

ABSTRACT

This bachelor thesis deals with the issue of swimming training and tuition in pre-school education. It covers the knowledge of basic swimming skills. The theoretical part focuses mainly on the importance of the aquatic environment, on the characteristics of pre-school age and on the methodology of swimming training. The practical part deals with the course of swimming training of pre-school children in a swimming school, observes and compares individual teaching methods and didactic procedures, that were applied during the observed swimming lessons. The thesis also offers several charts, reflecting the swimming level of the observed children, and a questionnaire for parents.

The aim of the bachelor thesis was to observe and compare individual teaching methods and didactic procedures in swimming lessons. In this paper, I worked according to the method of participatory observation, empirical test method and synthesis method. It is clear from the results that the children improved several swimming skills during the training, the greatest improvement has been observed at the swimming skill of submerging the whole head into water, floating and turning from one flowing position to another. Generally, at least one child has improved in all swimming skills. The combined method was the best suited one for children. This method brought the best results and proved itself as more effective and beneficial than other methods. In all cases, the combined method was clearly the most successful seen from the perspective of swimming lessons. The visual demonstration proved itself as the most appropriate and best way.