

## **Abstract**

### **Title:**

The utilisation of outdoor activities in gymnastics training.

### **Aim:**

The objective of this thesis is to create a set of games and outdoor activities for children aged 5 – 7 years participating in the basic stage of sports training in gymnastics. These activities aim to support the fulfillment of the goals of the pre-training phase in sports gymnastics.

### **Methods:**

To create this bachelor's thesis, a systematic review method was employed following the PRISMA 2020 protocol. The aim of the systematic literature review was to examine how outdoor activities contribute to the development of preschool and younger school-aged children. The findings were used to create a collection of outdoor games suitable for the pre-training phase in gymnastics. Searches were conducted using a predefined keyword pattern in designated journal databases. The selection of games was based on a deliberate selection of outdoor games published in Czech and international scholarly publications. Subsequently, the games were categorized according to predetermined criteria.

### **Results:**

Seven studies were included in the analysis, revealing that the use of outdoor activities and games positively contributes to the development of preschool and younger school-aged children. Based on findings from these studies, a design for a set of eighteen games was created, categorized as follows: games supporting coordination, balance, and agility development; games supporting speed abilities; games supporting strength development; and games supporting endurance development. The aim of this game set is to enrich the content of the pre-training phase in sport gymnastics.

### **Key words:**

games, motor skills, children's sports training, gymnastics