

Research on Children's Table Tennis Initiation Education

Guo Lei

Sports Department of Northwest Agriculture and Forestry University, Yang ling, Shaanxi, China

Corresponding author email: 18142535@qq.com

Abstract

by cultivating children's interest in the table tennis program, children's ability to sense system and focus is improved. On the basis of promoting the development of brain and body, children's imagination and creativity are stimulated to make more children fall in love with table tennis. At the same time, the education process is based on family education and takes table tennis as the media to help children achieve the education goal of loving sports, loving parents and loving family.

Keywords

Infants, table tennis, education enlightenment.

1. Introduction

The training of education for world table tennis sport initiation is mostly based on children of 5 years old, but there is no perfect education model for children from 3 to 5 years old who have certain cognitive and perceptive abilities. Therefore, children from 3 to 5 years old became the blank period of education in the early stage of table tennis. In order to fill this gap, this paper studies the education of children aged 3-5 years in table tennis from four aspects, such as teaching concept, teaching mode, teaching method and teaching equipment, so as to provide a new thinking and method for children's table tennis education in China.

2. Establish novel teaching concepts

Young children under 5 years old are the critical period of early character formation and have strong plasticity. Children entering this period have the desire to participate in social activities and collective activities due to their physical and mental development, and initially have the concept of team. At the same time, children's sense of collective, responsibility and honor is also quietly emerging. According to the characteristics of the children during this period, we set up the physical, intellectual, human intelligence education idea, the unity of the three body with table tennis education, feeling system training, funny games, parent-child education activities as the carrier, for 3 ~ 5 years old children table tennis fun enlightenment education, let the children in the funny games enhance physical fitness, to inspire potential, to enhance the social adaptability, the children independent personality.

3. Build an effective teaching model

3.1 Motivate motivation and cultivate interest

Motivation to learn requires the power of intrinsic motivation, and this power requires fun in many forms

Model: stimulate children's learning motivation and cultivate their learning interest. Let children in a variety of interesting education process active learning, exploration and discovery. Help children like table tennis, willing to use the knowledge and skills learned to meet their curiosity for new things and the pursuit of playing.

3.2 Science guides and strengthens the mind

Table tennis is a competitive sport, so there is fierce competition in the process of sport, which will help to cultivate children's competitive awareness and guide children to establish correct values in the

process of learning. In the process of learning, children gradually form an optimistic and sunny character through communication and communication with partners, opponents and teachers. To develop the awareness of rules, discipline, cooperation and competition, these characters and awareness will be transferred to children's daily learning and life, and eventually achieve the goal of brain building and mental health.

3.3 Pay attention to parents and children to establish bonds

Use of table tennis in build a bond of love between parents and children, help parents formed based on the development of children, based on the demand of the children, the family interaction as the main mode of family education, let parents and children's feelings more harmony, family life happiness, make children to love their parents, love the family, love table tennis.

4. An interesting teaching method

4.1 Interest enlightenment

Curiosity, active, like to explore the mysteries of things around, this is the primary motivation for children to learn. For children aged 3-5 years, table tennis should first become their fresh toys, children should discover the characteristics of table tennis, such as small size, light weight, round shape, good elasticity, and so on, and then design various table tennis training children are interested in according to the characteristics of table tennis.

4.2 Exquisite games

The whole teaching process USES the physical intelligence teaching method for reference, and designs various interesting games that children are willing to play, able to play and able to play according to children's playfulness characteristics. In the games, children are allowed to know table tennis from different perspectives, and through various table tennis playing methods, they are able to actively discover the world, check their life and feel growth

5. Professional equipment to fill the gap

Currently, the design of table tennis equipment at home and abroad is mainly aimed at adults and teenagers, but there are few professional equipment for children aged 3-5 years. Therefore, the state should design a table table, table tennis ball machine and ball picking device for children under 5 years old according to a series of data such as height, weight and arm span a series of fun children table tennis equipment. Take table tennis table as an example: the table is mainly designed for the height and arm span of children between 3 and 5 years old. The height can be adjusted according to the height of specific users. The entire table is made of lightweight material for easy movement and folding.

6. Conclusion

Children under 5 years old are the key period for the development of permanent memory, during which through scientific, systematic and real-time physical and mental training, such memory and habits can be kept for a decade or even a lifetime. Research on 3-5 year old children's table tennis initiation education is not only in line with the national advocated sports policy of outputting talents and outputting talents, but also can help children strengthen their body and mind, cultivate their team awareness, antagonism awareness and anti-pressure ability, and finally achieve the goal of loving sports, life and family.

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