

Abstract

TEACHING OF BACKSTROKE SWIMMING YOUNGER SCHOOL AGE CHILDREN

Objectives: The main objective of this thesis is to create a digital video recording of a contemporary teaching method of backstroke swimming technique with younger school age children. A group who are from 6 to 9 years old participate in the research work.

Methods: In this thesis we have in the first and second phase focused on collection datas from the literature and its other processing into a methodical series of exercises. In the third stage we used the Scenarios for video processing.

Results: Findings of the thesis indicate a possible procedure for teaching backstroke swimming style with younger school age children.

Keywords: didactics of physical education - swimming, backstroke, younger school age