

Abstrakt v anglickém jazyce

The diploma thesis was focused on the measurements of intensity of physical exercise of pre-school children. The main goal was to monitor the intensity of physical exercise (PE) of pre-school children (five to six years old). The partial objectives were: to compare the level of intensity of the PE outside and inside; to compare the level of intensity of controlled and free PE and to compare the intensity of PE between boys and girls during controlled and free PE.

In the first part, the thesis presented findings about healthy exercise of pre-school children. In the second part, the actual measurements of the intensity of PE were included. Nineteen children participated in the measuring which was carried out by sporttesters Polar RS300X. The results showed that the lowest intensity was measured during the free PE inside and the highest intensity during the controlled PE outside. However, none of the activities brought the recommended degree of intensity.

Keywords: kindergarten, preschool, children, physical activity, intensity PA, measurement, heart rate monitor