

## **Abstract**

**Title:** Inclusion of compensatory exercises in preschool education and their impact

**Objectives:** The aim of this work is to verify the effect of the intervention exercise program in preschool education. The next object was to evaluate the postural position of selected group of preschool children.

**Methods:** In our empirical-theoretical work we were used the methods of comparative analysis of literature with the topic of the work. We used input and output measurements by Matthias's test. From the initial testing of 60 preschool children we selected 7 individuals with the worst results who were included in the intervention program. After the intervention we re-evaluated the postural body position of 7 individuals together with 7 preschool children in the control group. We used the method of observation during testing and during the intervention and we used mathematical-statistical methods also.

**Results:** We were found that in a sample of 60 children had 8.4 % poor posture but it is a better score than in similarly focused studies. Seven children with the worst evaluated results were included in the intervention exercise program. After the intervention program we measured better results in postural body position in 5 individuals. Based on the results of the experiment it can be said that compensatory exercise has a positive effect on the postural position of children in preschool education.

**Keywords:** Motoric system, body posture, preschool age, compensatory exercise