

Abstract

The diploma thesis deals with issues of teaching volleyball in high schools. It shows one of many possible methods how to include volleyball into the curriculum and into lessons of PE to the graduate teachers. This work strive for more systematic and concrete work of PE teachers in teaching volleyball, which should high school graduates encourage to an increase the requierements on the volleyball skills.

In the theoretical part the reader is informed about volleyball as one of the sports games, with all gaming activities of the individual that brings volleyball and that students should be controlled using basic techniques at least. Main for the implementation of the volleyball match are basic options of hits, which are also described here. Some chapters also refer to the expected motion level of basic school and high school graduates. There is also mention of motion abilities. The end of theoretical part is about physical education classified to the educational programs. There is no specific request to involve volleyball in these educational programs.

The empirical part is about the proposal of high schools education of volleyball. Volleyball teaching is divided into two grades, 10 lessons each. Activities were chosen based on the literature and my own experience.

Keywords: Educational programs, curriculum, lesson, PE teacher, students, abilities, skills, ways of hits.