

Analysis on the Influence of Table Tennis in National Fitness Program

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Abstract: Table tennis is a kind of teaching method which can help students to promote physical education and entertain themselves. If it can be applied to college physical education and training, it is very helpful for middle school students to improve college physical education. By making full use of the competitive spirit of table tennis, PE teachers should first start with the foundation of college physical education teaching and training. Especially in our country, table tennis is the most popular and one of the best sports events in our country. In the past Olympic Games, our ping-pong players have achieved very beneficial results, and almost all the gold medals in table tennis competitions have been taken by our athletes. To explain college sports skills and let them understand the important value of playing college sports, this paper focuses on the impact of table tennis in the national fitness program analysis.

1. Introduction

According to the analysis of relevant research data, it can be concluded that table tennis is the most popular sports for students. Most students, especially boys, like to organize their friends in their spare time to play table tennis. Table tennis is an effective teaching method in physical education teaching, it has a great auxiliary role in physical education teaching, it can promote students' interest and love of physical education. The core essence of table tennis is to make students find the fun of learning in the process of learning college sports, only to help them find the fun of learning can improve their sports performance. As a modern game form which mainly helps students to promote college physical education practice, it is scientific to combine entertainment with college physical education, and to add this kind of game entertainment to college physical education training, which plays a great role in basketball teaching.[1]. It can be seen that the value of table tennis in college physical education teaching and training is research-oriented and discussion-oriented.

2. Skills in Physical Education Teaching and Training in University

Among the many sports, college sports should be the favorite of middle school students, mainly because it can not only exercise students' body and improve students' physical quality, but also promote students' love and pursuit of sports, so as to promote the comprehensive development of students, so that students in the school can "moral, intellectual, physical and labor" comprehensive development [2]. There are a lot of college physical education skills in college physical education teaching and training, which requires a physical education teacher to explain them patiently and carefully. If students can use these skills well, they can not only improve the quality and efficiency of college physical education, but also enable students to better understand college physical education and master college physical education skills, thus further stimulate students' love for college physical education.

College sports is not just a physical exercise, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in the competition, they will be eliminated, so it also increases the difficulty of college physical education teaching and the complexity of training. Above all, college sports is a team-related sport that consists of five core positions: center, power forward, small forward, point guard and point guard. Therefore, in the course of actual teaching, PE teachers should not only give students the skills to play college sports,

but also cultivate their team consciousness and cooperative spirit [3]. Through such teaching methods, we can really achieve the main purpose of college physical education.



Figure 1 Physical education

College physical training is crucial, it is more important than theoretical knowledge, because many things can not understand the true meaning of it by speaking, only through their own personal practice can understand. Therefore, in the course of college physical education training, middle school physical education teachers should constantly strengthen practical training and increase the difficulty. According to the students' college physical education level, a specific teaching and training plan can be drawn up to divide the students with better college physical education skills into two equal teams.

3. The Significance of Table Tennis Teaching

3.1. Table Tennis is Conducive to Regaining College Sports Interest

The fun of the game can help students to have interest in sports, let students get rid of fear of sports psychology, and in the course of the game with teachers to communicate and communicate, with teachers to complete the task of college physical education. In the course of the game, the teacher designs many different levels of levels according to the situation, and the students need to go through the gate and finish the game task continuously [4]. It is of great help to study college physical education, thus solving the doubts in learning college physical education. After the success of the game clearance, students are given appropriate rewards to get a sense of achievement, thus helping them to regain their interest in college sports, so as to improve the efficiency of learning college sports.

3.2. Table Tennis is Conducive to Improving the Effectiveness of College Sports

According to scientific research, compared with traditional teaching methods in the past, game-based teaching can make students acquire a lot of knowledge in the process of learning. In fact, for middle school students, sports is more difficult, because the general physical quality of middle school students is too poor, sports cells are too weak. Sports activities have a certain resistance to them, the traditional physical education teaching methods can not mention their confidence in sports [5]. The game is entertaining, so teenagers like entertaining activities more now, so using game-based teaching can not only create a relaxed and pleasant learning atmosphere for students, but also enable students to learn more knowledge in the process of playing, thus slowly repelling their aversion to sports and improving their learning effect.



Figure 2 Warm-up before class

3.3. Table Tennis is Conducive to Developing Teamwork

Games are one of the ways to help students effectively understand how to improve their survival skills. By imitating the virtual game world of the real world, so as to use the rules of the game to let students understand the survival of the fittest, in the cruel elimination system to quickly learn the way to survive, can effectively cultivate students' learning ability. In addition, the game needs to set the level of teamwork, but also to develop the ability of teamwork students.

4. Effects of University Sports

4.1. Develop Teamwork Spirit

Sport is not just a physical exercise, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in the competition, they will be eliminated, so it also increases the difficulty of physical education and the complexity of training. Above all, sport is a team-related sport that consists of five core positions: center, power forward, small forward, point guard and point guard. Therefore, physical education teachers should not only give students the skills of playing physical education but also cultivate their team consciousness and cooperative spirit. Through such teaching methods, so as to truly achieve the main purpose of physical education teaching.



Figure 3. Developing thinking

4.2. Strengthening Physical Training

Physical training is crucial, it is more important than theoretical knowledge, because many things can not understand the true meaning of it, only through their own hands-on practice can understand. Therefore, in the process of carrying out physical education training, college PE teachers should constantly strengthen practical training and increase the difficulty, and make a specific teaching and training plan according to the students' physical education level. Students with better physical skills in the class can be divided into two equal teams, first let them train good physical skills and then show the results of the training to the whole class, to provide students with a good reference template, the following training process can be guided by the students of the two sports teams in the class, which not only trains their physical education skills, but also reduces the burden on PE

teachers.

5. Conclusion

To sum up, if the school wants to break through the difficult predicament of college sports work at present, the school should keep pace with the times, meet the development needs of the current big situation, do a good job in the reform of college sports within the school, and effectively integrate it with the management mode and economic benefits, and provide a more safe and reliable environment for the development of the school. To improve the quality of college physical education teaching is to help students to exercise better and cultivate students' good physical habits. In physical education teaching, physical education teachers should make corresponding teaching plans according to the characteristics of students in order to better help students improve their physical education level, promote students' interest and love of physical education, and encourage students to better strengthen their physical education skills. This article through a series of in-depth studies of physical education teaching, we can find that more scientific and effective physical education teaching, must have sufficient teachers and equipment, while training students, but also pay attention to the safety management of students, because in physical education practice is easy to hurt, to achieve these points, basically has been in line with the effectiveness of college physical education teaching. The key of this teaching method is to help students master college sports ability and cultivate sports spirit through the education of teaching and learning, so as to promote the development of sports learning.

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