

Abstract

Title of the thesis:

Attitude to the physical activity in school aged children 12-14 years

The aim of the thesis:

Find out the awareness of the concept of Movement literacy among the pupils of seventh and eighth grades, the general attitude towards physical activity and the relationship to physical education and lifestyle.

Methods:

226 primary school pupils in Prague (111 boys and 115 girls) aged 12-14 years were surveyed with a self-constructed questionnaire focusing on attitudes towards physical activity and selected aspects of lifestyle.

Results:

PE is more popular among boys (78 %) than girls (57 %). For boys, the dominant reason given for physical activity was health and fitness (47 %), while for girls it was weight reduction and body improvement (43 %). 71 % of boys and 64 % of girls are active in some sport. 33 % have experience of dealing with musculoskeletal difficulties and rehabilitation. In the question, "What is movement literacy?" 14 girls and 20 boys came close to the correct answer. There was a positive attitude towards PE and physical activity, but there were differences in motivation between boys and girls.

Keywords:

FEP BE, pupils, lifestyle, physical education, physical activity

