

ABSTRACT

The topic of this diploma thesis is Volleyball in physical education on first stage of elementary school. The main problems examined in the thesis are the method of teaching volleyball at the elementary schools in Jirkov, the inclusion of volleyball in the lessons of physical education, the skill level of pupils of the first stage before the implementation of the teaching program and after its implementation. Based on the research I reach the conclusion that volleyball is taught in the same way at all schools, only 33 % of teachers from all schools includes volleyball in the lessons of physical education, the skill level of pupils of ordinary classes and classes of minivolleyball is different before and after implementation and that there was an improvement in the skill level of all pupils. This work could be an inspiration for current and future teachers of physical education at elementary school.

KEYWORDS

Volleyball, minivolleyball, physical education, teaching program, 1st stage

