

Abstract

Title:

The level of physical abilities of primary school pupils with different hourly subsidy for physical education

Objetives:

The aim of the work is to determine whether the pupils of the Benešov Dukelská primary school show that they have a larger subsidy of physical education since the 6th grade. Using a comparison with a classic elementary school, find out how students perform in sports.

Method used:

To reach the goal of the thesis, we will use a comparison of two schools. ZŠ Mnichovice, which has a classic regime of physical education, and ZŠ Dukelská Benešov, which has a sports extension. We will compare the performance of students in the disciplines of Olympic multi-sport.

Results:

According to the comparison of the classical primary school of the Mnichovice primary school and the school with the sports extension of the Dukelská Benešov primary school, we can claim that this influence was reflected in the results. In individual groups according to sports workload, better results were repeatedly shown for pupils with a higher hourly subsidy of physical education (PE). The averages of performances in the group also showed, where the differences between pupils with a higher hourly subsidy of PE and pupils with a classic hourly subsidy were often very marked. We reached the same conclusion when comparing students regardless of their sports activities outside of PE. The best performances were usually for pupils with a higher hourly subsidy of PE, on the contrary, the worst performances were in all cases for pupils without an extension of PE. The sports school in Benešov dominated the Olympic multi-sport disciplines in almost all groups. Within the class with sports expansion, there were much more stable and on average higher performances. Thus, the variance between the best and the worst performance was often not as significant as it was in the classical school.

Keywords: physical education, number of lessons of physical education, primary school, sport performance