

ABSTRACT:

The diploma thesis deals with the physical activity of pupils of older school age, ie pupils of the second grade of primary school, during an emergency caused by a coronavirus pandemic. The aim of the work is based on theoretical analysis and the results of our own research to map and compare the program of teaching physical education in distance form in selected schools.

The theoretical part deals with the issue of physical activity, the period of older school age, the state of emergency and the associated excessive sitting and social isolation. The practical part specifically focuses on the content, volume, intensity of physical education, communication between teachers and students in the distance form, but also on leisure physical activity. To find out the results for the practical part, I chose a questionnaire survey of pupils in the second grade of selected primary schools and interviews with physical education teachers. Based on these results, a specific program for teaching physical education in distance form was created.