

## **Abstract**

### **Possibilities of long jump training options at the lower primary level**

The degree work is concerned with possibilities of long jump teaching in young learners classes. The theoretical part of the work pays attention to child's personality, his progress and motor skills. Teaching athletics in Physical Education lessons in Primary Schools is described in the work. The attention is paid on history, profile, segmentation and long jump technique. In the degree work, in the purpose of an experiment, there was made a methodical progression and its effect was checked.

Key words: athletics, long jump technique, Physical Education, methodology, young learners, physical exercise skills, safety.