

Abstract

Title: Creation of methodological support for the implementation of movement programs for children of younger school age in Czech, Ukrainian and Russian

Aim: The aim of the bachelor thesis is to create appropriate and comprehensible methodological support to promote physical activity among Ukrainian children in asylum in the Czech Republic.

Methods: The bachelor thesis consists of three parts and has a theoretical-empirical character. In the first, theoretical part a qualitative approach (literature search) is used. In the second part, based on the research, a proposal for methodological support was created, which was subsequently translated to be available in three languages: Czech, Ukrainian and Russian. In the third, empirical part, a quantitative approach in the form of an anonymous questionnaire-type survey was used.

The research sample for the empirical part was obtained by the method of purposive sampling. The respondents were mainly persons from the field of education who work with children, persons from families affected by the war (refugees from the invaded country), families from the country that started the war and families of Czech citizens whose children suffered from psychological problems related to the war.

Results: 41 respondents took part in the survey, 12 from the Czech Republic, 15 from Ukraine, 4 from Belarus, 8 from Russia, 1 from Kazakhstan and 1 from Slovakia. Of these, 19 (46.3 %) are involved in children's physical activities in their free time, 10 (24.3%) work, 6 (14.6%) do not deal with this topic at all, and 6 (14.6%) indicated the option "elsewhere".

Parents, educational staff and others interviewed were convinced of the importance of including physical activities in children's lives. A total of 17 out of 41 respondents (41.4%) had not encountered similar methodological support before, which shows that the methodological support developed for them on this topic is still basically unique.

Furthermore, 39 (95.1%) of the respondents described its linguistic level as good or excellent, 40 (97.5%) of the respondents are convinced of its professional contribution, 36 (87.8%) of the respondents would recommend further methodological support. The second significant contribution of the material is that the methodological support offered is a socialising tool for creating relations between foreigners and Czech citizens.

Conclusion: In this bachelor thesis, the necessity of the theme of sports games and activities in the form of methodological support has been identified, as well as the importance of engaging and continuing to use physical activities in younger school-age children. It can be said that the methodological support developed can be considered significant and useful, in different cultural and other environments.

Keywords: methodical support, stress, prevention, pupils, physical activity, the trauma of war, post-traumatic stress disorder.