



The Relationship and Teaching Problems between Physical Training and Special Sports Skill Training

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Abstract

To improve students' physical fitness and special sports skills is the primary task in cultivating the core quality of sports ability. Although physical fitness training and special sports skills training are carried out through different training methods, they have a certain connection. This paper explores physical training and special sports skills training, and analyzes the teaching design in physical education teaching, which plays a vital role in increasing the efficiency of physical education classroom and improving the development of students' comprehensive level.

Subject Areas

Physical Education

Keywords

Physical Training, Physical Education Teaching, Core Literacy, Specific Motor Skill

1. Introduction

Sports ability is one of the core qualities to be cultivated in physical education and health curriculum. There are three dimensions: physical condition, sports cognition and technique and tactics application, sports display and competition. It is mainly reflected in the master and application of basic motor skills, physical strength and special motor skills. In April 2022, the Ministry of Education issued the "Compulsory Education Physical Education and Health Curriculum Standards (2022 edition)", which pointed out that every physical education and health class should organically combine physical fitness, motor skills, and sports cognition and un-

derstanding, and set the curriculum content of physical fitness and special motor skills in level 2, Level 3 and Level 4 [1]. It can be seen that physical fitness and specific motor skills are very important. However, there is still much room for research on how to design physical training and skill training in the classroom. This article will take this as a foothold to elaborate.

2. Correctly Understand the Value of Physical Fitness and Skills to Cultivate Students' Core Qualities

2.1. Physical Training Concept Analysis

Physical ability is the element of physical ability stored by the human body to adapt to the needs of sports, which refers to the synthesis of a series of physical abilities shown by the human body in sports [2]. Physical fitness learning and training refers to the means and methods of training to promote physical fitness, including learning physical fitness and practicing physical fitness. Learning physical fitness refers to enhancing physical cognitive ability and mastering physical training methods. Physical training refers to improving physical quality and sports skills through practice. Physical training is mainly aimed at improving body composition, developing cardiopulmonary endurance, muscle strength, muscle endurance, reaction ability, displacement speed, coordination, sensitivity, explosive power, balance and other qualities. It lays a good foundation for students to improve their physical health and learn and practice special sports skills.

2.2. Physical Training Is Helpful to the Growth of Students' Physique

Physical health is the guarantee for the growth of teenagers. In physical education teaching, teachers increase the density of exercises in class through physical training, so as to improve students' physical quality. It can be seen that physical training is the key to improving students' physical quality and maintaining physical health. In physical training, students should be guided to correct practice methods, so that they can develop a scientific way of physical exercise and form good physical exercise habits.

2.3. Physical Training Is Helpful to the Development of Students' Physical and Mental Health

Students' physical health requires not only a healthy body but also a healthy mind. In physical education class, teachers set up reasonable learning and training content based on students' physical and mental condition. Physical training is achieved in repetitive exercises of a certain intensity and density [3], which reflects the boredom of physical training, which makes students need to overcome the inertia of learning and training, which is easier to inspire students to fight bravely and persevere in their physical and mental characteristics. In order to promote the healthy development of students' body and mind, and realize the all-round development of students.

3. The Definition and Function of Special Motor Skill Training

3.1. The Concept of Learning and Practicing Specific Motor Skills

Special sports skills include ball games, track and field sports, gymnastics, water or ice and snow sports, traditional Chinese sports, new sports six categories [2]. The training of special sports skills mainly enables students to master the basic knowledge and basic skills of various sports, the application of techniques and tactics, and the ability to make rules and judgments.

3.2. Special Skills Training to Cultivate Students' Interest in Sports

The learning and training of special sports skills are based on specific sports events that are inherently entertaining. Compared with single physical fitness training, students are more interested in learning and training in special sports skills. In classroom teaching, students can master the sports skills and rules through the study of special sports skills, experience the fun and joy in sports, and help to develop the habit of lifelong sports.

3.3. Special Sports Skills Training to Cultivate Students' Innovative Consciousness

Sports skills are systematic and complete, and in the learning and training of special sports skills, they are transferred to actual combat through the learning of a single movement. For example, in football, middle school students need to combine single sports skills such as dribbling breakthrough, passing, shooting and other technologies, and only then can they master this skill by skillfully using it in actual combat. Therefore, in the training of special skills, students need to use technology in actual combat not only need to master motor skills, but also need to think positively and make decisions in a short time to strengthen the coherence between motor skills. This cultivates students' ability to analyze and solve problems, and cultivates students' consciousness of innovation.

4. The Correlation between Physical Training and Specialized Skill Training

4.1. Physical Training Is a Powerful Guarantee for the Training of Special Skills

The learning and training of special motor skills rely on the support of physical training, and individuals need to have a certain physical foundation and corresponding physical cognitive ability when learning and training special motor skills [4]. For example, students with better physical fitness in the learning and training of basketball skills will master the movements better and will not need to learn for a long time. Students with relatively poor physical ability need to study for a long time and may not be able to master it. In the process of learning, students need to have certain physical cognitive abilities to choose the appropriate speed and difficulty to carry out the exercise.

4.2. Learning and Training of Special Sports Skills Is the Carrier of Learning and Training of Physical Strength

Physical training is meant to improve physical quality and lay the foundation for special skills training. In physical training, there should not be only boring and single physical training. Although these exercises are more effective, they will cause students to lose interest in sports and reduce their participation. Therefore, the content of physical training should be close to the special sports, and the fun and victory of the special sports should be used to mobilize the enthusiasm and competitive heart of the students. Taking standing long jump teaching as an example, using “throwing stones across the river” (hula hoop long jump relay), elastic belt arm swing and other interesting exercises, students can improve their upper and lower limb strength, coordination and other physical qualities by learning the main points of arm swing, jump, push and stretch. It not only enhances physical health, but also allows students to experience the fun of sports and actively participate in physical exercises.

5. The Development of Physical Training and Special Kinematics Training in Physical Education Teaching

5.1. The Content Selection of Physical Training and Special Sports Skills Training

The “Compulsory Education Curriculum Standards (2022 edition)” points out that each physical education class should be organically taught from the aspects of physical fitness, motor skills, motor cognition and understanding. Through the design of large unit teaching, pay attention to “learning”, “practice” and “competition” integrated teaching. Through the three stages of students’ mastery of motor skills, including generalization, differentiation, consolidation, and automation, each stage should reasonably allocate time for physical training and special skills training [1]. For example, in football teaching, in the generalization stage, students have not yet formed the concept of motor skills, and the information they receive is as follows: The general movement pattern and the overall impression of playing football are in the imitation stage, which is only imitated and tried through the teacher’s demonstration and explanation of movement elements during learning. In this stage, the learning and training of special sports skills are mainly followed by the learning and training of physical fitness, so as to establish students’ concept of football skills and improve students’ cognitive ability of football. In the differentiation stage, on the basis of generalization learning, students gradually divide their learning of football technology into each single movement, optimize each movement skill, and eliminate non-standard movements. In this stage, physical training is integrated on the basis of skill learning and training. While optimizing each skill, physical training required by the skill is enhanced. In the consolidation and automation stage, students will re-integrate each single action technology of football into a complete technique and tactics, so as to establish a new coordination relationship and apply it in actual combat. At this stage, students gradually

master the overall sports skills, at this time, it is necessary to increase the intensity of physical training to improve students' physical quality, so as to support students' good physical quality in the process of actual combat. Therefore, in the design of large unit teaching, we should reasonably arrange physical training and special skills training according to the different stages of students, so as to make students better development.

5.2. The Design of Teaching Methods of Physical Training and Special Sports Skills Education

In physical education classrooms, teachers choose teaching design among many things, and we should know clearly what to learn, practice and improve in each class. Teachers need to formulate teaching plans according to the teaching syllabus, including academic year teaching plan, semester teaching plan and class hour training plan, so that students can conduct scientific and systematic physical training and special skills training [5]. However, physical education teachers often make two mistakes when making plans: first, they only pay attention to the learning of special skills and ignore the physical training. For example, when learning one-handed shoulder shooting, only focus on the action hand type and power posture, and only practice shooting exercises to consolidate the pure technical class of shooting action. This kind of practice can indeed make students understand the essentials of movement, but there is no connection with actual combat. This way of learning and practicing in a closed environment cannot let students really master the skill, and cannot cultivate students' fun of the movement. Second, physical training has no correlation with special sports skills, but increases the intensity of classroom practice through physical training. Neither of these two modes is desirable, one is completely without physical training, the other is very casual physical training, students in these two modes of learning can neither well experience the fun of sports, nor can they fully master sports skills through practice, these modes of learning hinder students' all-round development. Therefore, when designing the class plan, we should select the physical training corresponding to the learning and training of special sports skills, and integrate physical training with actual combat into the learning and training of special sports skills. For example, by teaching triple jump as a column, we can integrate physical training of one-foot jump and stride jump into the class, and we can also play mini-triple jump games. Use the placement of markers to develop students' movement structure and coordination ability. Some physical games combined with special sports skills will be used throughout the class to promote and develop each other.

5.3. The Strategy of Combining Physical Training with Special Sports Skills Training

Physical ability and skills are interrelated, so the learning and training in the teaching process must be a combination of physical ability and skills [6]. However, how to combine physical training with special sports skills training reasonably and

effectively requires certain strategies. The common combination method in grass-roots teaching is to increase the running distance or increase the number of contact repeats of skills as physical learning and training, taking basketball three-step layup as an example: Although this method can improve students' physical fitness and three-step layup skills, it cannot allow students to experience the real fun of basketball games. Moreover, it cannot make changes for students at different levels and stages, so it is not advisable. Therefore, when designing learning and training, we should first follow the development cycle of students. As well as the degree of students' mastery, it is necessary to pay attention to the fitness of physical training and special motor skills training, but also to consider whether students can accurately and reasonably complete the movement, if students can not complete it, they can consider reducing the intensity or difficulty and other forms, so that students can experience the movement. Secondly, physical training and special sports skills should be practiced throughout all parts of the classroom, and students should be allowed to "practice" in "learning", "practice", "competition", "competition" and "learning". By linking all links and constructing a reasonable and effective learning and training structure, students can not only acquire special sports knowledge, but also improve their physical quality. Finally, it is necessary for teachers to think more broadly and teach more comprehensively when constructing unit teaching. For example, the use of situational teaching method, the use of games and other ways to apply a single technology to life, not only to connect learning with reality, so that students learn in play, play in learning. It also cultivates students' sports skills and physical fitness.

6. Conclusions

Physical fitness training and skill training are two important courses in physical education teaching, and the teaching plan is designed around physical fitness and skill. Therefore, the study of physical training and special sports skills training provides some new suggestions for PE teachers' daily teaching design to a certain extent, which can not only change the original monotonous teaching form, but also make students like not only sports, but also physical education. More help to improve students' special skills and physical quality level, so that students develop better.

Conflicts of Interest

The author declares no conflicts of interest.

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