

ABSTRACT

The aim of the Bachelor thesis „Health promotion in selected kindergartens“ is to determine the extent to which the selected nursery school promote health support, especially in the field of physical activities, meal plans and relaxation. The theoretical part focuses on the description of the preschool child, its developments, needs and influences that act on it. An important chapter is health, where emphasis is placed on the importance of physical activity, nourishment of preschoolers, sleep and mental hygiene. The practical part describes selected aspects of the activities of the three nursery schools, and analyzes information about eating habits, motoric activity and relaxation. The chosen method for the observation and research of the investigation are interviews with leading teachers of kindergartens. It was found that each school has its own specifics, which excels in health promotion, but also its shortcomings that need to be worked on. Based on the findings of the research, has drawn up a proposal for activities supporting health. These are the five activities that promote health, stay on fresh air and familiarize children with healthy lifestyles. At the end of the practical part are collected the views of kindergarten teachers on the applicability of the proposed program in practice.