

Abstract

Title: Collection of core exercises in Physical Education at primary schools

Objectives: The purpose of this study is to design a collection of core exercises suitable for Physical Education for students of both younger and older school age.

Methods: The method based on research of literature and comparison of available publication sources was used in the study. For theoretical background I used materials from domestic and foreign literature, professional and scientific journals. I based my search for information using keywords: balance exercises, core exercises, children, deep stabilization system and Physical Education. I searched the literature using a database PubMed and ResearchGate.

Results: The result of this study is a collection of core exercises for Physical Education with a focus on children of both younger and older school age. The collection created in this study is aimed at developing the general fitness of school children who already have a basic level of motor skills and appropriate level of strength and coordination ability.

Keywords: deep stabilization system, younger school age, intra-abdominal pressure, older school age, center of the body