

## **ABSTRACT**

The diploma thesis is focused on physical and sports activities of children in older school age. For the research were selected pupils in the 8th and 9th grades of primary schools in the Prague-East District. The main goal of the work is based on data collected by online questionnaires to analyze and compare the level of physical activities of these pupils depending on the main factors of their lives. I consider these factors to be school physical education, physical and sports activities outside of school, leisure, family, dwelling place.

The theoretical part describes all requirements associated with the physical activities of children in older school age, that are necessary for a proper understanding of the research part, such as the definition of physical activities and sports, the characteristics of older school children and key factors affecting these children.

A total of 240 respondents, meaning 8th and 9th grade pupils from four selected primary schools in the Prague-East District, took part in the research. For the research I used the method of a questionnaire survey, which was organized online using Google Forms. The questionnaire contains 20 questions and is divided into 5 parts, according to the main factors already mentioned. The results for each individual question are clearly viewed in the research part in graphs and carefully analyzed verbally and numerically.

A very important part of the thesis are individual verifications of hypotheses, where the results of the questionnaire are described in detail in the context of the entire research. The verifications of the hypotheses lead to summarizing conclusions, which provide current data on the relationship of pupils at the end of primary school to physical activities and sports.