

## **Abstract**

**Title:** Additional physical activities of pupils of the 2nd grade of elementary school

**Objectives:** The aim of this thesis is to describe and classify various possibilities of integrating physical activity into the school regime of pupils aged 11–15, which reduce the sedentary stereotype and help to fulfil the recommended amount of daily physical activity of pupils.

**Methods:** In the theoretical part, a search of literature and electronic sources was carried out. The practical part included a questionnaire to determine the current situation in schools in the Czech Republic. The questionnaire was created in Google Forms, Mailchimp was used to distribute the questionnaire and statistical processing of the results was completed in Microsoft Excel. The selection of respondents was randomly stratified by districts.

**Results:** The theoretical part described a number of teaching forms and methods related to movement, including specific suggestions and inspirations in various subjects. The results of the questionnaire showed a high level of interest in the topic among school officials, but also a rejecting attitude of some respondents. Schools relatively often offer the possibility to spend breaks outdoors and also include walks into their lessons, or combine teaching with movement. However, corridor and classroom facilities inspiring pupils to be active were very poor in almost half of the schools.

**Keywords:** complementary organizational form, physical education, secondary school age, school regime, recess, sedentary stereotype