

# **ABSTRACT**

**Title:**

Motor abilities of mental retarded pupils from basic schools

**The goal of the thesis:**

The main goal of this thesis was to compare the capacity of a given set of motor disciplines of pupils from basic schools and pupils from special basic schools.

**Methods:**

For the comparison of both groups of pupils of the age of 13 and 14 from basic school and special basic school four tests were used (standing broad jump, sit-ups for 60 s, 12-minute run, shuttle-run 4x10 m). These established data were compared with the average results given in the handbook of UNIFITTEST.

**Results:**

From the results of motor tests it is obvious that the efficiency of pupils from special basic schools in both age categories was lower in comparison with pupils from basic schools. But these differences were mostly not statistically significant. The biggest heterogeneity was manifested in the group of boys from special basic schools, especially in run disciplines of 14-year category. Girls from special basic schools reached standard or substandard performances while performances of boys were usually ordinary. Only results in 12-minute run were below the average.

**Key words:**

Special basic school, mild mental retardation, physical education with disabled people, motor capacity, UNIFITTESTs 6-60