

Abstract

Title: An overview of the programmes supporting physical activity of children at elementary schools in the Czech Republic

Objectives: The aim of the thesis is to sum up most of the programmes that strive to improve physical activity of children at elementary schools in the Czech Republic. This overview should help the scholarly public to get to know which programmes are there for the support of physical activity and their subsequent interest in them.

Methods: In the first part, the programmes which meet the set requirements, were looked up. Following sources were used to find these programmes: the Internet, websites of the organisations engaged in children sport education, addressing coordinators of the programmes etc. The data in the next part of the thesis were acquired using a form of which participants were the employees connected to those stated programmes. In total, 329 schools were approached and ca. 32 % of questionnaires were returned.

Results: Overall, eight programmes were found and seven of them actively engaged in improving physical activity of the children at elementary schools in the Czech Republic. Out of all active programmes only two focus on the first grade of elementary schools as well as on the second grade. The rest of them are intended only for first grade students. The analysis of the research showed that the interest in these programmes is immense with upward tendency. Also, the research showed that that these projects improve the attitude of the children towards physical activity. It also shows that most of the approached schools plan on participating in these programmes in the following year.

Keywords: physical activity, children, elementary school, programmes for the support of the physical activity, physical education, pedagogy