

ABSTRACT

This application provides a communication method and a communication apparatus. The method includes: generating a PPDU; and transmitting the PPDU on a channel corresponding to a first bandwidth. X subcarriers in Y subcarriers corresponding to the first bandwidth are used to carry data corresponding to X data subcarriers of at least one RU and/or at least one MRU, the X subcarriers are subcarriers other than K pilot subcarriers in the Y subcarriers, the Y subcarriers further include M pilot subcarriers, and the M pilot subcarriers are subcarriers other than the X subcarriers and the K pilot subcarriers in the Y subcarriers. The method is designed for "increasing a quantity of pilot subcarriers", and the quantity of pilot subcarriers is extended from K to K+M. In other words, the M pilot subcarriers are added. This helps resist impact of a larger CFO and phase noise of a high frequency, improve robustness of low-frequency transmission, and improve communication quality.