

# Exploration of Physical Fitness Training Path in Table Tennis Teaching in Middle School

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**Abstract:** Physical fitness training is the foundation and necessary condition for all sports. The physical fitness training in table tennis teaching has a significant impact on the physical fitness and character development of middle school students. This article briefly analyzes the important role of physical fitness training in middle school table tennis teaching through research methods of literature and logical analysis. This research proposes a reasonable design of physical fitness training teaching plans, adopting diversified physical fitness training teaching methods, and focusing on students nerve control of muscles, special physical fitness training for table tennis teaching and other strategies are set up to improve teaching level.

**Keywords:** table tennis, middle school, physical fitness

## 1. Introduction

Table tennis, as China's national ball, has a very high popularity and is deeply loved by people. Physical training has important theoretical value and practical significance in the field of physical education and sports training. The effective improvement of teaching performance lies in the complementarity of physical, technical, and tactical abilities, which complement each other and promote together. In the physical training of table tennis teaching, according to the actual needs of sports events, middle school students can effectively improve their physical fitness and cultivate good volition [1]. Therefore, middle school teachers need to set up a special training plan according to the specific situation of the students, so as to teach students in accordance with their aptitude, so as to achieve the purpose of improving the physical fitness of middle school students, so that they can have a healthy physique in the future development and stand out among their peers to obvious advantages, so it is necessary to attach great importance to physical fitness training.

## 2. The important role of physical fitness training in middle school table tennis teaching

### 2.1 Enhance students' physical ability

It is necessary to attach great importance to the importance of physical fitness training in table tennis teaching in middle schools, so as to ensure that table tennis teaching achieves the expected results. Especially in professional table tennis matches, table tennis players often need to bear the pressure of at least 50 minutes of strenuous activities, once their physical strength is exhausted, it will affect the final result of the game and even fall short [2]. Therefore, strengthening the physical fitness training of middle school students can greatly enhance the physical strength of students, so that they have the physical fitness to participate in table tennis, and ensure the completion of basic teaching and training tasks. In the teaching of table tennis, it is necessary to use hands such as swinging arms and raising feet to improve the speed of playing. Therefore, in physical fitness training, the arm, leg and foot strength and core strength of middle school students can be further improved according to actual needs, so that they can smoothly complete the action steps of daily training and teaching of table tennis.

### 2.2 Develop students' endurance

Table tennis is actually a sport with a short transition time during the playing process of both parties. It is between aerobic exercise and anaerobic exercise. This requires middle school students to have a certain endurance in table tennis learning and be able to cope with repeated attacks hit the test. During

the daily learning of table tennis, middle school students need to train the ball and return strokes first. Once they do not have strong patience, they can easily lead to psychological irritability, which will affect the learning effect [3]. Therefore, through physical fitness training, students' endurance can be effectively cultivated, so that they have the confidence to participate in persistent sports and keep their interest in sports fresh.

### ***2.3 Improve students' flexibility***

No matter what kind of sports, participants need to have corresponding flexibility. Physical flexibility and coordination are the basis for participating in sports together. In the teaching and training of table tennis, due to the fact that there are fewer operators in the actual game, this requires the participants to have the courage and reaction ability to face table tennis independently [4]. In the physical fitness training of table tennis, teachers can improve students' emergency response ability and show strong flexibility in table tennis, thereby enhancing the effectiveness of physical education and sports training.

## **3. Exploration of the path of physical fitness training for table tennis in middle schools**

### ***3.1 Reasonable design of physical fitness training teaching plan***

In the middle school table tennis physical fitness training, it is necessary to adopt an appropriate teaching plan to ensure that every middle school student can form a healthy physical fitness, so that they can continue to achieve their learning goals in the field of table tennis [5]. Especially for middle school students, their bodies are still in the plastic stage and their bones are basically formed, but they can improve various functions of the body through corresponding exercises, thereby effectively improving sports performance. Therefore, it is necessary to implement physical fitness training in table tennis teaching. In addition, middle school teachers need to follow certain principles when designing physical fitness training plans, as follows.

Scientific. Although the main purpose of physical fitness training is to improve students' physical fitness and enable them to master table tennis skills more flexibly, they should also pay attention to science, and should not rush to achieve results that will cause students to overburden and exceed students' tolerance, which will affect their physical fitness training effect. In the actual training process, the teacher should observe the physical performance of each student, and design a training plan that meets the physical limits of the student in combination with the different sports abilities of each student.

Teach students in accordance with their aptitude. This is the most important content under the requirements of the new curriculum standards. Therefore, the concept of teaching students in accordance with their aptitude should be actively integrated into the physical fitness training of table tennis in middle schools, and the training plan should be adjusted in time with full consideration of the students' age characteristics and psychological quality. For example, although junior high school students have certain athletic abilities, they exhibit poor flexibility in the face of danger. Therefore, they can't be allowed to complete more complex training content independently, and teachers need to guide them by the side. In contrast, high school students are more mature and know how to handle things flexibly. At this time, the teacher can appropriately increase the training intensity and supervise it, so as to achieve the best training effect.

Hierarchical. Physical fitness training in ping-pong teaching should be layered into actual training plans. For example, all students can participate in basic training content such as running and jumping, and then gradually increase the difficulty, and guide students who meet the training standards to successful completion of the training task, students can obtain greater progress in this gradual training program.

### ***3.2 Adopt diversified physical fitness training teaching methods***

Facing different students, it is necessary to adopt diversified physical fitness training teaching methods, so as to maximize the realization of training objectives. First of all, table tennis teachers need to encourage students to participate in physical fitness training on their own, starting from stimulating students' interest. As physical fitness training is a relatively boring and physically exhausting training program, some students are reluctant to participate in physical fitness training, and even have a

psychology of rejection. At this time, the teacher needs to set up a more interesting training session, in order to mobilize the enthusiasm of the students, so that they can accept physical fitness training tasks happily. For example, changing the original long-distance running training to serpentine running or running around obstacles, etc., can make students become interested in the content of the training, thereby resolving their inner resistance.

Secondly, teachers need to pay attention to the effective combination of theory and practice. In physical fitness training, teachers need to explain table tennis skills and related operational knowledge to students, and then divide students into groups to improve their skills in practical training, and achieve training in wrist and foot strength.

Finally, teachers need to provide students with diversified training methods based on their training status, such as allowing students to evaluate each other, and after the students evaluate each other, the teacher will summarize, so that students can clearly understand their own shortcomings. So as to gain room for progress or organize a table tennis physical fitness competition, which can let students realize the importance of physical fitness training from the competition.

### **3.3 Pay attention to students' nerves to control muscles**

Teachers need to pay attention to the students' nerve-controlling ability of muscles in the physical fitness training of table tennis, and choose suitable training modes to carry out training activities. Taking suspension training as an example, teachers can allow students to form strong muscle control in training, which can ensure effective control of the racket in table tennis. For example, teachers can instruct students to participate in suspension double-arm push-up training in order to enhance students' upper limb strength. First, let the students hold the suspension ring with both hands, put their feet together and support straight arms to perform prone movements; then slowly bend their arms down and hold them for about 2 seconds and then repeat the training; finally, each group of exercises needs to be performed 15 times. It can take a rest for 60 seconds every time five actions are completed, so as to exercise the students' physical fitness, so that they can have a sense of subjective control in muscle control [6]. When students have the ability to control muscles, they can also accurately perceive the key points of the application of skills and techniques in table tennis, thereby improving the level of operation.

## **4. Conclusion**

In summary, in middle school table tennis physical fitness training, middle school students can effectively improve their physical fitness level and psychological pressure tolerance, so as to lay a solid foundation for the future development of middle school students. Therefore, as a middle school table tennis teacher, you need to set up a corresponding physical fitness training plan according to the different tolerance ranges of each student, so as to ensure that middle school students can achieve healthy growth in table tennis physical fitness training.

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