "Joyful Physical Education" teaching experience makes the valuable theory in sports teaching to be spread and in turn guides the sports teaching. It can be seen that reflection after class has a guiding role to promote the teaching reform of physical education.

2. Requirements of the Reflection after Class

2.1 Reflection after class demands "Objective Clear, Seek Truth from Facts".

The goal that PE teacher carries on reflection after class lies in that in the practice of physical education the deficiencies in teaching links are found and the successful places are affirmed and summarized. Therefore, in the process of designing teaching link, first of all, physical education teachers take the teaching policy and teaching principle as the foundation to deeply investigate each link in physical education teaching, especially pay attention to the teaching method and organizational form.

In the after class reflection, in line within the spirit of "seek truth from facts", the advantages, disadvantages in the teaching links are found out. Any mistakes appearing in the process of teaching links should be dared to bear, to face. For example, the students are not led to make full preparative activity, resulting in students' injury. The deviations, which appear in the fancy of teaching link and in

the process of practice and so on, should be treated rightly. And from practice teaching experience is reflected.

2.2 Reflection after class should be deep, timely.

One of the important requirements in activities of the reflection after class is timely. When a PE lesson ends, each teaching link in classroom must be timely reflected to find out the advantages and disadvantages. Timely summary and reflection can ensure the questions that teachers proposed and classroom attainment experience becomes clear, accurate. Activities of the reflection after class must be profound. The pedagogy, psychology, kinematics *etc* theory knowledge is integrated into sports teaching to solve the problem and the most important is to promote and improve the sports teaching.

2.3 Reflection after Class to Establish the Teaching Reflection Archives.

The teaching reflection archives is that PE teachers constantly sum up, constantly expand areas of knowledge, read and collect reference materials and according to the need select the needed materials to be used in physical education to make physical education teaching more perfect. More important is that universities normalize the sports teaching work and is an important reflection of the school pay attention to sports teaching work. The established file creation can be stored in the office of the teachers' data reading room and put in the file box. According to teachers, for each person a file box is used for storage.

American psychologist Posner proposed that the growth formula of teachers is "experience plus reflection growth" [8]. So an excellent PE teacher should not only have rich teaching experience, but also carry on reflection. If a teacher only leans on experience in work without reflection, he can only be an "experienced type teacher". Because there is no reflection, there is not awakened. There is no reflection, there is no progress. There is no reflection, there is no innovation. Reflection after class carried on in physical teaching can constantly improve own teaching level, scientific research ability, accumulate rich experience in teaching and reform the physical teaching.

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