

Abstract (in English):

Title: Methodological support for the subject of physical education in secondary school

Objectives: To acquaint readers with the current need to focus on the issue of physical education teaching and the search for new attractive forms of teaching that will arouse interest and joy in the subject of physical education among adolescents.

Method: Analysis of the theoretical starting points of experts dealing with the issue of physical education and the period of adolescence. Analysis of experience from practical teaching at secondary school.

Results: Creation of methodical material applied to adolescent youth.

Klíčová slova (anglicky):

- methodology
- support
- national educational program
- physical education
- didactics
- innovation
- rollerskating
- theory vs practice
- adolescence