

Abstract

The goal of this thesis is to analyse kung fu from the perspective of teaching Combatives in Physical Education courses, suggest model exercises with the help of the consultants named in the theoretical part and create model lessons that teachers may use in their Physical Education courses.

The theoretical part focuses on history, taxonomy and teaching of Combatives in Physical Education courses. In addition, it describes history, characteristics and taxonomy of kung fu.

The experimental part suggests model exercises with pictures and characteristics of model lessons. It also analyses questionnaires collected from students and teachers and summarises the results in tables. Questionnaire investigation attended 257 students from second grade of elementary school in central Bohemian region and 6 their teachers of Physical Education courses. Model classes and questionnaires for students and teachers are included in attachments.

From research part ensue these facts:

In Physical Education courses meet with downfall technique 28% of requested students, with martial arts teaching 42,4% and with self-defence teaching 55,6% respondents.

72% requested students have interest to add kung fu to Physical Education courses.

More than half of requested students (57,6%) found teaching of Combatives useful in common life and according to 77% is this teaching not dangerous.

During college study teach 100% requested teachers Combatives, but only 33% is applying it to Physical Education courses.

Risk of accident during teaching of Combatives found 100% teachers same as by other sports and 50% thinks, that students will not use learned techniques negatively to each other.

With usability of Combatives in common life agree or almost agree 66,7% teachers and same amount would use methodical manual for adding kung fu to Physical Education courses.