

## **Abstract**

**Titule: Children´s motor skills in track and field (children 6-9 years)**

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**Aims:** One of the objectives of this work was the determination of the physical readiness and motion level of primary school children with the aid of five purposely selected motor tests. The research was conducted among the group of children of athletic prep. The results were compared with tabulated values in literature. Simultaneously was monitored the relationship between performances and measured body weight and hight of monitored children. Using the questionnaire were recorded the attitudes of children to sport, to other physical activities and last but not least, athletic disciplines from the point of view of popularity.

**Methodology:** For the purpose of this thesis was evaluated a total of  $n = 28$  children of primary school age, which were divided into two groups according to age, 6-7 years old (year of birth 2006-2005) and 8-9 years (year of birth 2004-2003). Comparison method was used in five motor tests (jump from the place, throwing the medicine ball over the head, shuttle run the  $4 \times 10$  m, throwing a tennis ball and the depth of standing forward bend) with tabular values in the literature. There was also measured body weight and height and compared with long-term tables of the youth in the Czech Republic. Determination of attitudes was implemented by using the questionnaire that included 16 questions with opened and closed answers. In compiling the questions in the questionnaire was taken into consideration the young age of the respondents.

**Results:** We found that monitored Group 1 was in the results of motor tests evaluated as above average, however, Group 2 was evaluated quite the opposite. In comparison with the physical parameters of the national average, the monitored groups reached rather substandard rating. It was further confirmed that the lower body weight and higher stature are a good prerequisite for the better results in motor tests. It was

found that the duration of attendance of the athletic club does not affect the results of the motor tests. The questionnaire survey shows that the most frequently performed physical activities are the games on the field and cycling. Furthermore, 54% of children do not have athletic example, although 35% (Group 1) and 71% (Group 2) children said that they want to be a successful athlete. Another finding is that the most popular discipline is throwing and sprint. Children favoring races did not achieve better results in motor tests.

**Keywords:** athletics, athletic prep, primary school children, testing, motor tests, questionnaire, the basic physical parameters