

TITLE

Suitable motoric activities for pre-school children

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ABSTRACT

The bachelor thesis is about suitable motoric activities for pre - school children. The objective of this thesis is the creation of a methodical handbook for suitable motoric activities for pre-school children.

In the theoretic part the attention is paid to the human motor skills, basic motoric abilities, motoric training and the characteristic of the pre-school age.

In the practical part there is a suggestion of a methodical handbook for suitable motoric activities for pre-school children. The first part of this work was studying of school educational programmes of selected nursery schools. The second part consisted in semi-structured interview survey aimed at physical education teachers of the first class at the elementary school and its following analysis. The results of the analysis were basic for the methodical handbook.

The results showed that the majority of the first class children have not learnt some chosen motoric skills.

The conclusion is, that if children are systematically prepared and trained for chosen motoric skills before their elementary school attendance, They will be able to learn new skills on physical education lessons much better.

KEYWORDS

Motor skills, motoric activities, motoric abilities, motoric skills, pre-school age.