

ABSTRACT

Title: Outdoor learning in physical education classes in primary schools in the Czech Republic

Objectives: The aim of this thesis was to map the current state of outdoor teaching in physical education classes in selected primary schools (age 6 to 15) in the Czech Republic, and to analyze and compare teaching in urban and rural schools.

Methods: The questionnaire survey was addressed to physical education teachers. A quantitative approach to research was used. The research sample consisted of 27 physical education teachers from 4 urban and 5 rural primary schools from the Czech Republic.

Results: We found that all teachers use outdoor physical education classes when the class time and weather permit. They use this option because of the larger space, more activity options, and because the benefits of outdoor learning are applied. Activities such as athletics, ball sports and sports games are mostly included in outdoor PE lessons. Activities in the natural environment occur to a lesser extent in physical education. The difference in outdoor physical education between urban and rural primary schools is minimal.

Conclusion: According to the results, outdoor learning occurs in the selected primary schools to a sufficient extent. Some PE teachers are aware of the benefits that outdoor learning offers, but during outdoor PE lessons, sports activities predominate. Outdoor PE lessons are taught in a comparable way in both urban and rural primary schools.

Keywords: outdoor learning; outdoor activities; outdoor education; natural environment