

## **Abstract**

The bachelor thesis deals with the relationship between learning and movement. The aim of this work is to describe the theoretical basis of the common relationship between teaching and movement, to explore the influence of physical activities on learning activities, and to introduce physical activities that stimulate the activity of both brain hemispheres, thus improving cognitive and social abilities. The goal was fulfilled by means of a collection of physical activities which were given to teachers of elementary schools and practiced with their pupils. After 2 to 5 weeks of training with pupils, they observed differences in pupils' learning activities which they subsequently recorded in the questionnaire. The results of the research project show that pupils who practice physical activities that are helpful for their learning before they begin their lessons are more active and retain more information, and that the pre-learning exercise creates a good atmosphere. At the same time, however, the length of time the teachers and their children were practicing was too short to show changes in cognitive and social areas.