

## Abstract

**Name:** Inclusion of corrective exercise in PE lessons and their influence on posture and plantarflexion on 2<sup>nd</sup> primary school girls

**Research problem:** According to the available literature, it is obvious that the posture of school-aged children is worse and worse. In addition, the subject Health Physical Education, which should compensate for these emerging health problems, is hardly taught anymore. This work proposes a solution to include exercises from program Healthy physical education to the lessons of regular physical education at the 2<sup>nd</sup> primary school and thus support the posture and the quality of the foot arch in pupils.

**Aim:** The aim of the work is to find out the effect of the inclusion of healthy physical education to the PE lessons in 2<sup>nd</sup> primary school students on body posture and foot arch.

**Methods:** It is a quasi-experiment where the participants were divided into a tested and a control group. There were 2 measurements – initial and final. Between them exercises from program Healthy physical education were included to PE lessons in tested group for a period of 3 months. The control groups had the same lessons except for these exercises. The measurement consisted of field diagnostic tests focused on the quality of posture (Matthias, Thomayer, Stibor and Schober test, tests for shortened pectoral muscles, neck muscles and hip flexors) and the functionality of the foot arch (foot anthropometric parameters).

**Results:** There were no significant changes in the initial and final measurements for the tested and control groups. The positive effect of including exercises from Healthy physical education to regular PE lessons has not been proven.

**Keywords:** healthy physical education, posture, feet, physical education