

Abstract (in English)

The diploma thesis deals with the physical activity of pre-school children and the possibilities of suitable and accessible physical activities. The theoretical part deals with introduction. The introductory chapter describes pre-school age and its specifics. The second chapter deals with physical activity. There is an emphasis on the impact of movement on human health in further developmental stages. The third chapter deals with the possibilities of preschool children with their parents and educators. The fourth chapter describes the maintenance of health and fitness as important components for the effective functioning of the body. The fifth chapter deals with the impact of information and communication technologies on the movement activity of a preschool child with an emphasis on the issue of game consoles. The empirical part describes quantitative research that maps the current state of movement activity in pre-school children.