

ABSTRACT

The aim of the diploma thesis is to find out and compare the level of motor abilities of younger school age children attending dance lessons at Elementary Art school and then to compare it with the level of motor abilities of younger school age children which do sports only in Physical Education.

It has been testing at the Elementary Art school in Chotěboř and at the Primary School Smetanova in Chotěboř and I used the battery test – Unifittest (6-60), which I completed by the holistic motoric test, called the Jacík test. I also used a questionnaire to find out what other sports activities do pupils of the dance branch.

The research part of this work shows that the dance students achieved on average better results than the pupils of the Primary School dedicated to sports only in Physical Education. The biggest difference was between the test groups in the repeatedly „Leh-Sed“, when the dance students were better by almost 30 %. Using a questionnaire survey I found out that 9 out of 14 pupils of the dance branch attend at least one other sports club.

KEYWORDS

motor abilities, primary school age, elementary art school, dance subject, UNIFITTEST (6-60)