

ABSTRACT

This diploma thesis deals with comparing the level of physical growth and basic motor skills of preschool children, their motion mode and the conditions for movement activities in two kindergartens located in different municipalities (in a city and in a town).

The aim of the study was to determine the level of growth and motor performance of preschool children in relation to the motion mode at their residence. The study included 116 children aged 4-6. The level of physical growth was assessed by measuring somatic characteristics of children (height, weight, BMI). The data extracted from the study were compared to percentile charts. The level of motor performance was assessed by sensory tests. In the case of basic motor skills there was chosen 20 ms run with standing start for the testing of speed capability, for the evaluation of explosive strength abilities was selected jump from the spot with two legs reflection, the testing of explosive strength of the upper limbs was exercised by a ball throw by both right and left hand.

At the same time, these tests show the level of motor performance of preschool children. To map the conditions of the motor development of preschool children, an analysis of the conditions of the two municipalities and an analysis of the conditions and the education plan of each participating kindergarten in relation to the motion development of children were made. A survey of the children's parents was made in order to find out about the regular motion mode of the children. The programme of both kindergartens was examined as well.

The results show differences in the motion mode of the children outside the kindergarten which influence the somatic characteristics and higher efficiency of children residing in Prague: more children residing Prague attend organized extra-curricular activities, they also walk to their kindergartens more often and their parents spend more time with them doing regular physical exercise or activities. On the contrary, higher efficiency of the boys not residing in Prague may be related to their more frequent participation in both organized and non-organized ball games.

Other differences in the motion mode of the children residing in and outside Prague which is performed outside their kindergartens can be found in the total time and frequency of participating in other non-organized physical activities, in the number of children who spend their time participating in these activities and also in the sport skills. In this case, however,

no correlation between these activities and the children's somatic characteristics or efficiency was proved.

By comparing the results of our study and the results of Pařízková, Berdychová et al. (1977), it is possible to conclude that over the last forty years the attendance of organized physical activities of preschool children has been growing, yet the children's efficiency has not improved. The results of the jump from the spot with two legs reflection and of the ball throw by both right and left hand have confirmed the trend of decreasing efficiency. The 20 m run results, on the contrary, have shown the increase of efficiency.

KEYWORDS

Physical growth, motor efficiency, preschool child, conditions, motion mode, healthy life style