

ABSTRACT

Title: Teachers opinions on athletics teaching at elementary schools in Prague

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Aims: The aim of this diploma thesis was to find the opinions of physical education teachers on athletics teaching at elementary schools located in Prague. In the first place, we have created the questionnaire survey to get the teachers overview. These questionnaires were distributed to teachers of previously selected elementary schools. The questionnaire survey was aimed at determining the percentage of athletic lessons, using athletic disciplines in teaching, background and equipment of individual schools. The thesis also highlights the factors that affect an educational process based on teachers' opinion. In the conclusion of the result part we present a list of improvements that can be used for training athletic disciplines in elementary schools.

Methods: In this thesis the questionnaire survey method was used. The teachers of physical education at elementary schools in Prague were the target group. The questionnaires were sent by email, the information was processed in Microsoft Excel. An informal personal interviews were conducted in order to create an overview of the subjects for the training of selected athletic disciplines. During these informal meetings with respondents, the ideas of the improvements for athletics lessons were acquired.

Results: Based on the graphs following results were found. The time allowance, which is dedicated to the teaching of athletics, is quite different at each elementary school. The differentiation is mainly caused is mainly influenced by the material conditions of the school. Backgrounds and equipment of schools differ considerably from one another. Teachers teach only basic athletic disciplines, and sprints are among the most common disciplines. Teachers use special running exercises, squinting, small exercises and dynamic exercises as the most common form of warm – ups. In most elementary schools in Prague the athletic disciplines are part of the final classification. The pupils are classification is mainly based on their results from running and long or high jumping. Most of the elementary schools cooperate with athletic club.

Keywords: elementary school, physical education teachers, physical education, athletics, athletic disciplines, questionnaire