



Summary

Physical activity is one of the important components of habits and behaviour that is related to the health of children and young people. Special classes of physical education, incorporated into institute curriculum and schedule can be crucial in the longer-term impact on the correction of improper posture. In addition to the pedagogical and sociological significance, play has a preventive and corrective role. Properly selected and planned play have positive influence on relief of structures which support and are responsible for upright posture and posture in general. Play contains valuable therapeutic and corrective contents, and at the same time it motivates a child who has a bad posture for an active and conscious participation and eliminates a sense of inferiority due to the negative physical self-concept of a child.