

## **Abstract**

**Title:** Changes in posture, flexibility, handgrip and balance in children with special Leeds after 5days suburban camp

**Objectives:** The main objective is to determine the development of selected parameters in physical skills and posture in children with special needs who attended a week lasting inclusive suburban camp.

**Methods:** This is a mixed research with a predominance of qualitative methods. It uses repeated measurements (pretest-posttest). The evaluation of children is conceived as a group (mean and SD) as well as case reports of individual children. A total of 10 children (3 boys, 7 girls) aged 7 to 14 years with different types of special educational needs were evaluated. Mathias test, Thomayer test, handgrip measurement, shoulder rotation test and standing on one leg were used to evaluate movement abilities and posture.

**Results:** The results of the measurements show that in each of the selected tests at least one child improved motor skills. Furthermore, all measured children improved in at least one of the measured parameters. Parents' opinions show that all the children who participated in the camp were in a better physical condition after the camp than before the camp. However, the results should be presented with caution because of high data variability and low number of subjects.

**Keywords:** handicap, motor skills, motor competence, sport