

## **Abstract**

**Title:** Influence of movement training on motor performance in children

**Objectives:** The author set out to verify whether beach volleyball influences the basic elements of health-related fitness (“HRF”), develops motor literacy in selected children of upper school age, and if so, how.

**Methods:** The author employed empirical quantitative and qualitative research. The basic motor literacy level was identified using the UNIFITTEST (6-60) testing battery. The quantitative analysis relied on evaluating a video recording. The analyzed sample comprised children aged 13 who regularly play beach volleyball, and children of the same age engaging in no regular motor activity.

**Results:** The author concluded that beach volleyball influenced strength, speed and endurance of the basic elements of HRF in members of the sample. At the same time, beach volleyball contributed to cultivating their motor literacy without negative impact on their school attendance.

**Keywords:** movement, fitness, movement deficit, movement benefits, motor tests, motor literacy, survey, quantitative and qualitative analysis, beach volleyball.