

The aim of my master thesis is an incorporation of elements of Physical Education and Health Physical Education into regular subjects. It includes utilization of different areas of a school building during teaching. The purpose of a theoretical part is to explain concepts related to movement, children of elementary school age, Physical Education and Health Physical Education. Therefore in my research I focused besides healthy children on also children with movement disorder, and children with study problems.

In attachment you can find a methodical stack of different exercises for children during teaching and during breaks as well as with usage of different areas and tools. Moreover it includes pictures of children doing exercises and pictures of different exercisers which can be placed inside or outside of a school building. Last part is an evaluation of these exercises by children themselves.