

Abstract

Name: The relationship of primary school children to physical activity

Aim: The main aims of this bachelor thesis were to determine children's relationship to sport activities, to find out children's awareness concerning sport, and their most common and most popular leisure activities, and to describe content and course of physical education at school. Additionally to find out the teachers' opinion about children's physical fitness.

Methods: 103 pupils aged from 6 to 12 years and 15 teachers participated in this empirical descriptive study. The survey was compiled from three groups which were dedicated to the sport awareness, physical education and leisure activities.

Results: 65% of children are interested in physical activities, 82% of children devote to them, 82% of children intercut them with other activities, 37 % of children are engaged in the sport two days a week. The responses regarding the interests of individual sports are different. 80% of children can cope with physical education in duration of an hour. Sport games are the most favorite content of physical education (64%). 79% of teachers emphasized warming in their physical education lessons. According to the teachers' observation the children's physical fitness were low, children started basic compulsory education with low physical performance probably due to the poor parental support and less interests of physical activities.

Conclusion: Participants are interested in physical activities and they do them every day in the afternoon. School physical education, which is mostly devoted to sports games or gymnastics, is a popular subject at this school. Teachers would prefer longer physical education lessons. Despite the deteriorating children's physical skills, children are still sufficiently physically fit according to the teachers' opinion.

Key words: Sport, healthy lifestyle, sport awareness, leisure activities, school physical education, family

