

## **Abstract**

The diploma thesis deals with the issue of the use of balls in physical education classes at the first stage of primary schools.

The theoretical part deals with the inclusion of physical education in education, which includes the framework educational program, the ball in the framework educational program and sports and movement games in the framework educational program. He also plays and plays and sports games. The thesis defines the lesson and with it the relevant legislation, the structure of the physical education unit, specifically the introductory, preparatory, main and final part. It also deals with the characteristics of younger school age and the development of the child in this period, specifically physical, mental, physical and social development. The work also includes a treatise on the development of motor skills, of which the balls are undoubtedly a part. Furthermore, I describe the individual basic balls that are used in physical education classes.

The research part focuses on the results of the questionnaire survey and their interpretation. The results are processed in graphs, specifically in pie and bar graphs. The research part of the work also contains the methods used, the characteristics of the research group, discussion and conclusions of the work.

### **KEYWORDS:**

Ball, younger school age, first grade of elementary school, physical education