

Abstract

Title: Athletic preliminary's trainings and their application to the natural environment

Objectives: The aim of this thesis is the application of athletic training to the natural environment outside an athletic oval.

Methods: In the theoretical part of my thesis the method of literature search was used where outdoor activities are described and the younger school age is characterized. Furthermore, the thesis compares a concept of athletic preliminary in the Czech Republic and abroad. The thesis concludes with the effects of hypokinesia. The practical part consists of methodological and didactical materials which are supported by an empirical training in an athletic club and also by studying at the Faculty of Physical Education and Sport. The resultant trainings are suitable for athletic preliminary, i.e. for children under 12 years old.

Results: The results are four regular training sessions on the oval together with four trainings in a natural environment with the same focus. Trainings focus on speed and coordination, games, jumps and throws and general training with hurdles.

Conclusion: Children's athletic outside trainings open up new possibilities for various activities and bring many benefits. The natural environment is very diverse with unstable conditions and this can become a new challenge and a motivation for children to get moving. The ecological aspect is also an important reason to include training in nature in an athletic training plan. The more time the children spend in nature, the more they will become interested in the environment and nature itself. While it is still essential that children train on an oval to adapt to the racing conditions, training in nature allows us to make an enjoyable change and a variety to our training sessions. Last but not least, we can incorporate outdoor training into training camps and also use it to adapt for cross-country races which are regularly organised since the prep category.

Key words: track and field; athletic preliminary; nature; movement; outdoor sports; games