

be set to a small value, that is, a quantity of opportunities that need to be determined is small, so that the network device or the terminal device is more energy-saving. If the miss detection probability acceptable by the communication system is low, j and/or k may be set to a large value.

[00218] In addition, k may alternatively be configured by the network device for the terminal device, or may be determined by the terminal device based on power consumption, a current channel condition, or the like.

[00219] In an optional implementation, the method may further include: If there is one or more unused opportunities in the N opportunities within the first time range in addition to the two or more opportunities for data transmission, the network device may deactivate the unused opportunity. This implementation helps reduce resource waste of the opportunity after the opportunity for data transmission within the first time range. In addition, this implementation further helps reduce energy waste caused because the terminal device needs to continue to wait for data transmission within the first time range after retransmitted data transmission is performed within the first time range, and reduces power consumption of the terminal device. For example, with reference to FIG. 12d, the opportunity 1, the opportunity 2, and the opportunity 3 in the five opportunities are for data transmission, and the network device may deactivate the opportunity 4 and the opportunity 5.

[00220] In another optional implementation, the method may further include: If there is one or more unused opportunities in the N opportunities within the first time range in addition to the two or more opportunities for data transmission, the terminal device may deactivate the unused opportunity. This implementation helps reduce resource waste of the opportunity after the opportunity for data transmission within the first time range. In addition, this implementation further helps reduce energy waste caused because the terminal device needs to continue to wait for data transmission within the first time range after retransmitted data transmission is performed within the first time range, and reduces power consumption of the terminal device. Optionally, a determining condition for the terminal device to deactivate the opportunity may be agreed upon by the network device and the terminal device in advance.

[00221] In conclusion, in the communication method 100, the network device determines the N opportunities, where the N opportunities are within the first time range, N is a positive integer greater than or equal to 2, the first time range includes the M opportunity windows, the i^{th} opportunity window in the M opportunity windows includes the N_i opportunities in the N opportunities, N_i is a positive integer, M is a positive integer, and $i=1, 2, \dots, M$. Then, the network device sends the data within the two or more of the N opportunities. Correspondingly, the terminal device receives the data within the two or more of the N opportunities. It can be learned that, compared with a manner in which data transmission is performed only within one opportunity, the communication method 100 in which the network device performs data transmission within the

If the miss detection probability acceptable by the communication system is high, p and/or q may be set to a small value, that is, a quantity of opportunities that need to be determined is small, so that the network device or the terminal device is more energy-saving. If the miss detection probability acceptable by the communication system is low, p and/or q may be set to a large value.

5 **[00233]** In addition, q may alternatively be configured by the terminal device for the network device, or may be determined by the network device based on power consumption, a current channel condition, or the like.

[00234] In an optional implementation, the method may further include: If there is one or more unused opportunities in the N opportunities within the first time range in addition to the two or
10 more opportunities for data transmission, the terminal device may deactivate the unused opportunity. This helps reduce resource waste. This implementation further helps reduce power consumption caused by performing determining in each opportunity in an opportunity window by the network device, and saves energy of the network device. Optionally, a determining condition for the terminal device to deactivate the opportunity may be agreed upon by the network device
15 and the terminal device in advance.

[00235] In another optional implementation, the method may further include: If there is one or more unused opportunities in the N opportunities within the first time range in addition to the two or more opportunities for data transmission, the network device may deactivate the unused opportunity. This implementation helps reduce resource waste of the opportunity after the
20 opportunity for data transmission within the first time range. In addition, this implementation further helps reduce energy waste caused because the terminal device needs to continue to wait for data transmission within the first time range after retransmitted data transmission is performed within the first time range, and reduces power consumption of the terminal device.

[00236] In conclusion, compared with a manner in which data transmission is performed only
25 within one opportunity, the communication method 200 in which the terminal device can perform data transmission within the plurality of opportunities within the first time range helps perform transmission of a large data packet in a centralized manner within the first time range, and reduces a data transmission delay. In addition, when the data arrives earlier than an expected moment, the terminal device can perform data transmission within an opportunity in the front of the plurality
30 of opportunities in time domain; or when the data arrives later than an expected moment, the terminal device can perform data transmission within an opportunity in the back of the plurality of opportunities in time domain. This resolves, on the basis of a feature of periodic arrival of an XR service, a data transmission delay problem caused by jitter within a specific range. In addition, the communication method further helps reduce power consumption of the network device and the
35 terminal device. In addition, the opportunity determined by the network device in the