

Abstract

Name: **Motor skills of preschool children**

Objectives: The aim of this thesis was to determine the difference of motor skills of preschool children among children regularly attending free time courses focused on physical activities, led by experienced lecturers, and children in different kindergartens who do not attend these courses or rarely attend them.

Methods: 67 children aged 4-6 years participated in the research. These were 9 children from the municipal kindergarten, 30 children from the village kindergarten and 28 children from the sports agency (club). Children were evaluated once by using the following tests: beep test, 4x5 m run, long jump, ball throw with right and left hand, sit and reach test.

Results: The results confirm the assumption that children who participate in physical activity in their free time as well as in the kindergarten have better results than children who do physical education only in kindergarten. At the municipal nursery school, the children at the best level managed only the right- and left-hand throw. Statistically significant differences between groups occurred in the 4 x 5 m run, long jump and beep test, most often in favor of the sports agency. There was a significant difference in disciplines running 4 x 5 m, long jump from place and beep test between village kindergarten and sports agency. In the 4 x 5 m run, the municipal kindergarten and sports agency differed significantly, in the long jump the values of the village kindergarten and sports agency differed significantly also.

Keywords: Physical activity, physical education, leisure time activity, kindergarte

