

ABSTRACT

- Title:** Physical activity of primary school children in the Czech Republic, during the COVID-19 pandemic
- Objectives:** The aim of this diploma thesis is to evaluate how the period of the COVID-19 pandemic in the Czech Republic affected the physical activity of children of younger school age.
- Methods:** The research was conducted using a questionnaire survey. The questionnaire was distributed in electronic version to primary schools (first stage) in the Czech Republic, schools in the capital city of Prague were excluded. In total, 215 responses were obtained. Children of both sexes, aged 6-12, living in the city and in the village and in all 1st grades of primary school corresponded. The collected data were analyzed using absolute percentage numbers, descriptive statistics and the Wilcoxon test. The results were presented in the form of tables and graphs for better clarity.
- Results:** The research sample showed a significant reduction in the amount of physical activity during the COVID-19 pandemic compared to the period before the pandemic. There was no significant difference in the amount of physical activity between children living in the city and in the village. There has also been no evidence of an increase in injuries in the home during a pandemic. The most common physical activity among younger school-age children during a pandemic was walks lasting more than 30 minutes.
- Keywords:** COVID-19, pandemic, children, younger school age, physical activity, injury