

Abstract

Title: Dance and movement education of children aged 3 to 5 years

The objective of this thesis is the creation a series of exercises supporting dance education of children from 3 to 5 years based on literary research. The thesis is designed for dance teachers whom it is intended to help to clarify and organize each dance element and moves correctly in the educational program. A sub-task is practical verification of created series of exercises with children with a group of children that age. For processing of this thesis is used a practical observation method.

Created a set of exercises is applied in preschool children from dance school Stardance Chomutov. In the previous period under dance training one year once a week. Prepared program was implemented over a period of two months vacations three times a week. Based on observation and reactions of children on each lesson was an adjustment program content according to the current conditions. The result became process reflection for each exercise.

Keywords: dance, movement, motor and psychological development, preschool

