

My baccalauréate thesis deals with the interconnection of the musical classes and physical training in aerobic lessons, so that much lessons can be included in a natural manner in the educational programme at kindergartens. I have studied the issue of feeling of musical rhythm, which I have attempted to deepen and improve further with children with help of a specially created programme. Namely, the point is to identify the states of the feeling of the rhythm with help of previously verified tests of rhythmical feeling performed both at the beginning and at the end of the programme. The relevant results have been evaluated and further compared against achievements scored by children attending aerobic lessons. The idea is to find out whether the feeling of the rhythm with children has improved and thus whether the program has been efficient.