

This thesis suggests a method of how teaching pre-school children to ski.

Project "how to teach children skiing with fun" was developed and based on age group characteristics and needs of the child. It also underlines that it is not important to teach the child skiing in a short period of time but to make a firm foundation for all kinds of physical movements that will be needed later for skiing and to create a positive attitude to skiing which in this age group works the best by playing games and having fun.

This hypothesis was confirmed by results I gained during verifying my method in practise.

Based on the test we can state that this method works very well in practise and the children enjoyed it while having lots of fun.

Generally, the purpose of this work was fulfilled and the obtained results should be a big asset in a theory of skiing and also in practise.