

The diploma work "The significance and possibilities of physical activities in preschool period" is formatted by 9 chapters. The aim of the work is to show possibilities of how to use motion activities in preschool period and to show the importance of organized and spontaneous motion.

The first chapter is focused on specialities of child's evolution in preschool period. The second chapter describes the historical evolution of opinions on the importance of motion in child's life (children at the age of seven). The third chapter shows the views of selected present specialists. Then I describe selected problems connected with the lack of motion activities. The next chapter closes the theoretical part of the work analysing possibilities of motion activities in contemporary kinder garden.

The sixth chapter analyses the results of qualitative research focused on teacher's opinions on motion activities in preschool period. The next part describes 3 case studies of kinder garden children where motion stimulative program was applied. The last chapter focuses on ČT (Czech TV) project "Exercise with the bear". The main aim of the project, as well as of the whole diploma work, is to enable to participate on motion activities to all children.