

Abstrakt

AN ATHLETIC CLUB

Thesis objectives: The aim of this diploma thesis is to provide a description of my work with an athletic club. The objectives are organization, contents of the activities and children's reactions.

Methods: While working on the thesis I used these methods: observation, symposium, discussion and description. From my point of view the most effective method was a discussion. Children could express their attitude towards the given activity.

Results: Children of the age 6 to 9 rather play group games and activities. Those 10 and 11 years old prefer competing with each other, where they can compare their performance with friends.

Keywords: athletics, an athletic club, exercise, children, competition, game