

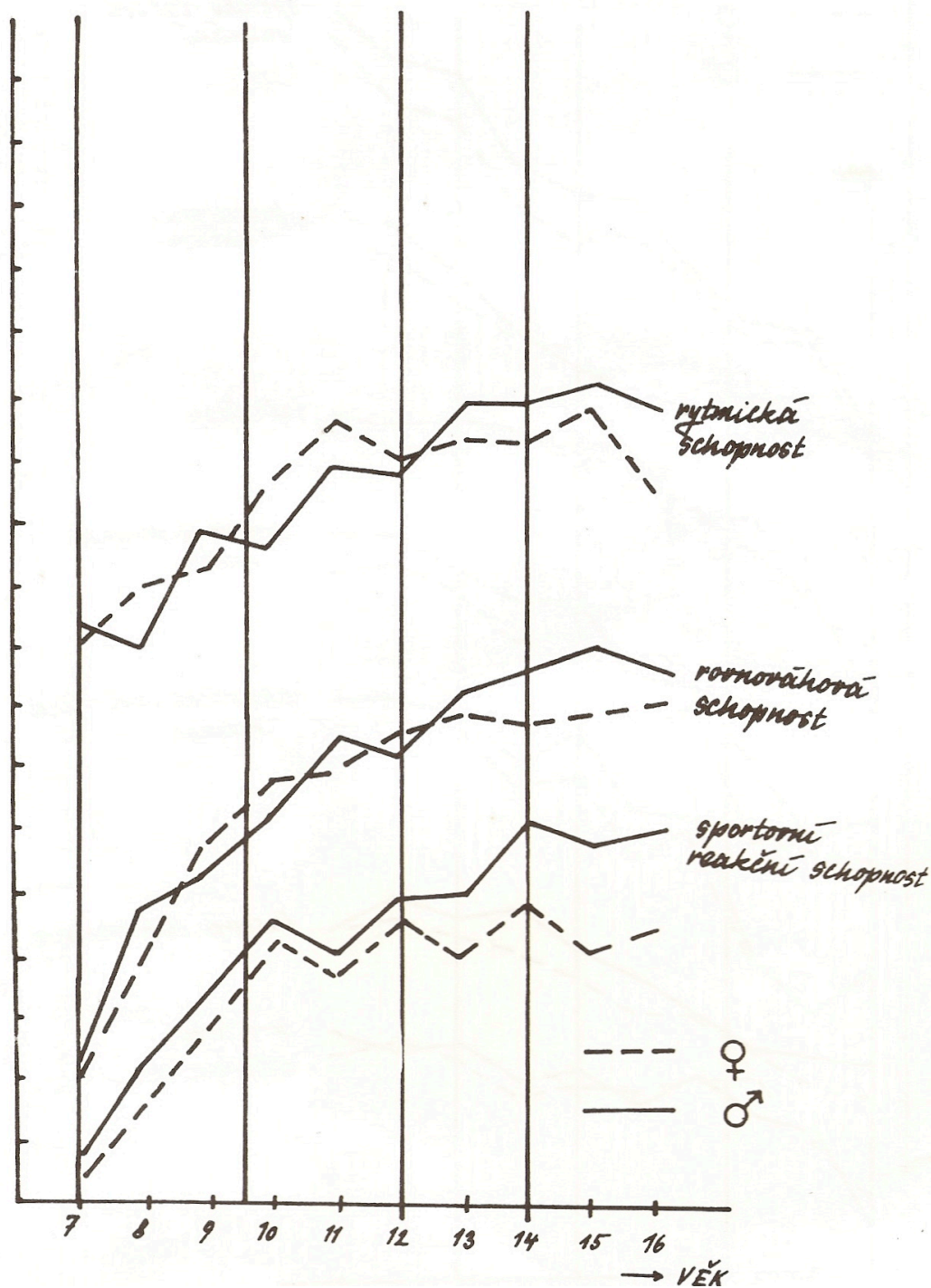
8. PŘÍLOHY

SEZNAM PŘÍLOH:

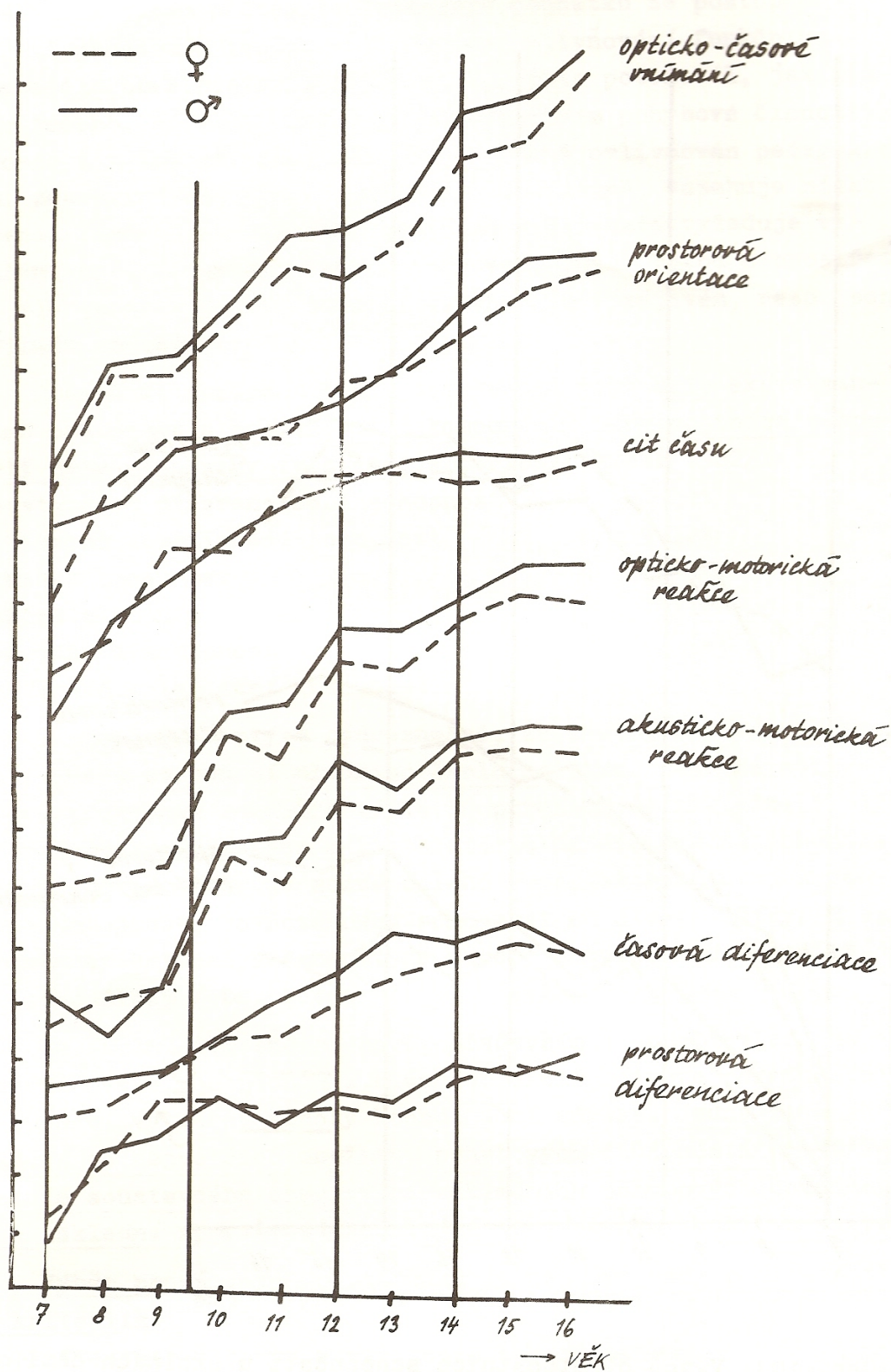
- P1: Vývoj koordinačních schopností u školních dětí (Hirtz, 1982)
- P2: Vývoj psychofyziologických funkcí u školních dětí (Hirtz, 1982)
- P3: Celková úroveň koordinačních schopností a motorické docility (Belej, Junger, 2006)
- P4: Dynamika vývinu koordinačních schopností a motorické docility (Belej, Junger, 2006)
- P5: Fáze motorického rozvoje (Gallahue, 1982)
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- P9: Pyramida dovednostních úrovní při rozvoji motorické způsobilosti (Seefeldt, 1979)
- P10: Pohybová analýza pohybových konceptů a motorických dovedností (Graham, Holt/Hale, Parker, 1987)
- P11: Struktura koordinačních kapacit (Weineck, 1995)
- P12: Finský systém rozvoje koordinačních schopností

Pozn.: Z důvodu možné terminologické nepřesnosti způsobené překladem jsou některé materiály ponechány v původním znění.

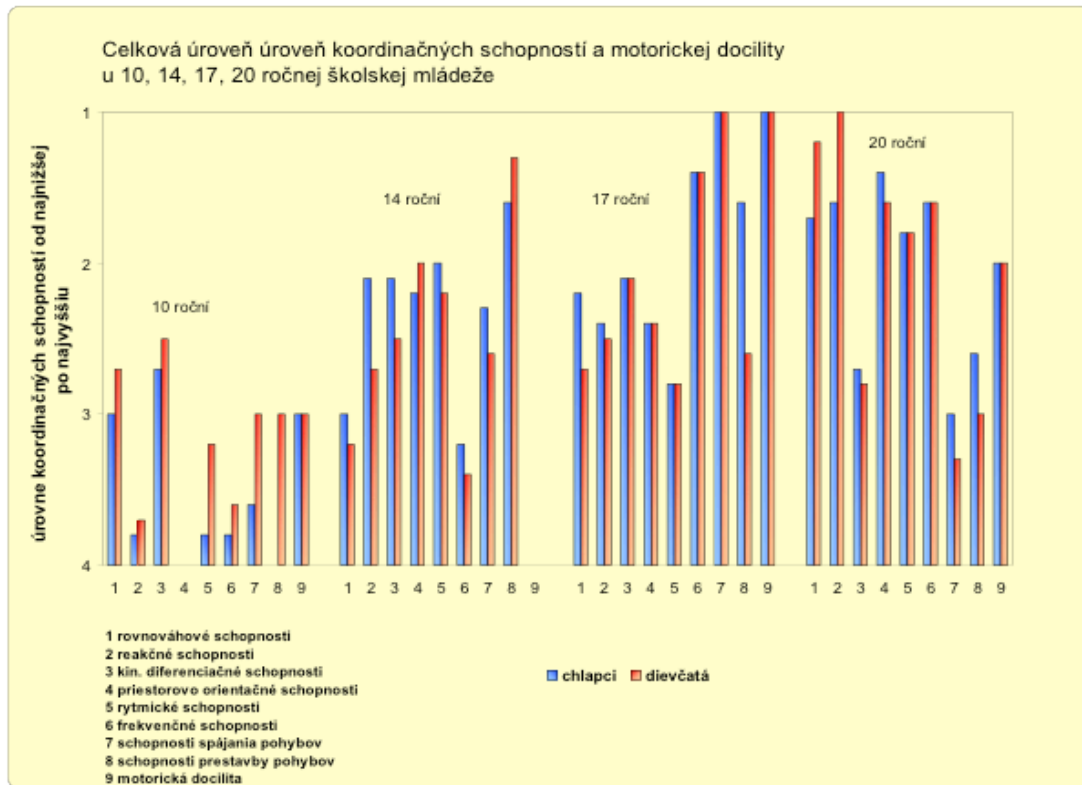
P1: Vývoj koordinačních schopností u školních dětí (Hirtz, 1982)



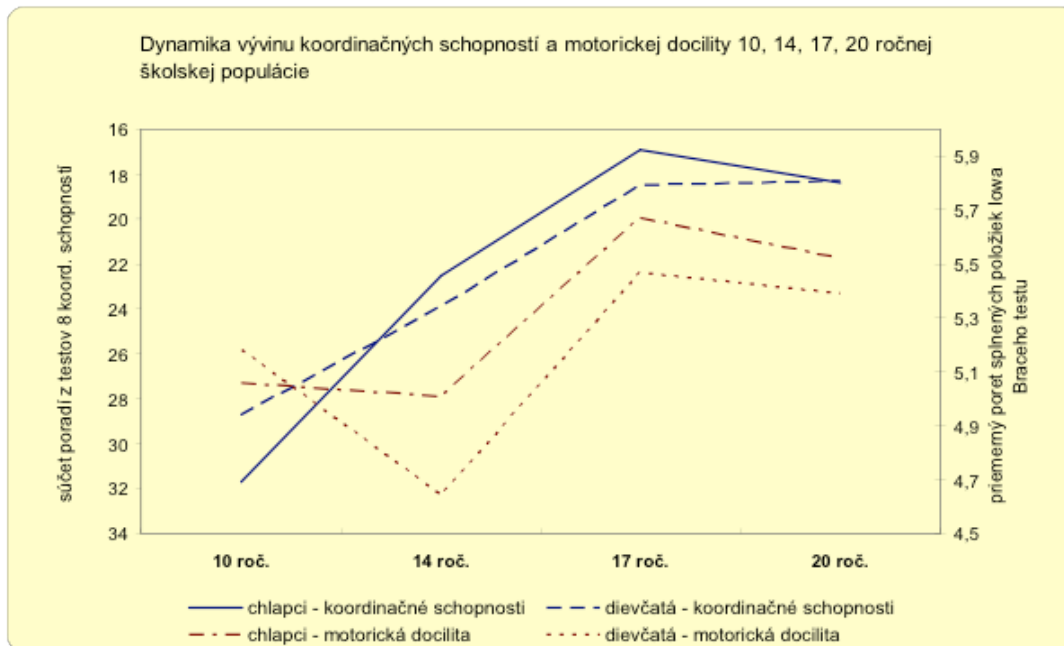
P2: Vývoj psychofyziologických funkcí u školních dětí (Hirtz, 1982)



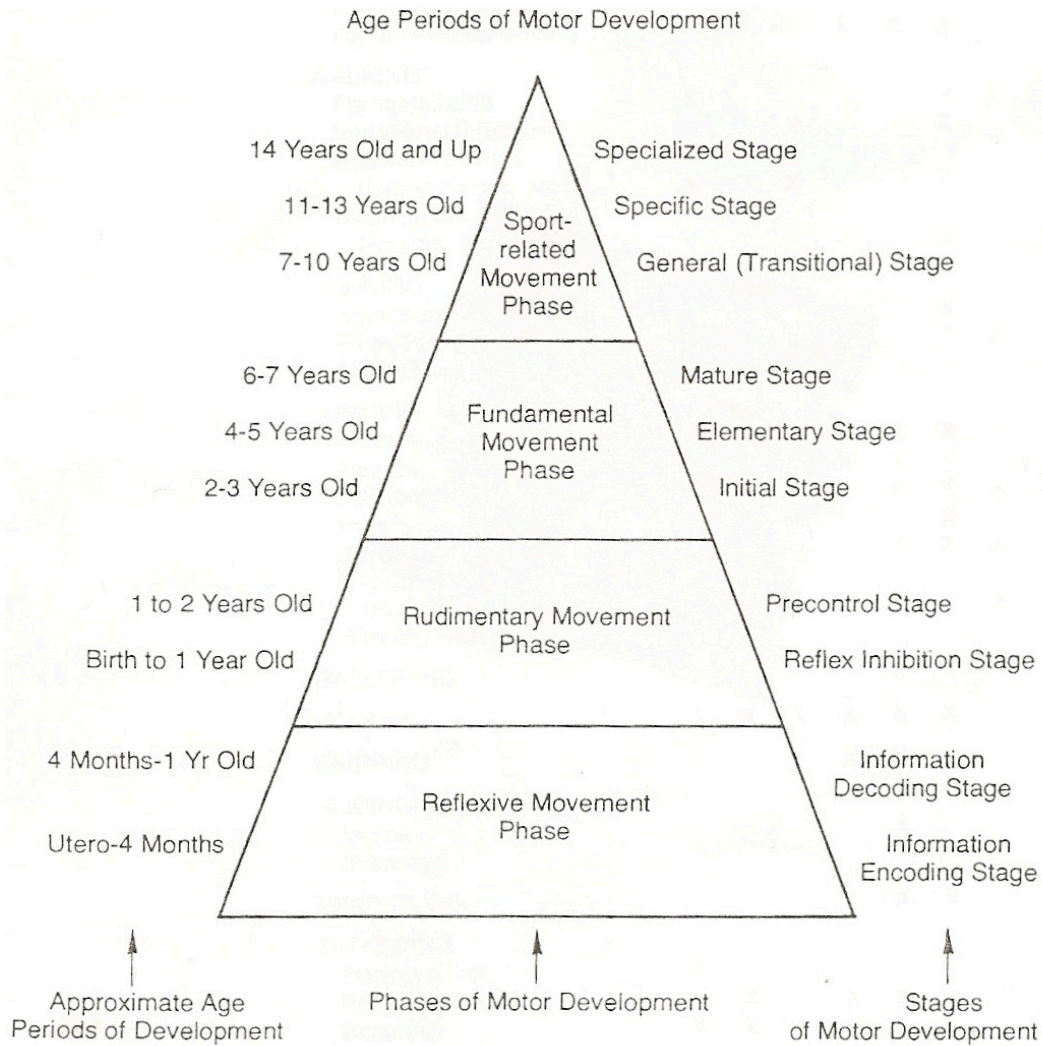
P3: Celková úroveň koordinačných schopností a motorickej docility (Junger, Belej, 2006)



P4: Dynamika vývinu koordinačných schopností a motorickej docility (Junger, Belej, 2006)



P5: Fáze motorického rozvoje (Gallahue, 1982)



P6: Hrubé motorické dovednosti v raném dětství (Bayley, 1935)

Table 3
Gross motor skills of early childhood

	Cunningham (1927) 1.0-3.5 years	Jenkins (1930) 5.0-7.0 years	Bayley (1935) Birth-3.0 years	McCaskill & Wellman (1938) 2.0-6.0 years	Gutteridge (1939) 2.0-7.0 years	Gesell (1940) 1.25-7.0 years	Hartman (1943) 4.0-6.5 years	Keogh (1965) 5.0-11.0 years	Frankenberg & Dodds (1967) Birth-6.0 years	Bayley (1969) Birth-2.5 years	Sinclair (1971) 2.0-6.0 years	Vlchikovsky (1972) 3.0-17.0 years	Morris et al. (1982) 2.0-6.0 years
CLIMBING													
Equipment (Chairs, boxes, stools)	X			X	X								
Stairs—ascending	X	X	X	X	X	X			X	X	X		
Stairs—descending	X	X	X	X	X	X				X	X		
Ladders—ascending				X	X	X					X		
Ladders—descending				X	X	X							
WALKING													
Form/Patterns	X					X			X		X		
Variations/Directions			X			X			X	X			
Accuracy/Control (Lines, circles, etc.)	X		X	X		X			X	X			
Balance/Control (Beams, blocks, boards)	X					X		X		X	X		
RUNNING													
Start/Stop/Control	X					X							
Form/Speed		X				X	X	X			X	X	X
Agility/Coordination								X			X		X
JUMPING													
From heights	X		X	X	X	X				X			
Two-foot continuous			X	X	X	X			X	X			
Standing long jump		X	X	X	X	X	X	X	X	X	X	X	X
Running long jump		X				X						X	
Jump and reach	X				X	X	X						
Over obstacles (Hurdles, cables, etc.)	X		X		X		X	X		X			
Running high jump											X	X	
GALLOPING													
HOPPING													
SKIPPING													
SLIDING													
Inclines					X								
Sideways											X		
TRICYCLING													
THROWING													
Rolling a ball	X												
Form/Distance		X		X	X	X	X	X	X	X	X	X	X
Accuracy	X	X						X					
CATCHING													
KICKING													
STRIKING													

Table 3 (continued)
Gross motor skills of early childhood

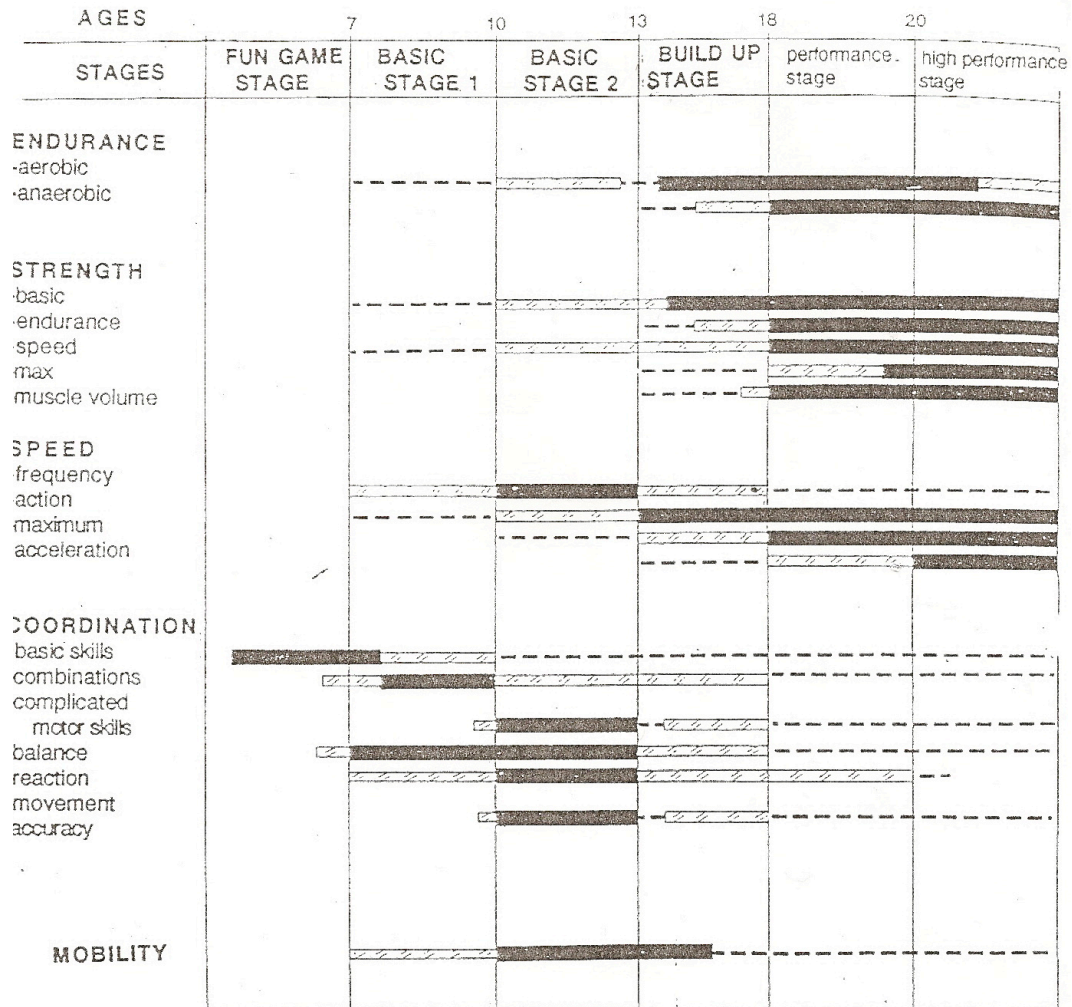
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BOUNCING (Ball)				X	X							X	
BALANCING (Static)		X				X		X	X	X			X
HANGING (Hands)												X	
FORWARD ROLL												X	
PUSHING/PULLING												X	
LIFTING & CARRYING												X	
BOUNCING (Board)												X	

P7: Dynamika koordinačních schopností během preadolescence (Hirtz, 1982)

Coordinative skills - boys	1	2	3	4	5	6	7	8
Coordinative skill under time pressure	*	*	*					
Kinesthetic, spatial and temporal differentiation skill	*	*			*	*		
Acoustic and optical reaction skill			*	*	*			
Rhythm skill				*	*			
Spatial orientation skill							*	*
Balance skill					*	*		
Coordinative skills - girls	1	2	3	4	5	6	7	8
Coordinative skill under time pressure	*	*	*					
Kinesthetic, spatial and temporal differentiation skill	*	*			*	*		
Acoustic and optical reaction skill			*	*	*			
Rhythm skill		*	*	*				
Spatial orientation skill							*	*
Balance skill					*	*		

P8: Věková období výhodná k rozvoji pohybových schopností (Loko, Sikut, Aule, 1996)

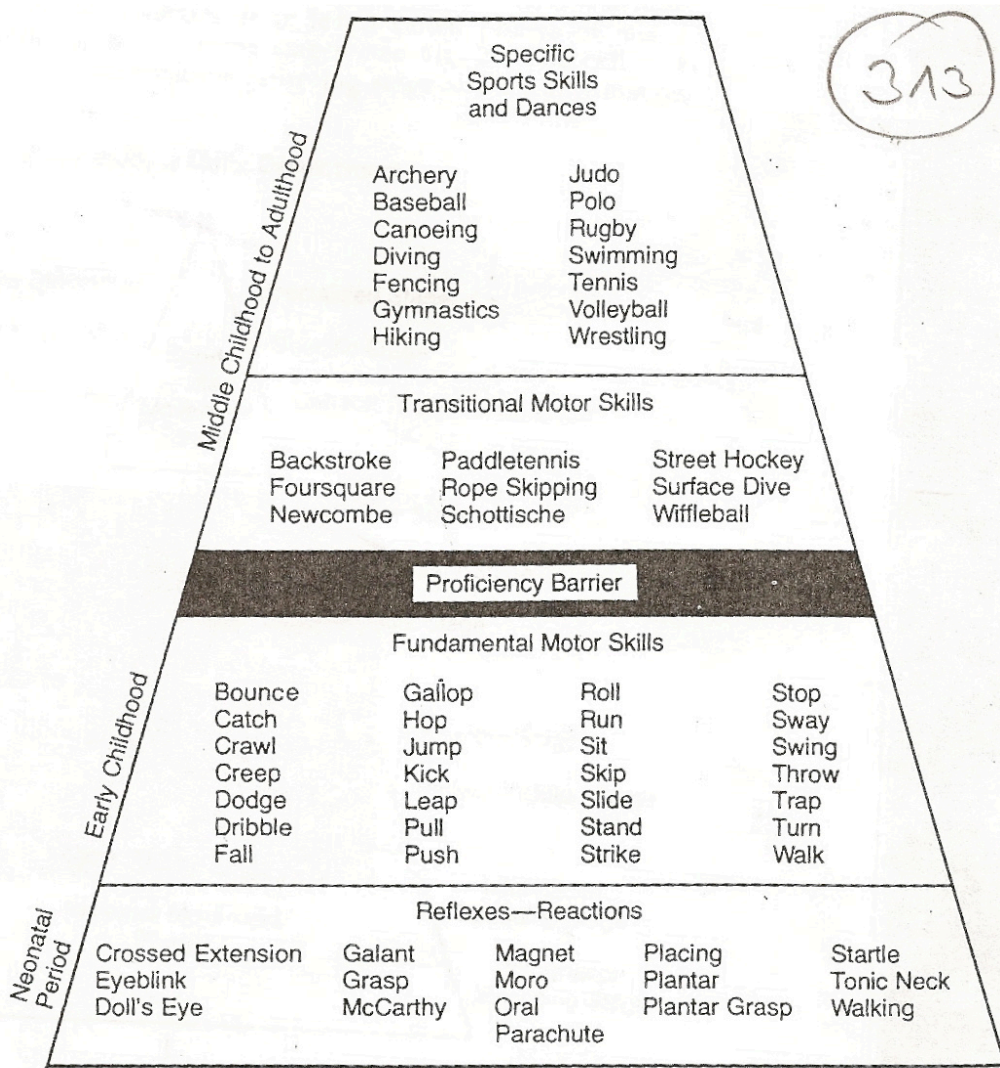
AGES OF OPTIMUM RECEPTIVENESS



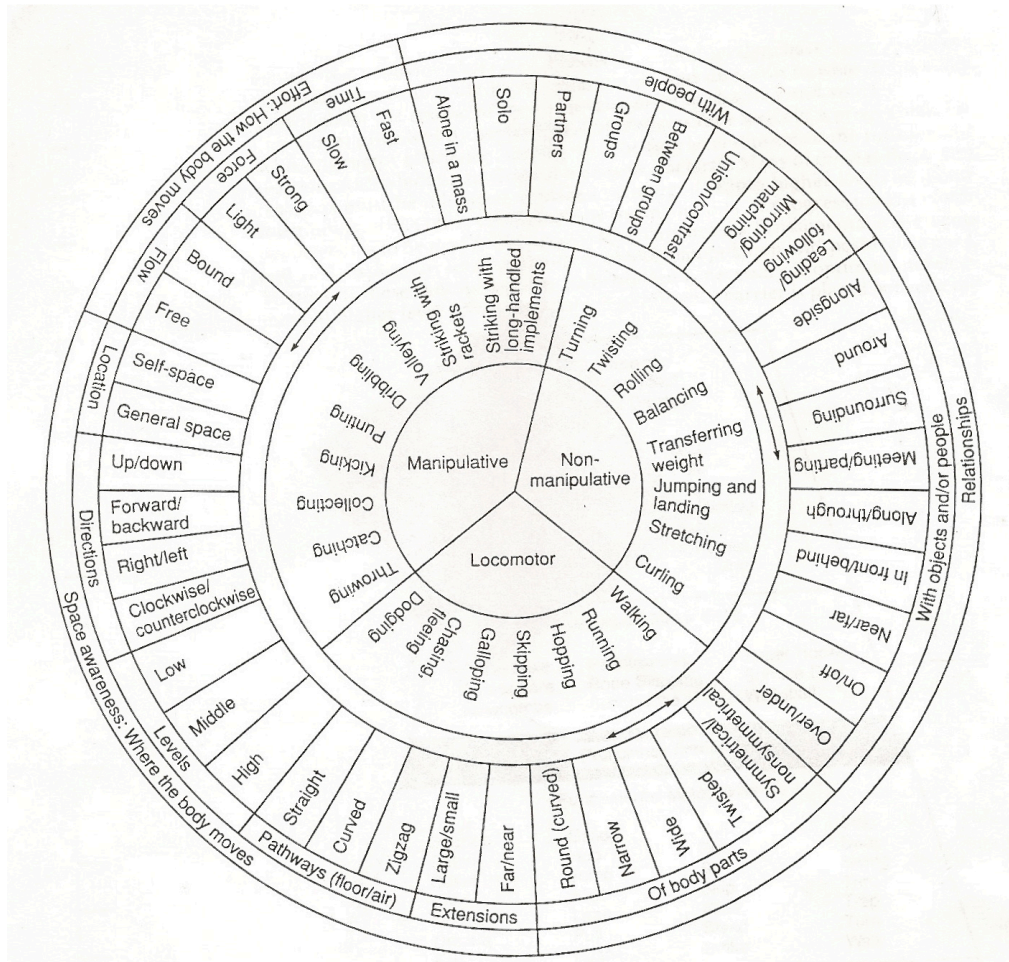
Key to the Table

- LITTLE EFFECT
- ▨ MEDIUM EFFECT
- GREAT EFFECT

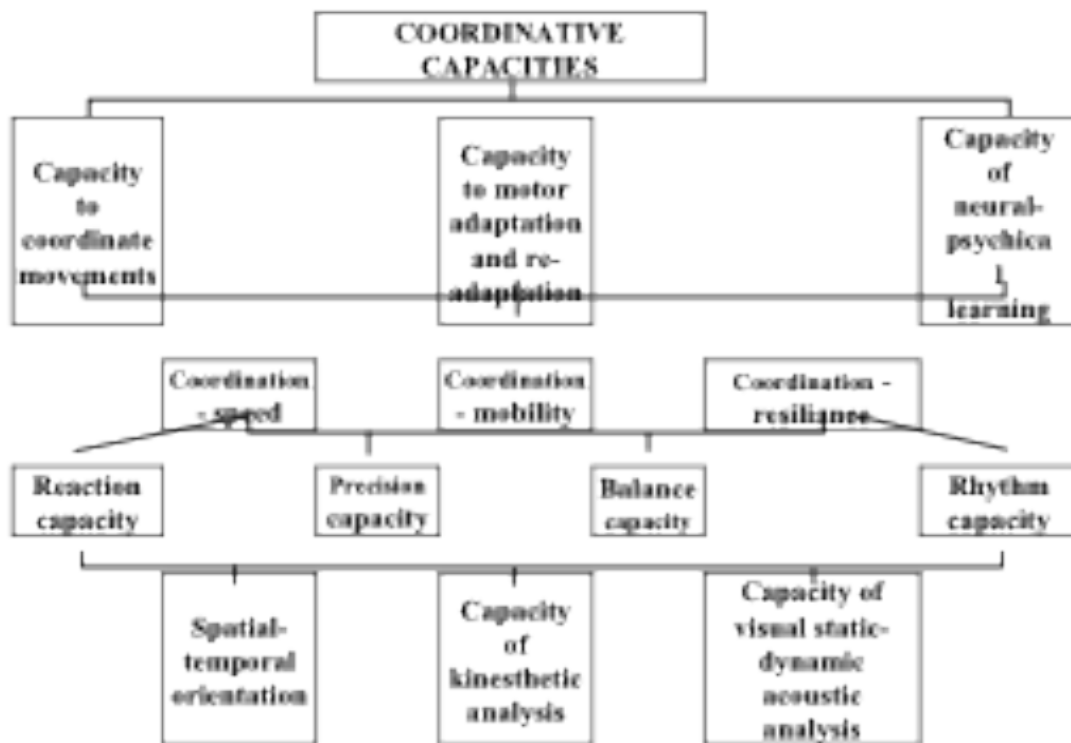
P9: Pyramida dovednostních úrovní při rozvoji motorické způsobilosti (Seefeldt, 1979)



P10: Pohybová analýza pohybových konceptů a motorických dovedností (Graham, Holt/Hale, Parker, 1987)



P11: Struktura koordinačních kapacit (Weineck, 1995)



P12: Finský systém rozvoje koordinačních schopností

Finland Motor Skill Development

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Coordination:

1. Walk while swinging arms to the side in windmill fashion--forward, backward, counter
2. March forward with high knee lifts
3. One legged hops
4. Side stepping --"carioca"
5. Backward skate bounding
6. Hops on one foot (L.+ R), land on two feet and repeat
7. Jumping jacks
8. Swedish jumping jacks (feet move forward/backward)
9. Jumps(two feet together) in and around a hexagon
10. In pairs facing each other, throw a basketball and kick a soccer ball to each other.
11. In pairs with hockey sticks pass a tennis ball and soccer ball to each other
12. Circle with 6 players throw a basketball and kick a soccer ball to each other
13. Pass the basketball with hockey sticks and kick a soccer ball around cones
14. Bounce a basketball and kick a soccer ball around cones in slalom pattern
15. With a hockey stick control a ball and kick a soccer ball around cones in slalom pattern
16. Dribble a basketball around cones (obstacles) and partner in small area
17. Both partners jump over two cones lying flat and play catch with a ball at same time
18. Kick a soccer ball while moving forward and rotate an other ball around one's waist
19. Slide board + stickhandle
20. Crab walk (face-up) forward and backward
21. Deep squat walk (hands behind neck)
22. Walk on all fours--forward, turn and return forward
23. Rope jumping--forward, back, 2 feet, one foot, skip forward, jump backward (1/2 feet)
side-to-side (shift feet), side swings and jumps, double swing + jump

Stretching:

1. Stretch leg up and behind--hold with two hands
2. Hurdler's stretch
3. Groin stretch while sitting
4. Side stretches of legs
5. Standing cross legs and touch ground--left and right side
6. Crossover with stretch of back leg
7. Standing side trunk stretch
8. Kneeling down--back stretch
9. Partner leg stretch behind
10. Partner leg stretch while leg is up in the air/ player lies on floor
11. Stretch bent leg up to chest
12. Partners face each other, outstretched feet on partner's feet--alternate stretching
13. Foot up in the air while lying on the floor, partner stretches foot up and down
14. Partner lifts partner's back while partner is stretched out on all fours

15. Partner sits with legs apart, other partner pushes back--first player touches floor with hands
16. Partner sits on floor and stretches arms up and behind--other partner stands behind and stretches arms back and up
17. Partner lies on floor, facing up with arms up--second partner stands over him and lifts partner up by the arms

Agility:

1. Forward somersault rolls
2. Backward somersault rolls
3. Cartwheels on hands
4. Forward--backward rolls--cartwheels on way back
5. Starting sprints from a) lying on back, b) lying on stomach-roll and up, c) somersault start
6. Backward on signal
7. Forward one step, backward one step, forward 2 steps, etc.
8. Standing, step through a rope held in both hands
9. Lying on floor/ ground, crawl through rope around body and held in both hands
10. Hurdles: a) jump 6 hurdles, b) over and under, c) over, around, under and on to next
11. Jump three hurdles--do somersaults or cartwheels between the hurdles
12. Jump six hurdles--zig-zag through the course
13. Same as above, but over and under every other hurdle on zig-zag course
14. Over and under 6 obstacles lined up in straight line--jump laterally
15. Lie on ground with ball, throw the ball up in the air, jump up and catch the ball
16. Standing throw the ball in the air, do a somersault and catch the ball before it hits the ground
17. Leap frog with partner
18. Leap frog over partner, crawl back through partner's legs
19. Somersault over partner lying on the ground, crawl back under him (makes bridge)
20. Players lie on ground in line, jump over the players and then lie down
21. Standing partner in semi-crouch, other partner rolls over his back
22. Partners lie next to each other head next to other partner's feet, hold feet of partner--lock up and curl and roll over each other
23. Players form a circle with space in between each player--one runs in and out of partners, slalom course on circle, a) forward, b) backward running--one at a time
24. Leap frog all the players in a line forward

25. Leap frog and crawl under--alternate
26. Slalom run through other players--on way back stretch legs going forward and backward
27. Run over lying partner on the ground (straight line) ---a) over each player, b) crawl under on way back, c) over and under on way back
28. Slalom around partners lying on the ground in a straight line
29. Backward tag in a small area --freeze when tagged and put hands behind head

Balance:

1. One one leg balance and swing other leg in circular movements (on ground/ or balance beam)
2. On balance board--play catch with ball
3. Bicycle as slow as possible
4. Two on balance beam--two soccer balls, throw and catch
5. Medicine ball catch and throw while balancing on the beam
6. Balance on a medicine ball
7. Hand stand with the assistance of a partner
8. One legged hops--jump up and land on one foot and touch the ground with finger
9. Do a somersault and come up on one foot
10. A pair battle (2 legs on beam)on the balance beam--battle standing on one leg only
11. Battle on the ground, lock one hand with partner--push or pull--can't move feet
12. Line up in pairs facing each other, feet together, try to push partner off balance
13. Jump up using two legs and spin 360 degrees
14. Jump up and spin 360 degrees, but land on one foot
15. One legged squats on the balance beam (touch backside to beam)
16. Walk on stilts
17. Run and jump into partner's arms
18. Backward one legged jumps (alternate legs each time on course)
19. Balance on a rope tied between two trees
20. Push yourself around on a skateboard

Reaction speed:

1. React to the coach's hand signal--forward, backward, left, right, spin, down, somersault
2. Run toward the coach and react to his hand signal--go left or right
3. Run backward in front of the coach and react to his hand signal--go left or right
4. On the coach's signal get up and sprint forward from: a) seated position, b) lying down flat position, c) on all fours position
5. On coach's signal start with a somersault and watch for coach's signal for left or right sprint
6. Skate bounding toward the coach, on signal sprint left or right
7. One-on-one with a ball
8. Two partners stand next to each other, one faces the coach and bounces up and down, the other faces away from the coach--when the coach gives the signal the second player reacts to the player facing the coach and both sprint away from the coach
9. Mirror drill in pairs
10. Mirror drill with eyes closed--two players face each other and hands touch each other -- one leads and the other follows, up--down, left-right, frontward-backward, etc.
11. Two players line up in front of the coach --both face coach--player furthest away has a soccer ball--on signal player directly in front of the coach spins around and faces the second player who a) kicks the ball toward him to stop, or b) throw the ball for him to catch

12. Hockey stick catch--two players stand about 15-20 feet apart facing each other and stand their hockey sticks up on the knob end--on the signal they let go of their sticks and sprint to their partner's stick and try to catch it before it falls down
13. Same as above, but the players face away from each other (back toward other's back)
14. Two partners face each other --first player makes a somersault toward the second player, just as he is coming to his feet, the other player throws a ball toward him to catch
15. React to the ball--5 or 6 player line up with backs to the coach--the coach throws a ball over their heads and they must react to it and race to get it--they always face away from the coach , but have different starting position: a) on knees, b) stomach, c) all fours
16. Players line up in two columns--coach stands in front and give the signal to sprint left or right
17. Play soccer with a football
18. Step on foot or hit the hand(s) of your partner--combative exercise
19. Step on foot of partner (hands behind the back)
20. Wrestling--work in pairs--try to knock down your partner
21. Stretch out on all fours facing your partner--work in pairs--try to knock your partner off balance by taking out his support arm