

Application of Hierarchical Teaching in Table Tennis Teaching in Colleges

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Abstract: In sports, table tennis requires extremely high physical fitness for participants. At the same time, due to its offensive and defensive strategic, participants are required to have agile thinking and flexible mind. It is an excellent way to improve the quality of people. In the process of physical education in colleges, due to the lack of attention to sports itself and the popularity of table tennis, teachers and students are not very enthusiastic about table tennis, and it is difficult for students to improve their table tennis skills in class. However, colleges have heavy learning tasks and tight scientific research tasks. Table tennis is a good way to relax, and it is also an important means to expand the thinking of teachers and students. Faced with the differences in the level of table tennis among students, students at different levels can benefit from table tennis teaching with the help of the application of hierarchical teaching.

1. Introduction

Table tennis has become quite popular in our country, and almost everyone can play table tennis. But on the whole, college students have not been exposed to systematic table tennis learning and training, their level is not high, their own knowledge of table tennis is not enough. So their enthusiasm for table tennis learning is not high. The application of hierarchical teaching makes the process of college physical education more targeted and more in line with the needs of different students, thereby ultimately improving the teaching effect of table tennis.

2. The Significance of Applying Hierarchical Teaching to Table Tennis Learning

2.1 Contribute to the Formation of Table Tennis Strategy

Table tennis is a strategic sport that emphasizes the ways and methods of playing. Many people's own table tennis skills are almost the same as those of athletes. However, in actual competitions, they lose more and win less. The fundamental reason lies in the lack of strategic awareness of table tennis. Hierarchical teaching helps to understand the characteristics of students. Later, in the training, targeted training will be carried out on the aspects of the students' weak strategic awareness, and the students' own skills will also be continuously improved in the training.

2.2 Contribute to the Improvement of Students' Individual Skills

There are many technical essentials in table tennis, and the types of skills are complex. Participants use a variety of individual techniques in the process of competition, training, and leisure. Only with a solid foundation of individual techniques can they perform better. With the help of hierarchical teaching, teachers can highlight the key points of teaching, divide them according to students' technical levels and provide targeted guidance.

2.3 Contribute to the Integration and Application of Students' Table Tennis Skills

The sports items of table tennis have extremely high requirements for the participants' various comprehensive abilities. Participants can not play their own level if they master various skills to deal with competition and leisure alone. Only when teachers actively carry out hierarchical teaching and guide students to integrate and comprehensively use various individual techniques in training, can they improve students' on-the-spot adaptability and promote the improvement of students' table tennis level.

3. Analysis on the Application of Hierarchical Teaching

3.1 Divided by Students

Most students in colleges have a certain foundation of table tennis, have a certain understanding of the connotation and rules of table tennis and the techniques. But each student's own knowledge and skills are different. If the teacher does not divide the level and teaches uniformly, it will inevitably affect the students of the corresponding level. After getting to know the students, teachers can divide the students according to their technical level, and guide students with different levels of technology. So students with good skills can improve their own level, and students with low skills can improve their foundation while consolidating the foundation. Students at each level will not be left behind in the learning of table tennis, and they will be able to obtain benefits. With the help of this hierarchical teaching method, different students have greatly increased their interest in table tennis, and their enthusiasm for participating in table tennis learning has been stimulated. In the process of dividing technical levels, teachers can use actual combat assessment methods to make student levels more objective and accurate, which is helpful for teachers to carry out later teaching.

3.2 Divided into Different Levels Based on the Purpose of Teaching

The learning process of table tennis is from easy to difficult, from basic to advanced. In the teaching of table tennis, teachers cannot pursue short-term teaching effects and ignore the objective learning process of table tennis. Instead, they should consolidate the students' foundation. Under the premise of this, the students are upheld. This requires teachers to determine their own teaching objectives in the layered teaching, and to layer the teaching objectives to make the process of table tennis teaching more hierarchical. With the help of step-by-step planning and training, students' interest and confidence will increase greatly when they initially master the basics of table tennis. Teachers take advantage of this to guide students' interest and let students use their existing confidence to overcome advanced table tennis learning content, and students' enthusiasm for active participation in high-level learning is greatly improved.

3.3 Divided by Teaching

The content, methods, and forms of table tennis teaching are diverse. Teachers can directly demonstrate technical movements and allow students to imitate. They can also divide students into

groups to allow students to learn independently. In the process of student training, the teacher carefully observes and guides the students to show the spirit of mutual assistance, thereby improving the students' level of table tennis.

4. Discussion on the Optimization of Hierarchical Teaching Application

4.1 Personalized Teaching

The level of table tennis of college students is different, and the students' personality, physical fitness, growth environment, etc. are quite different, and the thinking and body of table tennis are different. If teachers want to achieve greater teaching results in teaching, they must develop individualized and hierarchical teaching, highlight the use of individuality and levels in the teaching process. After in-depth understanding of students, with the help of reasonable methods, teachers can guide students to use their advantages and on this basis guide students to make up for their shortcomings.

In the practice of hierarchical teaching, it is also necessary to take the student as the center. While effectively identifying the characteristics of students, classify them and conduct special guidance and exercises for learning at the same level. Then we can let students with weak table tennis ability generate interest in learning, and improve their own level of students with a certain foundation.

4.2 Pay Attention to the Cultivation of Individual Differences among Students

In the process of developing hierarchical teaching, teachers can develop hierarchical teaching with the help of designing different teaching objectives. So students at different levels can stimulate their interest in table tennis after completing the teaching objectives set by the teacher, and experience a sense of experience. In hierarchical teaching, teachers should pay attention to the study of individual differences among students, analyze these differences and make use of different levels of teaching purposes to make students' own differences in hierarchical teaching become their growth advantages. Expose their shortcomings and potential, creating a huge space for students to develop.

4.3 Harmonious Teacher-Student Relationship

Table tennis is a highly interactive sport, and a harmonious teacher-student relationship is helpful to the development of hierarchical teaching and has a positive effect on the improvement of teaching effects. In hierarchical teaching, teachers should put themselves and students on the same position, communicate in time, actively encourage and guide and establish a good teacher-student relationship with students.

4.4 Pay Attention to the Improvement of One's Own Level

The hierarchical teaching method itself has great potential. In the development of education, it has been used in the teaching of various subjects and has shown great potential. Physical education teachers in colleges should actively improve their own qualities, strive to tap the potential of layered teaching methods, and actively explore the forms and methods of application, so as to promote the continuous improvement of the application effect of layered teaching in table tennis teaching. At the same time, hierarchical teaching has changed the teaching methods and status of teachers, forcing teachers to pay more attention to the feelings of students in teaching. Teachers should actively learn

psychology knowledge, analyze the psychology of students at different levels, and continue to practice. So stratified teaching closely meets the psychological needs of students, and promotes the content and teaching methods of stratified teaching to be more in line with students' learning habits.

5. Conclusion

In summary, the advancement of educational reforms in colleges has prompted colleges to pay more attention to the development of students in all aspects. In particular, the teaching of physical education can not only improve the physical fitness of students and benefit the development of students' body and mind, but also has a huge help to the learning of students' knowledge. This requires teachers to use hierarchical teaching methods to provide personalized teaching to students at different levels after analyzing the differences between students, so as to promote the gradual rise of the overall level of table tennis of college students.

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