

# ABSTRACT

**Title:** Parkour as a suitable physical activity for children aged 6–11 years

**Objectives:** The primary aim of the thesis is to explain why parkour is a suitable physical activity for children aged 6–11 years, to state principles of children's parkour training and subsequently to elaborate a proposal of a training unit for beginners and advanced.

**Methods:** The methodology of the thesis was mainly based on finding and sorting a large amount of literature. It is a theoretical work in the form of multicategory literary search, in which book sources, scientific articles, bachelor's and master's thesis were used. Other used sources were electronically accessible journals, books and studies. The sources primarily sought were dealing with the issues of parkour, training and the children's physical deficiency.

**Results:** Children spend little time exercising and the prevalence of childhood obesity is increasing rapidly. Parkour appears to be a great tool for solving this problem, not only because of its high attractiveness and popularity, but also because it develops motion abilities complexly. The main principle of children's parkour training is to proceed from simpler techniques to more complex ones and to eliminate the risk of injury as much as possible. It is advisable to carry out all techniques first on the ground or just above the ground and gradually transfer them to higher obstacles. On the basis of literature search and own experience with children's parkour training, a proposal of a training unit for beginners and advanced was elaborated.

**Keywords:** training, children doing sports, lack of physical activity