

## **Abstract**

The thesis titled School Recess (5th grade) describes the processes and how children spend their free time between lessons. This thesis aims for a global view on the whole issue of recess and the concept of the structure of the school day.

The thesis is divided into two parts - theoretical and a research. The theoretical part summarizes all available and relevant facts regarding the topic. It deals with the characteristics of the school environment, summarizes the biological and psychological development of children in the age group, and defines the function of breaks.

The practical part of the thesis presents results of the research conducted through the research methods of observation and questionnaire. The results are interpreted and then descriptively assessed in accordance with the theoretical part. The last part of the research work is a comparison of the thesis' results with the same theme thesis focused on younger age groups.

Finally, the conclusion of this thesis is that break time is necessary for children, and a significant time for relaxation, communication and interaction, play, socialization, and meeting the needs of bodily functions.