

## **ABSTRACT**

### **TITLE:**

Possibilities of running technique training options at the lower primary level

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### **ABSTRACT:**

The thesis deals with the complex view to running technique training of children in middle childhood. Theoretical part attends to a child character and describes his/her motive skills. Teaching of athletics and its inclusion to the Physical Education lessons are described in the thesis. Attention is paid to the specification of the running characteristics, its structuring, history and technics. A methodical series was prepared for the purpose of this thesis. The effects of these methodical series have been verified by an experiment.

### **KEYWORDS:**

running technique, training, middle childhood, athletics, methodology, physical education