

ABSTRACT:

In this survey I wanted to find out to what extent are parents of preschool children informed about the importance of physical activity for their child and whether and how they support it. I also wanted to find out whether they know of possibilities of organized exercises for this age group and what they think and how they react to *Cvičení rodičů s dětmi* (organized collective *Exercises of Parents and Their Children*).

The topic of the paper is “Physical Activity of Preschool Children together with Their Parents”. It deals with the importance of physical exercise since early childhood. If done by playing and together with parents, physical exercise is associated with pleasing experience and children do it joyfully. Naturalness and enthusiasm of the children can positively influence their parents who, even if they had not done any sport before, can share it with them during common exercises.

In the theory part of the paper I accentuate the importance of free time activities, ways people can spend free time, various kinds of exercises, basic characteristics of a toddler and a preschool child and appropriate physical activities and collective exercises of children and parents.

The survey – in the form of a quantitative anonymous questionnaire – aimed at both parents of preschool children who attended the *Exercises of Parents and Their Children* courses and parents of kindergarten children who did not do so. The latter attended Nursery School in Tylova Street in Sušice. The results were compared in order to find out how the parents are informed about the importance of physical activities for their child and whether they support them. I compared the degree of their awareness of possibilities of organized physical activities for this age group and mapped their opinion of and feedback to the *Exercises of Parents and Their Children*.

I found out that the parents do fully understand the importance of physical activities necessary for both their children and themselves. They are reasonably well informed about organized exercises for children in Sušice, and I think that their awareness got even better also thanks to the questionnaire. The parents who attended the *Exercises of Parents and Their Children* courses were satisfied with the activity. Some more parents who had not had a faintest idea

about the courses joined them after the survey.