

ABSTRACT

ZÁRUBOVÁ, J. *Physical training in nursery school (Methodical suggestions of kinetic activities with balls)*. Prague 2011. M. A. Dissertation. Charles University in Prague. Faculty of Pedagogy. Thesis counselor Mgr. Věra Svobodová.

This dissertation is meant especially for kindergartner, but also for everyone from the general public, who is concerned with extra-curricular leisure and sports activities of children. It provides general information about development and age peculiarities of preschool children, it discusses also about arrangement of physical training into the mode of nursery school and about influence of gym on the child's organism. The dissertation is further focused on usage of ball in physical training classes of preschool children and submits a number of longer validated methodical suggestions of kinetic activities with balls for preschool children.