

Abstract

Topic: Teaching school-age children a breaststroke swimming style with an usage of dolphin wave.

Goals: The goal of the thesis is to teach young children (6-9 years old) breaststroke swimming style by usage a dolphin wave.

Methods: The thesis is mainly descriptive multi-case study. We used standardized and even non-standardized methods. The teaching method had been applied to a group of six children (6-9 years old) and analyzed by the diploma thesis author after its application. In the same time we teach another group of six children by standard breaststroke didactics method, so we were able to compare both methods.

Results: The application of dolphin wave method into didactic of breaststroke swimming style has advantages and even disadvantages. The advantage is mainly freedom of movement, so children can use their creativity and sense to find the optimal movement. On the other hand the freedom is also disadvantage, since it can cause a little chaos at the beginning of the training. The successfulness of both methods was same. In both groups four children learnt the breaststroke and two did not.