

## **ABSTRACT**

The thesis deals with the level of coordination skills of older school-age children. In this thesis, a slackline was chosen as a tool to increase specific coordination skills. Walking on a slackline – slacklining – is used in various sports as an additional training exercise. The theoretical part of the thesis discusses the growth and overall development of 12-year old children. Further, this part describes the human balance system as well as the history and theory of slacklining. The practical part depicts and explains all tests used for the research and the results of the tests before and after the research. The research was conducted with participation of second year students of the Voděradská eight-year secondary general school, Prague 10. Students were divided into two groups of eight. The first group was a control group (without slackline training) and the second group was a training group (these students underwent fourteen hours of training). The control group took tests before and after the research. During the research period, the control group students attended physical education classes according to their timetable. The training group took tests before and after the research and underwent fourteen hours of slackline training in the meantime (instead of one hour of physical education class each week). Students from the training group focused intensively on walking on a slackline as well as on additional exercise needed for slacklining. Projected result of the research is that the training group students shall have better results of the coordination tests at the end of the testing than the control group students.

## **KEYWORDS**

Coordination, balance, slackline, children of older school age