

The target of the bachelor thesis is to originate the concept and the methods for the motoric activities in the water for the primary school children. These activities are designed for the children's leisure time in the after - school care centre. The thesis has been composed with regard to the increasing occurrence of children's obesity and to its prevention.

When compiling the thesis I studied the accessible specialized literature and used my own two-year experience from the co-operation on designing the program "We swim for our health".