ABSTRACT

Title: Teaching of orienteering at primary school

Author: Bc. Zuzana Procházková

Department: Department of Physical Education

Supervisor: PaedDr. Ivan Přibyl

Objectives: The aim of this study is to present orienteering to pupils of primary school. Examine the effect of orienteering on pupils. Introduce history and the rules of orienteering, the system of competitions and the organization of trainings. Familiarize the reader with the other orienteering sports. Present developmental psychology of children aged 11 to 15. To put orienteering in curriculum for primary school.

Methods: The method of questioning was used. We also organized the orienteering race for children. The results were evaluated into spreadsheets, graph and commentary was also used.

Results: There are pupils from primary school in this research. Pupils are 11-16 years old. Most of the pupils knew about orienteering before this research. Most pupils ran between 15-20 minutes for one kilometre in the race. Fifteen pupils from 95 didn’t find the control point. Pupils felt good after the race. Half from them want to participate orienteering race again.

Keywords: Running, map, compass, terrain, orienteering, spare time, puberty