

9 RESUMÉ

This thesis deals with teaching children swimming, especially its basic stages of mastering basic swimming skills and the basics of swimming. Lessons were drawn up on the basis of the lesson plan in a swimming school in two groups of preschool children. In one group the training began in a swimming pool with a deep floor and in the second group the training began in a swimming pool with a shallow floor. From the sixth lesson, both groups continued in the large pool with a deep floor. The aim of the pedagogical investigation was to evaluate and compare the differences in the achieved level of basic swimming skills. The main aim of this work was to determine which of the two teaching methods are more effective. We found that the group learning in a deep pool achieved higher scores and therefore better mastered basic swimming skills. For acquiring basic swimming skills it is more effective if swimming schools begin teaching preschool children in a swimming pool with a deep floor.