

Abstract

Title: Innovation of music-based physical education activities for pre-school kids

Objectives: The aim of the thesis is to draft and attempt to validate the comprehensive interventional educational programme for pre-school kids focused on all-around personal development. Side effect of the executed research was the support of pre-school kid's natural and comprehensive kinetic development, sensorimotor, musical and rhythmical competences with the stress on personal health and hygiene (i.e. changing clothes, stretching, basic behaviour during physical education, correct breathing whilst singing etc.)

Methods: The case study method was applied as pedagogic experiment for the purpose of our research. Over the period of one year, the experimental groups were exposed to the ZEMĚKOULE music-based physical education programme with the frequency of 45 and 60 minutes twice a week. Observation, interviews and motor tests were used for the purpose of the case study. Results were then confronted through feedback from the observation itself, observation of other teachers, interviews with parents, photographs, sound and video recordings. Data collection was executed throughout a year long personal presence in Zeměkoule Pre-School.

Results: The innovation of music-based physical education activities for pre-school kids enabled the kids to acquire a wide set of new physical competences, experiences, musical competences (i.e. techniques, singing, breathing, music or rhythmic perception). Considerable improvements in aesthetical motoric exhibitions, general quality of motoric skills and feelings towards the music were witnessed. Kids acquired new competences from the fields of general knowledge and social communication, too. Strengthening and deepening of the interpersonal boundaries and relationships among the kids contributed to their orderliness and discipline.

Keywords: music-based physical education, educational programme, pre-school education, all-around personal development, comprehensive kinetic development.