

Annotation

The diploma thesis deals with the exercise of parents and children (PACES – parents and children exercise simultaneously) and its effect on toddlers and children of early pre-school age. It examines the development of locomotive skills and social competences of this age category from both theoretical and practical point of view. The introduction of the thesis focuses on the history of such exercise, or on psycho-social and physiological development of children. On this basis it formulates some rules for this type of exercise. The practical part verifies the benefits of the exercise by testing, measuring locomotive skills and comparing them with those of children that do not participate in the PACES. It maps the formation of children's social competences via socialisation games. The opinions of participating parents represent another view on the exercise of children and parents. The conclusion of the thesis puts the results of the survey into a wider context of research and measurement made on this topic in the past.