

## **Abstract**

**Title:** Evulation the level of acquiring selected skills of artistic gymnastics in the basic training stage

**Objectives:** The main goal to be achieved in my thesis is to asses the changes in the adoption level of selected motor skills of gymnasts aged 7-9 years in the basic training.

**Methods:** I used qualitative and quantitative methods of research to resolve main goals of this thesis and to find answers on established scientific questions and the resulting hypothesis. The most important is the choice of appropriate criterion of evaluation according to the evaluation of the adoption level of selected gymnastic skills.Gained datas will be processed through statistics methods. Training diary will be used to monitor and record the content of the training.

**Results:** Results show that the adoption level of selected skills improved at predetermined skills as well as for all the tested gymnasts.

**Keywords:** artistic gymnastics, evaluation, gymnastics skills