

**TITLE:**

The impact of static and dynamic stretching on coordination and flexibility in children in primary school

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**ABSTRACT:**

In my final thesis I want to deal with two types of warm-up - static stretching and dynamic stretching. Warming up is an important part not only of the sport performance, but also at the beginning of the physical education lesson. In schools, this phase is often neglected.

With the help of selected tests, I will observe primary school pupils at primary school to get better results after static or dynamic stretching. I will watch them in coordination and flexibility.

I compiled two types of stretching, which I will try in grades 1, 3 and 5. In the first lesson, I will do static stretching with the pupils after the proper warm-up. In the second lesson, I will include dynamic stretching along the busy part. In the main part of the lesson, the pupils then pass three tests for coordination - flamingo, crossing the bench and running with the roll; and three for flexibility - standing forward bend, shoulder joint range, and hip joint range.

After dynamic stretching, the children are warmed up, reaching the necessary temperature for further activities. They have a greater range of motion and therefore achieve better results.

Last but not least, the dynamic warm-ups and exercises are more attractive for children, it is a challenge for them, to fulfill more demanding exercises and also motivation - to overcome

more demanding tasks can be a good reward for the children and participate in other activities happier.

**KEY WORDS:**

Stretching, warm up, static stretching, dynamic stretching, coordination, flexibility, testing, exercise, physical education, children