

ABSTRACT

- Title:** Training Basic Swimming Skills for Younger School-Age Children
- Objectives:** The aim of this thesis is to create a collection of games and exercises for younger school-age children to develop basic swimming skills, including their descriptions and video demonstrations.
- Methods:** The main method used was document analysis. On this basis, swimming skill groups were characterized and exercises and games in the water were selected. Most of the data were drawn from official documents issued by the Ministry of Education, from professional articles and publications, as well as from personal experience and advice of more experienced swimming instructors. Other methods were the processing of audiovisual material and participant observation.
- Results:** Based on verbal instructions, it turned out that the children mostly understood the task the first time and were able to perform it. The exceptions were some exercises - 'Jellyfish', 'Stream', 'Ladder', 'Floating Diver', 'Treasure Hunters', 'Sculling' and 'Water Polo Player'. They had particular problems in understanding and coordinating their movements correctly. Filming was challenging because of the need to capture all aspects of the exercise in detail.

KEYWORDS

basic swimming skills, younger school-age children, game activities, swimming lessons, video analysis, swimming exercises

