

PROGRAMS FOR SENIORS AND EDUCATION OF THE INSTRUCTORS FOR SENIORS IN THE CZECH SOKOL ORANIZATION



PaedDr. Jindra Košťálová

- Introduction
- History of SOKOL
- Sokol Central School

SYSTEM OF EDUCATION

EDUCATION IN SCHOOL

Instructors and coaches of the 1st grade



SOKOL CENTRAL SCHOOL

➤ COACHES FOR SPORT

- artistic gymnastics
- rock and roll
- volleyball
- aesthetic group gymnastics

➤ COACHES 2nd GRADE

- general fitness
- aerobics
- rhythmic movement and dance education of juniors
- remedial physical education
- parents and children exercises and pre-school children
- rhythmic gymnastics
- yoga
- turism
- medical first aid

➤ COACHES 3rd GRADE

- general fitness
- aerobics
- fitness
- yoga
- turism
- parents and children exercises and pre-school children
- remedial physical education
- rhythmic gymnastics
- rhythmic movement and dance education of juniors

➤ SEMINARS

- seniors
- swimming
- aerobics
- dance
- nontraditional sports
- aquaerobics
- rafts
- artistic gymnastics
- rope activities
- voice exercises
- remedial physical education
- tourism

➤ GENERAL BASE



EDUCATION OF THE INSTRUCTORS SPECIALIZED IN SENIOR'S CATEGORY

- one day seminars
- one week sport – recreational courses
- social meetings of the instructors - seniors

ONE DAY SEMINAR

- organized twice a year
- aimed at health enhancing activities
- to teach instructors to maximize the effectiveness and to minimize health risks

ONE WEEK SPORT – RECREATIONAL COURSES

- organized mostly in green nature
- aimed at recreational and relaxing activities
- tourism and cultural activities

SOCIAL MEETING OF THE INSTRUCTORS

- special seminars
- social aspect stressed
- workshops, culture

Seminar for seniors in Prague

20.-21. 11. 2010

SANTE workshop for the invited experts



INVOLMENT OF THE SENIORS IN SOKOL ORGANIZATION



Thank you
for your attention