

## **Abstract**

**Title:** Outdoor Activities at Grammar schools in the Ústí region

**Aim:** The main aim of this thesis was to determinate the current state of teaching outdoor activities (OA) at grammar schools in the Ústí region. Specifically, we have focused on whether schools include OA in their curriculums, in what forms and how often. We have questioned school principals and physical education (PE) teachers' opinion on OA inclusion. We have also surveyed opportunities for teaching OA in individual schools and their material equipment for OA.

**Method:** Two semi-structured non-standardised questionnaires for the principals and physical education teachers.

**Results:** Outdoor activities are widespread at grammar schools in the Ústí region. They are included both in the form of courses and in the physical education lessons, but more often in the form of courses. The most organised courses are outdoor courses at the beginning of the first grade (with the aim students got to know each other better and built a better team) and skiing courses. Almost all schools have suitable conditions for OA, but their material equipment for these activities is not optimal. The results show that teachers and principals have positive view on the inclusion of OA in the curriculum, however OA have more support from principals in this aspect.

**Key words:** Outdoor learning, outdoor sports, experiential learning, physical education, sport courses, education at grammar schools.