

Abstract

The topic of this bachelor's thesis are gymnastics programs in kindergartens. The work focuses on the use of basic gymnastics during physical activities in kindergartens.

The theoretical part deals with basic knowledge of child development at preschool age, characteristics and specific features of gymnastic activities suitable for children of preschool age. This work also highlights the continuity of physical activity on "General educational program for pre-school education." The aim of this thesis is to find out which conditions kindergarten teachers have to put into gymnastic practise activities.

What are their basic knowledge of motion development of preschool children and how is the realization of gymnastic activities in kindergartens implemented. This experiment investigate how a group of children can deliberately change their level of physical skills.

Keywords

Preschool age, physical development, basic gymnastics, motor skills, agility, training exercises, the conditions of exercise, motivation