

Abstract

Title: Mapping the occurrence of teaching martial arts in physical education at primary schools, secondary schools and grammar schools in Prague.

Objective: The goal of the research is to find out how education in P.E. classes reflects the recommendation of framework education programme about education of martial arts, what percentage of classes do martial arts take in P.E. and to describe current trends of implementing martial arts to the curriculum or discover the reasons behind not implementing from the P.E. teacher's perspective.

Methods: Analysis of literature of the given topic. We chose a survey as a research instrument. Based on previously published survey, which asked about the education of martial arts at a smaller selection of schools in Moravian region (Reguli, Ďurech, Vít, 2007), we created a purposeful survey. The survey was made on a platform service survio.com and distributed via e-mail to individual headmasters. They passed on the survey to P.E. teachers

Results: Based on the evaluation of the survey, it was found that 75 of 84 teachers involve combat activities in P.E. classes. Of all of the questioned, 48 respondents were men and 34 women. Most of our respondents were between 31-40 years old. Most respondents teach only at E.P.A., 48 in total. Falling techniques are included by 36 respondents in their P.E. classes. 67 of the questioned include combat exercises. Self-defence turned out to be included by 29 respondents, but 46 of the questioned do not specifically include it. Furthermore, most of respondents (29) said they include combat sports at least 1x per quarter. For the vast majority (67) of respondents the school physical education program is made by the P. E. teacher. Sixty-five respondents stated they include combat activities in the school education program. A total of 55 people expressed interest in educating themselves more on the issue. Twenty respondents had the opposite opinion. Furthermore, most

Key words: Combat, combat sports, martial activities, martial arts, self-defence, school education program, framework education programme , physical education, didactic of combat