

Abstract

This bachelor thesis deals with monitoring the relationship between physical activity of parents and their children. As the main goal, I chose to find out the relationship between physical activity of parents and their children. The thesis consists of two parts - theoretical and practical. The theoretical part characterizes the development of pre-school children. It defines the terms of motor development and gross motor skills. It summarizes knowledge about movement, physical activity, sport and healthy lifestyle. It describes the education and stimulation of children to physical activities and common free time. The practical part is focused on monitoring the relationship between physical activity of parents and their children through an online questionnaire, which I developed. It detects if there is a connection between the physical activity of parents and children. Based on the findings, I state that the connection between the physical activity of parents and their children has been confirmed. When parents do not play sports, children do not, or they engage in a maximum of two activities for which their parents have registered them. Children of sporting parents have a much larger volume and variety of physical activities. In order to increase the volume and variety of activities for children of non-sporting parents, it is appropriate to start working in this direction on parents. In the future employment of a teacher, in kindergarten I will be able to participate in positive changes in this area.

Keywords: preschool children, physical activity, gross motor skill, sport, healthy lifestyle parents, stimulating physical activity

