

## **Abstract**

The diploma thesis deals with the issue of the use of balls in physical education classes at the first stage of primary schools.

The theoretical part deals with the inclusion of physical education in education, which includes the framework educational program, ball in the framework educational program and sports and movement games in the framework educational program. He also plays and plays and sports games. The thesis defines the lesson and with it the relevant legislation, the structure of the physical education unit, namely the introductory, preparatory, main and final part. It also deals with the characteristics of younger school age and the development of the child in this period, specifically physical, mental, physical and social development. The work also includes a treatise on the development of motor skills, of which the balls are undoubtedly a part. Furthermore, I describe the individual basic balls that are used in physical education classes.

The research part focuses on the results of interviews with physical education teachers at the first stage of primary school, their interpretation and the results of the questionnaire survey and their interpretation. The results are processed into graphs, specifically into pie and bar graphs. The research part of the thesis also contains the methods used, the characteristics of the research group, the discussion and conclusions of the thesis.

### **KEYWORDS:**

Ball, younger school age, first grade of primary school, physical education