

## **Abstract**

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**Title:** The impact of the absence of physical education lessons on results of motor tests in elementary school children

**Goals:** The aim of this work is to determine the effect of the absence of physical education classes on the results of motor tests, specifically on the results of the UNIFIT-TEST test battery (6-60) and on leisure time physical activity of primary school children aged 9-14 and to compare the results obtained with the results of a previously performed study which was carried out in the period during which physical education was taught in the usual way. **Methods:** A total of 87 children aged 9 to 14 (47 girls and 40 boys) from Husova 170 Elementary School in Jičín participated in the study. Pupils were tested using the UNIFITTEST test battery (6-60) from motor tests (standing long jump, repeated sit-ups, endurance shuttle running, shuttle running) and somatic measurements. However, due to the closure of schools as a result of the serious epidemiological situation, it was not possible to complete the entire motor test battery. Another part of the study was a questionnaire survey focused on the child's leisure activity during the coronavirus and summer holidays.

**Results:** The negative effect of the absence of physical education was manifested only in the case of some motor tests → endurance shuttle running and shuttle running results for girls of the youngest age group and endurance shuttle running in boys of the same age. For the other two age groups, i.e. in 11-12 years and 13-14 years, worse results were observed in the testing of repeated sit-ups, for both boys and girls. Apart from the youngest age group, the endurance shuttle age was only tested in the oldest group of girls. The youngest group of girls with the absence of PE achieved a percentage of 63,54% of the total priority of leisure time physical activities compared to their peers with standard PE teaching - 61.38%. For boys in the same age category, it was 69,27% x 74,10%. Girls with no PE in the age group 11-12 years achieved 60,42% priority against their peers with 59,05% and for boys of the same age category the percentage was

62,04% x 71,15%. In the oldest age category, girls with the absence of PE achieved 60,55% x 57,44% and boys with the absence of PE 61,66% x 63,39%.

**Conclusion:** The negative effect of the absence of physical education was manifested only in the case of some motor tests, depending on age and gender. When evaluating the overall priority of leisure time physical activity for girls, we observed in all three age categories a higher overall priority of leisure time physical activity for girls who did not have physical education, on the other hand, for boys in all age groups it was exactly the opposite.

**Keywords:** COVID-19, physical activity, UNIFITTEST (6-60), hypokinesia, physical fitness, obesity in children