

# Application of Badminton in Primary School Physical Fitness Training

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**ABSTRACT.** Badminton, as a sport, has strong interest, antagonism and competitiveness. The application of badminton in primary school physical training can not only promote primary school students' interest in physical education, but also improve their physical quality. It can be found that badminton plays a very important role in primary school physical training. Therefore, primary school physical education teachers should strengthen the research on badminton, so as to better apply it to physical fitness training. The author explores and analyzes the important role of badminton in primary school physical fitness training, and puts forward the effective strategies of badminton in primary school physical fitness training, hoping to contribute to the smooth development of physical fitness training activities in primary school.

**KEYWORDS:** Badminton, Primary school sports, Physical training, Application strategy

## 1. Introduction

In recent years, with the implementation of a new round of basic education curriculum reform, physical education, as an important discipline in quality education, gradually improves its position in the whole teaching system. Primary school physical education teachers must pay enough attention to physical education teaching and realize the important role of badminton in physical training. Meanwhile, according to the physical fitness and age characteristics of primary school students, badminton training activities are designed to give full play to the important value of badminton as a physical fitness training project.

## 2. Importance of Badminton in Primary School Physical Training

### 2.1 Promoting the Development of Pupils' Individuality

With the continuous development, the school will form its own characteristics of school philosophy and guidelines. In order to further promote the development of school personalization, schools must develop school-based curriculum which is consistent with the school's personalized development, which is not only conducive to the integration of relevant courses, but also conducive to the personalized development of primary school students. Therefore, primary school physical education teachers should strengthen the development of school-based badminton curriculum when organizing primary school students to carry out physical training, so as to provide an important basis and guarantee for the application of badminton in primary school physical training.

### 2.2 Promoting the Establishment of Good Relationship between Teachers and Pupils

On the application of badminton in primary school physical fitness training, teachers can design targeted teaching content according to the characteristics of badminton and the actual situation of primary school students. This puts forward higher requirements for teachers, which not only needs to strengthen the comprehensive analysis of badminton, but also needs to strengthen the understanding of primary school students. It is necessary to establish a good relationship with primary school students to better understand pupils. Therefore, the application of badminton in primary school physical training can indirectly promote the establishment of a good relationship between teachers and

pupil.

### **3. Effective Strategies of Badminton in Primary School Physical Training**

#### ***3.1 Making Fully Reflection of the Main Position of Pupils in Badminton Training***

The new round of basic education curriculum reform puts forward that teachers should fully reflect the main position of students when carrying out classroom teaching activities. In the process of using badminton to organize physical training for primary school students, primary school physical education teachers should take primary school students as the main body of teaching and strengthen their subjective consciousness. In the past, primary school physical education teachers usually dominated the whole teaching activities in the process of organizing primary school students to carry out physical training. First, give a detailed theoretical knowledge for the primary school students, then do the action demonstration for the primary school students, and finally organize the pupils to practice repeatedly. In the whole teaching activities, because primary school students are in a passive position, it is easy to affect the enthusiasm and initiative of primary school students' training. Therefore, teachers in the use of badminton to carry out physical training activities, should be in accordance with the requirements of the new round of basic education curriculum reform, actively change the previous teaching concept, break through the limitations of the traditional physical training mode, and regard primary school students as the main body of training. For example: teachers in the organization of primary school badminton sports physical training, through the development of badminton competition activities, improve the physical quality of primary school students, let primary school students feel the beauty of badminton in the game. Primary school students generally have a strong feeling of performance and competitive, badminton competition activities, which is very beneficial to the improvement of primary school physical fitness training effect, can effectively stimulate the enthusiasm of primary school students.

#### ***3.2 Actively Set Up a Badminton Teachers Team with High Professional Quality***

Teachers' professional level and professional quality will directly affect the effect of badminton in primary school physical training. Therefore, primary schools should actively establish a badminton teacher team with high professional quality. On the one hand, the school should actively organize physical education teachers to carry out the training and learning of badminton theoretical knowledge and skills, so as to create a good cultural atmosphere for the application of badminton in primary school physical training, and create good conditions for the improvement of professional ability and professional quality of physical education teachers, so as to promote physical education teachers to break through the limitations of traditional teaching mode and establish advanced teaching philosophy. On the other hand, the school can hire retired badminton players to enter the primary school campus, provide more professional guidance for the primary school students' badminton training, and inject new vitality into the construction of primary school physical education teachers, so as to further ensure the smooth use of badminton in physical training activities. In addition, the school should also increase the investment in the use of badminton in primary school physical fitness training, build a perfect badminton training site, and prepare complete badminton sports equipment for primary school students, so as to provide important material and human resources for the use of badminton.

#### ***3.3 Construction of Badminton Specialty Training Mode***

Under the background of the new round of basic education curriculum reform, primary school physical education teachers should develop school-based badminton curriculum according to their badminton level and interests, and screen out badminton specialty students from many primary school students, and construct a perfect badminton specialty training mode. In the process of construction, teachers should design special training programs for badminton specialty students, so as to lay a good foundation for primary school students to become professional badminton players. For example: primary school in the construction of badminton specialty training mode, should ensure that students have one and a half hours a day for badminton training, training time every week is not less than 10 hours, and the school should also provide professional coaches for badminton specialty students.

#### ***3.4 Improve Badminton Training Evaluation System***

Badminton is a sport that primary school students generally like. In the process of organizing primary school students' physical training, teachers should make full use of this characteristic, strengthen the use of badminton, and actively build a perfect badminton training evaluation system. Teaching evaluation is an indispensable link in teaching activities. The effective development of badminton training evaluation can not only make primary school students

realize their own shortcomings in training, but also make primary school physical education teachers find the deficiencies in physical training activities. In order to improve the level of primary school badminton, we also need to improve and optimize the physical training of primary school sports. In the process of building a perfect badminton training evaluation system, we should not only develop a perfect badminton training evaluation index, but also record the process of primary school students' badminton training, and play it to primary school students, and then guide them to conduct self-evaluation, so as to make them consciously find their own shortcomings, so as to better carry out improvement.

#### **4. Conclusion**

To sum up, badminton plays a very important role in primary school physical training. Therefore, primary school physical education teachers in the organization of primary school badminton training process, should fully reflect the main position of primary school students. Meanwhile, a high-quality teaching team should be established to lay a good foundation for the smooth use of badminton.

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