

## **ABSTRACT**

The diploma thesis "Development of the methodology of correct posture and its verification in drama lessons within the school educational program" connects the correct posture with the teaching of dramatic education. In the area of posture, however, it is not as a theoretical discourse of what is known to every teacher, as is proved by this quote dating back over four decades: "The positive influence of proper body posture on healthy growth and development of all organs and the development of their functions is stated by medical literature and confirmed by everyday experience." The aim of the thesis is to examine the problems through practice, in particular by connecting with the already established subject and also the way of teaching in other subjects – dramatic education.

The theoretical part is divided into two areas: correct posture and dramatic education. Both of them are first defined and put into context, then I deal with selected aspects that are relevant to this work. In the practical part I define the circumstances and conditions of creation and verification of the methodology of correct posture verified in drama lessons. The ensemble then combines methodological validation and rehearsing the fairytale *The Princess and the Pea* and the poems *A Short Fairytale on Beet* and *Gingerbread Cottage* within a wider context. Part of the chronological process of verification hours and their reflections are eleven exercises aimed at proper posture.

In the theoretical part, I used the results of a questionnaire survey among physicians as a basis for determining the posture defects. In the practical part, using questionnaires and observation, I verify that correct posture is positively reflected in the acquisition of the acting roles and the acting itself.

At the end of the thesis I confirm the hypotheses formulated in the theoretical part, namely that the correct posture of the body positively influences the acquisition of the acting roles and is positively reflected in the acting itself.

### **Keywords:**

posture, child, Drama in Education, reparation of the wrong posture, fairy tale, theatre performance