

## *Abstrakt*

The aim of this thesis was to capture the readiness of elementary school teachers in regards to aerobics. I came to a conclusion in my research that aerobic is not included into physical education classes enough, as teachers are not well prepared, and therefore they do not include it in their plans. This fact is rather disturbing because I am positive that the aerobics exercise would enrich students in area of aesthetics and physical skills and coordination.