

Abstract

Title work: Usage of basic elements of Greco-Roman wrestling for teaching physical culture on basic school

Purposes work: The main goal of the presented diploma work is to compile the elements of the Greco-Roman wrestling style to a form of a methodical guide for the instructors, based on the research propaganda, and create the proposal of a thematic plan of the tuitions suitable for the primary schools.

Method: methodological studies
 evaluation
 postures questioning
 questionnaire analysis

Results: Setting up the resistance exercises to the schools education schedules. Improvement of the gym classes and bringing out of the stereotypes, especially of ball games. Possitive evaluation of the students and improvement of their physical form.

Increasing interest of the students in the combat sports as in consequences of the contemporary fears.

Key words: wrestle Greco-Roman, rules, basic elements, methodology of the education, combat sports, material comparison, decision making