

This thesis deals with one of the current educational trends, which is the effort to make pupils more active in the educational process and the related use of intentionally organised motion activities during the school instruction. Inclusion of various motion activities has been recently increasing, particularly in the first grade of elementary schools. Therefore, this thesis maps incentives and intents for the inclusion of motion activities in the education and compares the role of such activities organised as a component of the instruction prior to the year 1989 with their role in a contemporary school. Also submitted is the summary of approaches to motion activities in currently used as well as prepared educational programmes.