

Abstract

Title: Evaluation of the Level of Motor Skills in the Older School Age Girls in the Second Grade of the Elementary School.

Objectives: The aim of the thesis was to determine and subsequently evaluate the level of motor skills in the older school age girls in the second grade of elementary school in ZŠ Liberec, Sokolovská 328, Liberec XIII using the UNIFITTEST (6–60) test battery.

Methods: The theoretical-empirical type of work was used in the research. The quantitative method UNIFITTEST standardized test battery (6-60), was used to analyze and verify the data within the quasi-experimental research. The following motor tests were selected according to the age of the girls - long jump from a standing position with jumping off two feet, repeated sit ups, endurance 20m shuttle run and 4 x 10m shuttle run. The endurance strength test - dead hang endurance- was included instead of 4 x 10 m shuttle run in girls at the age of 15. The total number of tested girls was 67.

Results: On the basis of the results we found that according to the assessment norms UNIFITTEST test battery (6-60), girls in grade 9 performed the worst and girls in grade 8 performed the best. In year 6, both 11-year-old and 12-year-old girls were evaluated below average, 11-year-old girls scored 17 points and 12-year-old girls scored only with 15 points. In year 7, 12-year-old girls scored average (21 points), and 13-year-old girls were rated significantly below average (14 points). Only in year 8 scored average for both 13 and 14-year-old girls (20 points) and in year 9, 14-year-old girls were rated below average (17 points) and 15-year-old girls were significantly below average (12 points). In the sub-tests in long jump, 4 x 10 m shuttle run and sit ups the overall best result was obtained in the girls in grade 8. Only in the endurance shuttle run both girls from grade 7 and girls from grade 8 have the same number of points (6). The research has shown that only girls aged 13 and 14 in year 8 were rated as average and reached the highest score of all the second grade girls when comparing year groups.

Keywords: girls; physical activity; test battery; somatic measurement; motor testing; physical fitness.