

Summary

GENESIS AND THE DEVELOPMENT OF THE PHYSICAL EDUCATION IN THE SCHOOLS OF NIŠ

Physical education, as a part of the physical culture exists since the existence of human society. Gymnastics as a form of corporal exercise began to be introduced in the syllabus of primary schools of the Principality of Serbia by the end of 1863, when the Law on the organization of gymnasiums was brought. Over the years to follow with the Law on the organization of primary schools dated September 17, 1871, gymnastics was introduced as an obligatory subject in all four grades. Since 1876 the application of this teaching area was realized under the name “military exercise”, and since 1882 this subject, influenced by additional reforms of the elementary educational system in Serbia, was called “gymnastics and military exercise”. Since 1890 the name was “gymnastics and children’s games” which speaks about a more humane approach to the pupils. After a short pause this subject was back in the syllabus under the name “gymnastics”. From 1925 it was again named “gymnastics and children’s games”, and from 1934 it was called “corporal exercise according the Sokol system”.

In the post war period, in 1947, the Ministry of education, decided on a new name, “physical education”. From 1958 the name was “physical and health education” and from 1990 “physical education”. In 2004 the term marked the regular classes in all schools, “physical education”, and besides this, “physical education – optional subject” was additionally introduced into elementary schools. Since 2017 in all schools of Serbia, the subject is called “physical and health education” and the norm is two classes per week.