

Abstract

Title:

Swimming level of pupils from primary school with private swimming pool.

Work objectives:

The aim is to identify assess level of swimming of pupils from first to ninth grade of primary school with a private pool in Chomutov district using continuous swimming test with regular swimming lessons, which is started in the first grade and persists until the ninth grade. The condition was organizing a school swimming lessons once a week for 45 minutes in all grades.

Methodology:

Swimming level was measured quantitatively based on a distance test at 200 m of continuous swimming. Qualitative assessment of swimming level was carried out by observing the course of the test situation and was applied to swimming skills of jump into water, realization of swimming breathing and swimming locomotion. In total, 738 probands were surveyed of which 356 boys and 382 girls.

Results:

We noted that 53% of surveyed probands with regular swimming lessons are able to swim 200m without interruption of continuous swimming test. We also noted that surveyed pupils who swam less than 200m had acquired less swimming skills (swimming breath and jump into water) than students who can swim 200m. Another finding is that students chose crawl as the first swimming style and that it was more preferred by boys. Girls swimming style preference was a breaststroke. Average distance of swimming on all measured school from first to ninth grade has a rising character with few variations. We noted dominant growth of swimming distance of pupils from first to fourth grade at all schools.

Key words:

swimming, swimming lessons, swimming skills, swimmer