

This thesis is a summary of contemporary facts about poor and good posture. The objective was to correct the poor posture of the selected children, all six years of age. After analyzing the information from the initial research, corrective exercise was made. Four girls and five boys participated in a special exercise program for 7 ½ weeks. The exercises were focused on the most prevalent of the poor posture symptoms. The poor posture was not fully corrected, but there was an improvement of the primary dysbalanced functions. After a longer period of the training the author supposes complete correction. Number of preventative steps concerning future school attendance are mentioned.