

Abstract

- Title:** The use of games and exercise in nature in athletic training camp and their impact on group dynamics.
- Objectives:** The goal of the thesis is to make a research mapping social relationships in a group and their change after passing athletic training camp which includes games and exercise in nature in its programme.
- Methods:** The research was realised by questionnaires- Třídňí kompas method and sociometric questions. The questionnaires were followed by semi structured interviews with selected respondents. The results were presented by sociograms, sociometric matrices and indexes.
- Results:** When we compared the results of the pre-test and post-test, we found out that games in nature have positive impact on group dynamics. We can see from sociograms and sociometric matrices, that the number of choices increased and there were more frequent relations among individuals. Children perceive the benefits of the games in terms of closer acquaintance, take it as entertainment but also as a form of education.
- Keywords:** Games in nature, group dynamics, sociometry, sociogram, athletic training camps