

Abstrakt (anglicky):

The bachelor's thesis deals with the physical activity of pupils of younger school age during classes at elementary school. In the theoretical part, it deals with the definition of terms such as physical activity and its meaning, kinesthetic learning style, types of physical activity during teaching, physical activity in individual subjects, some examples of research related to physical activity that have taken place are also mentioned. In the research part, the methods that were used in the research and its description are presented. The research consisted of a questionnaire survey and interviews with teachers from the Děvínek Community School. The aim of the bachelor's thesis was to find out which physical activity teachers use most often, whether they observe changes in student results when introducing physical activities into lessons, for what reason they assign it, or for what reasons teachers do not practice physical activity in lessons. At the beginning of the research, elementary school teachers will be approached to fill out a questionnaire. After that, I conducted an interview with the teachers from the Community School. These results are recorded in graphs for clarity. My conclusions and evaluation of the research are written at the end of the bachelor's thesis.