

# **Volleyball as a part of P.E. lesson at grammar schools**

## **Summary**

The aim of this thesis is to summarize issues about teaching volleyball during P.E. lessons at grammar schools. The core of this work lies in the empirical part, whose goal is to answer research questions about the form and the extent of teaching volleyball, students' preferences concerning this sport, and determining a methodical model of teaching volleyball. In the theoretical part you can find basic rules, six basic skills, information about formations and combinations, which are used in the game. The research part deals with determining of various hypothesis and they are either confirmed or disproven. The research methods used in this section are a questionnaire and an experiment itself. The last methodical part analyses training units of the experiment. As a result, volleyball lessons for boys at grammar schools are covered. The main contribution in this part is the elaboration of a model program consisting of 12 training units, which can be used by teachers in P.E. lessons.

**Key words:** Grammar school, team sport, volleyball, physical education, basic skills