

Annotation:

The dissertation concentrates on the theme „The hurdle course in the gymnasium“. There are two sections – theoretical and practical. The theoretical section is intent on movement evolution of children between the birth and the end of pre-school age (0 – 6 years). This section also contains the basic informations about the movement organism and about the most frequent orthopaedistic defects. The theoretical section also contains the summary of movement games and how to do them safety. The authoress is also warning about limits some of movement with regard to the evolution of children in pre-school age.

The practical part concentrates on the action research, which is aimed on facilities of P. T. (physical training) equipment and also on the attitude of kindergardens of Prague 7 have gym and garden. This section also indudes descriftion how to build the original hurdle traction and the reaction of pupils and teachers.

To reach for the goal the methode of the interview, research was choosen and pedagogical experiment. Due to the interview were the informations partly proved in class plans.

Key words: exercise, movement evolution, movement activity, movement apparatus, defects, movement restrictriotion