

Abstract

Title: Athletics in Elementary School Physical Education

Objectives: The main aim of the thesis was to measure the level of basic fitness of older elementary school children in 2013. The results of this measurement were compared with the results given by the sport centres of the Czech Athletic Federation (from here onwards referred to as SpS ČAS) for year 2012.

Methods: The thesis uses the method of observing and the method of testing. The verification of chosen fitness tests was carried out during Physical Education lessons at the Elementary School Pacov, Za Branou and the Elementary School Pacov, Náměstí. The aim of testing was to determine the level of fitness abilities of the second stage boys. The author of the thesis chose four most commonly used testing tools – the 50m run, the standing long jump, the medicine ball throw and the 12 minute run.

Results: The fitness of the SpS members is markedly better in comparison with the elementary school students. The students reached worse results in all applied tests.

Keywords: elementary school athletics, athletics, fitness abilities, fitness testing