

Abstract

This diploma thesis is focusing at analysis of childrens younger school age – 1st grade primary school out-of-school time activities during Covid-19 pandemic. The results of this analysis were collected from 1st – 5th class of primary school pupils.

Theoretical part is dedicated to younger school age and specifics of this age from physical, mental, social, emotional and movement development point of view. We also dedicate this part to Covid-19 pandemic. Big part of this thesis is dedicated to move activity. We focus more in detail at move activity, factors, which influence move activity and impacts on human health. Part of the thesis is dedicated to move inactivity, it's impacts on younger school age children or recommended amount of move activities. The theoretical part is dedicated to free time activities, out-of-school activities of younger school age children and it's characteristics and functions.

The reaserch part is then orientated on out-of-school move activities results of younger school age children and it's interpretation before pandemic period and during pandemic period of Covid-19. The results of our reasearch is presented via bar and pie charts. At this part of the thesis is also described the research part, used methods and work conclusions. Realized research proved higher level of hypokinesia during Covid-19 period than before the pandemic period.

KEYWORDS:

analysis, movement, physical activity, physical inactivity, children younger school age, health, Covid-19, primary school