

Abstract

Title: Motion regimen of pupils at the first grade of elementary school in conditions of a concrete school

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Abstract:

In my diploma thesis I deal with physical activity of primary school children and their motion regimen during the classes. I observe the concrete class. I choose the class 3. E from primary school in Prague – Radotín for my observation. I study a motion regimen at breaks in the school. Then I evaluate if the motion regimen is satisfactory for children from 3. E. Finally, I suggest activities that can enrich the school day of pupils.

Key words: Motion regimen, motion activities, pupil, first grade, elementary school